

6	3	8	5	7	9	4	1	2
2	9	7	4	6	1	5	8	3
4	5	1	2	8	3	9	7	6
1	6	5	7	2	8	3	4	9
9	8	4	1	3	5	6	2	7
7	2	3	6	9	4	1	5	8
3	4	9	8	5	2	7	6	1
5	7	2	9	1	6	8	3	4
8	1	6	3	4	7	2	9	5

If you are a medical professional or a lawyer practicing in another area of law, we welcome you to refer your patients or clients. We know you want the best for your patients and clients, and so do we. Call us today at 505-207-0144 or visit HurtCallBert.com for more information on our services.

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A Mindful Space Creating a Mental Health Sanctuary in Your Home

According to the National Institute of Mental Health Disorders, an estimated 26% of Americans over the age of 18 suffer from a diagnosable mental health disorder. With increases in the cost of living, the COVID-19 pandemic, and the rising tensions in Eastern Europe, that percentage could increase even more throughout the next few years.

If you're someone who struggles with mental health, you've probably tried all of the traditional methods to improve your situation, but have you made any adjustments to your actual home? If you're unsure where to begin, try out these tips.

Give each room purpose.

One of the biggest interior design mistakes you can make is using a room for more than one thing. This is even more important if you work remotely. Each room should have a dedicated purpose. If you work from home, your office should not be in your bedroom or even in the area where you exercise. Plan out every bit of space that you have and add personal touches to it to remind you of what's really important in your life.



Get rid of distractions.

Social media, mainstream news, and cellphones as a whole can have disastrous effects on your mental health. When you're in your home, try to minimize your use of these technologies. If you're not using the television, keep it off. Also, try to keep your home as clean as possible because clutter and dirt can easily bring you down.

Use natural light and calming colors.

When designing your living space, try to incorporate as much natural light as possible. Regular exposure to sunlight gives you more energy, makes you happier, and even improves your appetite. If you're painting, avoid any loud colors and use calming neutrals instead. Adding the right colors, natural light, and some plants will help create an aesthetic that will boost your mental health.

BERT'S BUZZ

MAY/JUNE 2022



The Ties That Bind Making Clients Feel at Home

Hello, everyone, my name is Ciara Contreras, and I'm so excited to meet you! I've been at Parnall Law for about a year and a half, and I'm currently the firm's Intake Director. It's my team's job to handle all of the new cases that come into our office and determine how we can help. Sometimes we can do that directly by connecting the client with one of our attorneys. Other times, we assist by providing them with referrals and resources within the community that will be a better fit for their needs.

I've been in the legal field for almost 20 years, and I first got started at the firm where my father worked when I was 15. I've tried out many positions along the way, and I eventually realized that working directly with the clients was where I belonged. I love to talk to other people and adapt to what they need, whether it's to be angry, laugh, or cry alongside them.

A great deal of our job involves simply listening to people. It can be difficult sometimes to hear the stories of people who have been bitten by dogs, involved in a car crash, or victimized by crime. But I know the process is far harder on the people who survived these events. It takes a lot of courage to talk to a stranger about the worst day of your life. It's our job to build enough trust to ease that discomfort so it isn't quite so difficult for people to tell us about the pain, losses, and medical procedures they've endured.

If you ask individuals what emotion brings people together, many will say happiness. But in my experience, sadness creates even deeper ties. It's an honor to have people open up to us the way they do, and we take that responsibility seriously. Our goal is to ensure that no call, email, chat, or message goes unanswered — and, above all, that we treat each person with dignity and respect.



Thankfully, I have a great team behind me, and I would not be the intake director I am without Elana, Chandelle, and Claire. They work alongside me every day and make this team great. I swoop in when they need me (and I have my own caseload), but I most enjoy working behind the scenes and letting them and everyone else at the firm shine.

I've worked at many law firms, some worth millions of dollars. None of them have had the caliber of people I've found here, either professionally or personally. If it wasn't for my other experiences, I might not realize what a wonderful place we have here. The people I work with care, and Bert genuinely wants to know how his team is doing. That caring is unfortunately rare! I love getting up every day and logging on to work.

In my off time, I'm all about family. I've been married for 10 years, and we have two boys ages 7 and 16 — plus an Italian mastiff, who is 160 pounds of energy! We live in Las Vegas, Nevada, and I work remotely. Parnall Law has a fantastic work/life balance, so I'm fortunate to spend plenty of time pursuing outside passions, and our family loves to get active and dirty. I love kneeboarding, wakeboarding, and snowboarding (I used to compete in a

women's circuit) and teaching my boys how to do the same. We're also big car buffs and love to visit car shows!

Parnall Law is a true work family, and it's because Bert and all of the managers work hard day in and day out to make it that way. This firm is home, and I hope to stay here until I eventually retire. That may sound like a big commitment, but it's all in my wheelhouse. Committing to my coworkers and my clients is what I do every day.

-Ciara Contreras

When Theaters Provided Their Own Movie Soundtracks

Thanks to the Pianists

Early feature films were in black and white, only available in theaters, and perhaps most significantly, silent. But movie theaters still needed sound to keep the audiences engaged. So, they enlisted piano players to accompany the films, conveying excitement, fear, sorrow, joy, tension, and danger through their music. It seems like a job any musician can do, but in truth, it was much more complicated than it sounds.

