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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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**BERT'S
BUZZ**
MAY/JUNE 2023

BIGGER AND BETTER THAN EVER

*With More Space, We
Can Help More Clients*



Cut the Financial Umbilical Cord HOW TO RAISE FISCALLY RESPONSIBLE ADULTS

Adulting is all about doing your own laundry, cooking, and grocery shopping. It means making informed decisions about time management, organizational skills, and understanding how to be financially responsible.

But how do you teach your teenager financial responsibility? Let's explore five important lessons your child needs to gain financial independence!

Help them find opportunities to earn money.

Before your teen can learn to properly manage their finances, they must first make their own money! If they don't have a job, encourage them to begin the hunt. If your teen is still too young to hold a job, consider paying them for chores around the house or yardwork. Once your teen has a cash flow, you can then teach them how to separate it into spending money and cash to save.

Open a bank account.

If your child doesn't have a bank account yet, it's time to set up a checking and savings account for them. It's a great way to provide them with financial independence while they still have access to your guidance. While credit cards can be scary to trust your learning

teenager with, you should consider a prepaid credit card they can use to learn the ins and outs of how credit cards work while still having a safety net to protect their credit.

Introduce them to the concept of interest.

Interest can be beneficial or a disastrous hindrance, so your teen needs to understand how it works. While it can be beneficial for certain savings accounts, it can wreak havoc on credit card debt. Demonstrate interest with different real-life scenarios to show your teen how they can grow their money or rack up tons of debt.

Whether your teen has just started earning their own money or is preparing to handle finances on their own, these simple tips can help you start training a fiscally responsible adult.



I can proudly say that the Parnall Law team has officially outgrown our old office and is in a new, larger space! As a business owner, it's always an achievement to expand, but as an attorney, I feel proud and thrilled to help more people than ever before. Although we're only half a mile from our previous office, this change holds significant importance for my team and me.

Parnall Law was once actually split up into three separate offices in Albuquerque. Attorneys, paralegals, and administrative team members were spread out in different places, and I knew we needed to unite to feel more like a team. In 2018, I decided it was time to start office searching! After 10 years in our original office, we needed to move to work together even better. However, after a slow process, 2020 arrived, and so did the pandemic.

Suddenly our team was virtual, and the pandemic completely halted our moving plans. Transitioning to a virtual workspace was challenging for us all, but with patience and perseverance, we made it through. Local employees have returned to the office while long-distance team members remain remote.

During our time out of the office, the Parnall Law family certainly expanded, and we needed an even larger space than we originally planned. Our team grew, and so did our needs. When searching for the perfect location, we knew we required someplace convenient for both employees and our clients. After going back and forth between two different buildings, one prestigious and the other cozier, we finally found an office space that gave us the best of both options!

On the entire eighth floor, our new office space spans some 15,000 square feet and has what I think is the best view of Albuquerque. While being spacious and having incredible views, our new office isn't too fancy or overbearing. The last thing I wanted was for my clients to feel daunted or intimidated! More than anything, our new office has finally brought the entire team together. I'm overjoyed to have the opportunity to finally work alongside my employees. Before moving, our concept of being a team felt abstract and fragmented. Now, I can immediately sense the spike in camaraderie. While we were able to work virtually successfully, in-person communication and socialization can't be beaten!

With this change, I reflected on how much Parnall Law has thrived. After 14 years, we have 90 employees and are in a space where we can help even more New Mexicans who are experiencing injuries and legal struggles. I want to continue to grow this firm so that our reach and representation of this fantastic community can flourish.

Our office change wasn't just for material reasons. I wanted to ensure that this new location could accommodate our clients and support our mission to fight for justice for the wrongfully injured. Parnall Law will always follow our Five T's: Teamwork, Talent, Truth, Tenacity, and Triumph. I hope you can visit our office and get a glimpse of our new space and excellent city views. Head over to 2155 Louisiana Blvd. NE, Suite 8000, Albuquerque, 87110, whenever you can!

—Bert Parnall

Affected by Annoying Allergies?

POLLEN CONTINUES TO PUNISH THE ENTIRE SOUTHWEST



If you feel your allergies are worse than average, or even progressively getting more severe, there's an exact reason why. Forbes magazine recently named Albuquerque **the worst city in the United States for seasonal allergies**. We know it's not exactly the number one title you'd hope for. After combing through information from the Weather Channel's allergy tracker, air quality data from the Environmental Protection Agency (EPA), and data from the U.S. Census, Forbes found that Albuquerque was the worst city for people who suffer from seasonal allergies. But what makes Albuquerque such an allergy-ridden nightmare?

Temperature, wind strength, pollen types, and climate change were the primary reasons for our city's uphill battle with seasonal allergies. Dry climates with rising temperatures have increasing amounts of pollen floating in the air, and we're definitely suffering as a result. More pollen means more bothersome allergy symptoms like sneezing, nasal congestion, runny nose, itchy eyes and throat, and more.

