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Does Your Teen's Drama Require Intervention?

HOW TO KNOW WHEN TO GET INVOLVED

We've all been to high school, and no matter what decade you graduated in, your teenage years likely contained a few fights with friends or drama at school. However, as a parent today, it can be hard to watch your teens go through these friendship feuds, but the question is this: Should you get involved?

Unfortunately, the question has no perfect answer, as each circumstance differs. For some teens, your involvement may help them feel less alone and more understood, while for others, it may push them away. So, while we can't tell you the best thing to do in your child's situation, consider a few pieces of wisdom when debating whether or not to get involved.

Adversity Training

As painful as it is to watch your teen fight with their friends, the truth is that some of these arguments are good for their development. They are learning opportunities for your teen to understand how to handle uncomfortable situations, take responsibility for their actions, apologize, and problem-solve. Plus, if you get involved every time they disagree with friends, you're ultimately teaching your child you'll always be there to solve their problems, and they'll never learn to work through adversity on their own.

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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LISTENING IS A FORM OF JUSTICE

Why I Let My Clients Do the Talking

There's a distinct difference between hearing someone and listening to someone. When we passively hear someone talking, we're likely not giving them our undivided attention or absorbing everything they're saying. Oftentimes, this is what most people do, even other attorneys. World Listening Day falls on July 18 and is meant for us to practice fully listening to those around us. I want to take this time to share how I value listening in nearly every facet of my life.

As an attorney, I am responsible for advocating for my client and telling their story. To effectively do that, I need to understand the story thoroughly as well as the pain they have experienced along the way. If I want to prove their case successfully, I need to listen deeply to them so I can ask the right questions, read between the lines, and discover what other avenues I need to explore.

Sometimes, it can be challenging for clients to talk about the great deal of pain they've gone through. It can be like opening an old wound. I will never force my clients to speak about an experience they struggle to share. This is when I make it my duty to have that conversation with those close to them. These loved ones will know the pain that has affected my clients, and I will listen intently to every piece of information until I can assemble the entire story.

No matter what, when it comes down to it, my job is to prove two elements: that something was done to this person that was not their fault and the wrongdoing caused them considerable pain they do not deserve. My goal is to deliver justice to my client, and you have to listen carefully to understand better the consequence needed to provide justice.

While I'm not a perfect listener, I have learned how to become more attentive over the years. As an attorney, I recommend knowing your firm's unique mission and values, then applying those to how you care for your clients. When you care for the person speaking, you sympathize with their motivations, their concerns, and the ultimate point of why they came to you for help.

For your personal life, it might seem more complicated, but it's actually straightforward. As an attorney or professional, you're tuning in your comprehension to reach a goal and understand your clients or partners. In personal relationships, we usually just want feedback from others and to feel heard. There's no need for structured guidance or efficient solutions. Let them do all the talking they need to. You have two ears and only one mouth for a reason!

BERT'S BUZZ

JULY/AUGUST 2023



When we listen, we're not just sitting there — we're silently engaging in the conversation. Looking at the origin of the word "dialogue," *dia* means through, and *logos* means words, so in "dialogue" we can find meaning through words. You can be present and active in a dialogue by simply understanding the speaker without talking. This is where so many people, especially lawyers, start to falter. What good is talking if you aren't gaining information from the other person?

Listening is a form of justice for my clients who need their voices heard. Every day, not just July 18, the Parnall Law team and I ensure we're actively listening to every person who steps into our office. If you've experienced an accident or injury and feel ignored, we're here to take the time and understand your story. Call us at **(505) 268-6500**, and we'll help you find the justice you deserve.

—Bert Parnall

Explore the 'Enchanted Eight' Routes

Spend the Summer on the Road

Don't feel like spending hours surrounded by other people in international airports or cramped on a plane? Why not spend this summer exploring the state we call home? Thanks to the New Mexico Department of Tourism, New Mexico True, there's a detailed overview of the eight best road trips you can take this summer.

Known as the "Enchanted Eight," these routes are categorized by the different types of adventures you might want to have this season. Are you looking for a foodie paradise? A thrill-filled expedition? No matter what kind of vacation you want to embark on, one of these road trip routes will spark your wanderlust. Get a glimpse of five of these exhilarating routes!

Go on an adrenaline-filled adventure.

Marked by state parks, wild rivers, and rocky hiking trails, this road trip route is for the most adventurous and outdoorsy travelers! This 533.2-mile road trip consists of 12 heart-pumping pit stops that include the Dinosaur Trackways at Clayton Lake State Park, Rio Grande Gorge, Ojo Caliente Mineral Springs Resort & Spa, and Bisti Badlands.

Enjoy a food-filled voyage.