Silent films usually didn't arrive in theaters with sheet music attached, so theaters were on their own when it came to setting the mood. Since watching a movie in a hushed theater — or worse, one filled with chatter — wasn't very enticing, they had to find their own ways of creating an immersive experience for patrons.

As a result, your movie-viewing experience could vary greatly depending on which theater you visited. Pianists used different methods for creating their film scores, depending on their skill, time, and access to the films in advance. In small towns, only the church organist might be available — and they might choose to play assorted hymns over the entire movie, making for a less than enjoyable experience.

More accomplished pianists worked differently. Since they would often not have the opportunity to view an advance screening, they would improvise, trying to predict where the film's action was headed and adjusting their playing accordingly. When a film was popular, most players eventually developed a standard score. Eventually, some production companies shipped "mood cues" with their movies, which provided a breakdown of when to play melodies better suited to romance, action, or comedy.

Believe it or not, the tradition still continues to this day. Some theaters show the occasional silent movie, and they turn to one of the 50 or fewer silent film accompanists still working in the U.S. for help. Since the films are often rare and otherwise unavailable, the pianist does not always have the time or opportunity to plan their music. So, like their predecessors, they play it by ear, using knowledge of specific actors, directors, and film conventions to guide them.

Screenings are not particularly common, but if you ever have the opportunity to watch a silent film with live accompaniment, you're in for a real treat. No matter how entertaining the movie is, watching the pianist may be half the show.

All Aboard!

Visiting the Rail Yards Market

Imagine the sight of fresh produce, the sound of live music, and the smell of freshly cooked spices wafting through the air. You can find it every Sunday at the Rail Yards Market, and an Albuquerque summer is hardly complete without at least one visit.

Located in Baretas, the Rail Yards were first built in 1880 when Albuquerque was named the location where the Atlantic and Pacific (A&P) and Santa Fe railways met. By 1919, as many as a quarter of Albuquerque's workers were employed at the Rail Yards, and shops and offices began sprouting up around the area. But the railroad business steadily declined after that. The Rail Yards were a shell of their former self by the 1950s, and they closed entirely in the 1990s.

You can learn all about that history at the WHEELS museum on-site. Though the area was in a state of disrepair for years, the city purchased the Rail Yards in 2007, and the location now hosts an eclectic mix of events, but the Market is perhaps its signature affair. Each week, farmers, food vendors, artists, and musicians gather for a joyous reminder of what makes Albuquerque great.

Every week, you will find fresh produce from local growers available for sale, food trucks filled with delicious offerings, and music played by homegrown musicians. What else you might encounter is an adventure waiting to be discovered: You will find local vendors offering desserts or jewelry and artists working with paint, clay, or multimedia.

Whenever possible, the Market will offer other types of entertainment like poetry readings, dance performances, and educational presentations. One week you might learn about gardening, another may feature a lesson on sculpting, and a third could include a seminar for entrepreneurs. And every week there's a Children's Zone to teach and delight the youngest members of your family.

The Rail Yards Market opened for the season at the beginning of May and will run through October. It is open every Sunday from 10 a.m. to 2 p.m. and is the perfect place to gather with friends. Learn more at RailYardsMarket.org and plan your adventure in food, art, and music!

Inspired by Saveur.com

Grilled Corn and Ricotta Dip

Ingredients

- 6 ears of corn
- 1 1/2 cups heavy cream
- 1 1/2 cups ricotta
- 2 tbsp all-purpose flour
- 2 tbsp thyme, finely chopped
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup Parmesan cheese, finely grated
- 2 tbsp unsalted butter, diced
- Chives and scallions, finely chopped

Directions

1. Preheat oven to 325 F.
2. In a large grill pan on high heat, cook the corn until charred on all sides. Let cool, then cut the kernels from the cob.
3. In a food processor or blender, purée two-thirds of the kernels with the cream, ricotta, flour, and thyme. Season with salt and pepper, and stir in remaining whole kernels.
4. Pour into an 8-inch baking dish. Sprinkle Parmesan cheese on top, and dot with butter. Bake for approximately 1 1/2 hours, until bubbly.
5. Garnish with chives and scallions before serving.

Want to join forces with an already dynamic, experienced, and reputable team?

Parnall Law — "Hurt? Call Bert" — is the largest plaintiffs' injury law firm in New Mexico. We have Attorney openings and are looking for self-motivated candidates who are enthusiastic and confident team players in an energetic and collegial environment.

Parnall Law was recently voted "Top Workplace" (2020–2022) by the Albuquerque Journal, and "Best Places to Work" (2019–2021) by Albuquerque Business First!

So, what are you waiting for? Start your exciting and lucrative new career today!

APPLY TODAY!
HURTCALLBERT.COM/CAREERS

It's Dad's Day!

6 Gifts Dad Is Sure to Love

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

Apple Watch Strap

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.

A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

Tool Bucket Organizer

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

Bluetooth Headphones or Speakers

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.