While allergies seem trivial, those who experience them the worst can find them nearly debilitating. Our immune systems vary from person to person, which is why some people experience allergies much worse than others. So, don't scoff at your loved ones! Dramatization is not afoot for these allergy sufferers, at least not for most. Give them a helping hand and share these valuable tips to keep their allergies under control (and maybe gift them some antihistamines!)

Keep pollen out of your home.

While you can't precisely avoid all pollen outside, you can limit how much is in your home. After spending time

outdoors, shower when you come home to remove any remaining pollen from your hair and clothes. Another factor to remember is to limit drying your laundry outside, as pollen can stick to your clothes and sheets. When they dry, you'll just be bringing allergen-filled fabrics back into your home. Play it safe, and keep your home pollen-free!

Get a HEPA air filter.

HEPA air filters are also a fantastic way to limit the amount of dust and pollen in your house. The EPA has revealed that these air filters can remove up to 99.97% of airborne particles, including dust and pollen. It's also worth trying a vacuum with a HEPA filter to clear out any pollen brought in via your family's footwear. We should all aim to improve our living space's air quality, whether we suffer from seasonal allergies or not!

Know when pollen reaches its peak.

Check online for local pollen counts daily to see when your symptoms may flare up more than usual. If you call (505) 768-4734, the city of Albuquerque will share today's pollen count to help keep you informed and prepared. You can also check online websites like Weather.com and KRQE.com for more pollen count information! Helpful fact: Pollen counts can be worse from 5 a.m. to 10 a.m., so tread carefully.

Along with these lifestyle changes and a cabinet full of over-the-counter allergy medications, you should be able to make this summer more bearable. No one should be forced indoors on a perfect, sunny day. We hope you can live this adventure-packed summer to the fullest and not let allergies hold you back!

WE'RE
HIRING!

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

Cherry Chia Greek Yogurt Bowls

Ingredients

Chia Seed Jam

- 2 cups sweet cherries, pitted
- 3 tbsp chia seeds
- 2 tbsp honey
- 1/4 cup water

Greek Yogurt Bowl

- 1 cup nonfat plain Greek yogurt
- 1/2 tsp vanilla extract
- 1 tsp hemp seeds
- 1 tbsp granola



Directions

Chia Seed Jam

We suggest making the chia seed jam in advance and storing it in the refrigerator so you can quickly assemble these yogurt bowls all week.

Using a potato masher, mash down the cherries. Place a small pot on high heat and add the cherries, chia seeds, honey, and water. Bring the mixture to a boil, then turn down the heat and let simmer for 10 minutes, stirring constantly. Allow jam to cool before using or refrigerate.

Greek Yogurt Bowls

In a small serving bowl, mix the Greek yogurt with vanilla extract. Top the Greek yogurt with 2 tbsp cherry chia seed jam, hemp seeds, granola, and a few additional cherries, if desired.

Inspired by HungryHobby.net

RESCUE DOG'S LEGACY LIVES ON

How the World Fell for Frida

Dressed in protective goggles, blue booties, and a matching vest, this incredible rescue dog became a symbol of hope in Mexico. Frida, a cheerful yellow Labrador retriever, was a devoted member of the Mexican Navy known for her search and rescue skills. Trained to find people trapped under rubble after earthquakes, Frida always worked hard to save lives.

Frida became a national hero when a devastating earthquake hit Mexico City in 2017. The 7.1 magnitude earthquake took more than 300 lives and injured many more. While sifting through dangerous debris and aftershocks, Frida saved 12 people after finding them alive while uncovering more than 40 bodies during her lifesaving career.

While the nation was devastated by the disaster, this smiley rescue pup brought worldwide attention to the tragedy. Frida's dedication (and impeccable style) quickly made her an internet celebrity, and



soon, murals of the lifesaving canine graced the walls of Mexico City. Even Captain America, aka Chris Evans, gave Frida a shoutout on Twitter, adding, "What did we do to deserve dogs?"

The hero dog then traveled the world, helping countries suffering from the aftermath of disastrous earthquakes. Frida saved lives in Haiti and Ecuador before retiring from her position in 2019 at 10 years old to live the rest of her days in comfort and love. Sadly, the Mexican Navy announced Frida's passing in November 2022 due to old age. She was 13 years old.

In her honor, a magnificent bronze statue of Frida, clad in goggles and boots, stands in front of the Mexican Navy office in Mexico City. On the day of her death, the Mexican Navy changed their Twitter banner to an illustration of Frida and spread the hashtag "#HastaSiempreFrida." Frida will always be remembered for her lifesaving work and the hope she embodied for the entire world.