From tucked-away local favorites to renowned restaurants, this road trip will ensure you save some room in your stomach for more. Taste New Mexico's delicious regional cuisines, fresh ingredients, and modern takes on old-school classics. Want to take these recipes home? No worries! You can stop at Santa Fe School of Cooking to take a class and learn the recipes of your favorite local feasts! Another 12-stop route, this whole trip consists of 431.2 miles.

Keep it family-friendly on this route.

One of the longer road trips on the list, this extensive 1,022.4-mile trek is perfect for families looking to spend almost two weeks exploring the treasures of New Mexico. While

family-friendly, this route doesn't lack in thrills or profound beauty. Cool off in the underground wonderland known as the Carlsbad Caverns, then continue this unforgettable summer trip with zip lining, pie-eating, and historic train journeys!

Experience New Mexico's eccentric side.

New Mexico certainly doesn't lack in weird. For those looking for oddities and vintage eccentricities, this 541.6-mile route will take you to the bizarre and blood-stained Silva's Saloon in Bernalillo, Roswell's UFO Museum, and the World's Largest Pistachio. We told you it was weird! Don't forget to stop at the White Sands National Monument, where you can run through the dream-like white gypsum dunes (where plenty of UFO sightings have been recorded).

Get a taste of fresh ingredients.

Love orchards, wineries, and organic farm-to-table meals? Then this 11-stop road trip route is made for you. Sip on local tequila, breathe in the blooming lavender, and check out the alpaca farm making the softest yarn. You can even try aged steaks at Double Eagle in Mesilla or the eclectic international dishes at Café 1Zero6 in Silver City. This route will have anyone expanding their taste buds! Also, yes, you can feed the alpacas.

For the full route details, map, and instructions, head over to NewMexico.org/Things-To-Do/Road-Trips/EnchantedEight and get your itinerary started! Staying in the state for the summer doesn't have to be boring when you live in New Mexico. Where will you be journeying next?

WE'RE
HIRING!

Want to join forces with a 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

Grilled Steak Salad With Peaches



Ingredients

- 1 lb skirt steak, fat trimmed
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp light brown sugar
- 1 tbsp vegetable oil
- Kosher salt
- Black pepper
- 1/4 cup extra-virgin olive oil
- 1 large lemon, juiced
- 6 cups baby arugula
- 2 ripe peaches, thinly sliced
- 1/3 cup crumbled blue cheese or feta

Directions

1. In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic, and brown sugar. Marinate 20 minutes at room temperature.
2. Remove steak from marinade, coat with vegetable oil, and season generously with salt and pepper.
3. On a grill or pan set to high heat, cook steak until desired doneness. Rest 5–10 minutes, then thinly slice against the grain.
4. In a small bowl, whisk olive oil and lemon juice to make dressing. Season with salt and pepper.
5. In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.

Inspired by Delish.com

SAY HELLO TO YOUR FRIENDS AGAIN

'The Baby-Sitters Club' Entertains a New Generation

Many modern parents grew up with "The Baby-Sitters Club," Ann M. Martin's beloved middle-grade book series that debuted in 1986. The novels were an instant sensation, capturing the imaginations of 8- to 14-year-olds until publishing ended in 2020. Since debuting, they spawned a 1990 television series, a 1995 movie, and endless nostalgia. And with Netflix's 2020 reboot of the series, you can live it all over again — this time, as a family.

"The Baby-Sitters Club" on Netflix garnered positive critical reviews, excitement from old fans, and interest from current tweens. The creators updated their two-season series for modern times while maintaining the beloved friendships and scenarios that made the original series so popular. And unlike most teen television programs, Netflix cast actors the same ages as their characters, making them more relatable for viewers.

For the uninitiated, "The Baby-Sitters Club" follows the wholesome exploits of several 12-year-old girls who decide to make extra money babysitting. Kristy Thomas, Mary Anne Spier, Claudia Kishi, Stacey McGill, and Dawn Schafer always have each other's backs despite their sometimes conflicting personalities. Though babysitting plays a crucial role in the series, the main focus is on the relationships between the sitters.

The television series is and isn't the same one parents initially loved. The Netflix version includes plenty of nods to '90s nostalgia; Alicia Silverstone plays Kristy's mom, and the club members use a "retro" landline telephone for their business. But there's also lots of fresh material for those meeting the babysitters for the first time.

The episodes take titles and basic plot points from the original novels but add additional nuance to the stories. Similarly, the characters' fashion is familiar yet updated for today's looks. The series is also set in the here and now, with cellphones, social media, and more. This adaptation keeps old and new fans in mind and works hard to please them both.

Unfortunately, Netflix canceled "The Baby-Sitters Club" after two seasons, but all 18 episodes remain on the streaming service. In a time when most media targets niche audiences, this series is something the entire family can enjoy and discuss together. You might even consider reading the books alongside the episodes and sharing which version you prefer. Ultimately, "The Baby-Sitters Club" is more than a blast from the past, but a way for generations to bond over beloved characters and stories.