

4	2	8	1	6	9	3	5	7
7	3	5	2	4	8	1	9	6
1	9	6	3	7	5	2	8	4
9	6	2	4	1	7	5	3	8
3	7	1	8	5	6	4	2	9
8	5	4	9	2	3	7	6	1
6	4	3	5	9	1	8	7	2
5	1	9	7	8	2	6	4	3
2	8	7	6	3	4	9	1	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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# Embrace Your Inner Bookworm

## 4 Secrets to Finding Time to Read as a Busy Parent

When you think of reading, you might conjure up an image of yourself curled up next to a cozy fireplace, sipping on coffee, and reading the day away. However, with the hustle and bustle of daily life and raising kids, it's tough to find the time to truly dive into a good book. We know it's important to read to our children, but we forget how valuable it is for them to see us reading, too.

So, how can you fit it into your schedule?

### Don't leave the house without a book.

Whether you are waiting in the pickup line at school, at the dentist's office, for your order at the coffee shop, or at your kid's soccer practice, this downtime could be spent reading a chapter of your book.

### Schedule reading time.

This one sounds quite silly, but as parents know, if you don't make time for something, it won't get done. Plan out 30 minutes of reading time each day to allow yourself to get comfortable and read without distractions. The trick here is to make sure you don't cancel on yourself!



### Make it a family affair.

Sometimes parents feel guilty when they take time for themselves that could be spent with their children. If this sounds like you, make time to read together — the kids read their books, and you read yours! Some days, this may last 10 minutes, but other times, they may stay captivated longer. Either way, you are creating healthy habits for your kids while getting in a chapter for yourself, too!

### Swap out the movies for books.

Once the kids are tucked in after a long day, it sounds so nice to park yourself in front of the television with a cozy blanket and mindlessly watch a good movie or an episode of your favorite show. However, instead of watching TV for an hour, dedicate some or all of that time to reading. This way, you're still making progress in your book.

No matter how you make the time to read, you will be glad you did. Good luck and happy reading!

# BERT'S BUZZ

JAN/FEB 2022



# Simply the Best

## Parnall Law Named a Top Workplace

We're not much more than a month into the new year, but we already have plenty happening around the office. As we continue working as hard as ever on cases for our clients, we're also making sure everyone here can take a moment for themselves. It's all part of ensuring that our team has the support they need to get injury victims the compensation they deserve.

Recently, we received a high honor from the Albuquerque Journal. For the second year in a row, we made their list of Top Workplaces. But this year, we pulled off something remarkable. Among small businesses with 149 employees or fewer, we ranked #1!



It is a huge accomplishment and the results are based on employee feedback. The Albuquerque Journal administers a third-party survey and puts checks in place to prevent businesses from stuffing the ballot box. The questionnaire

uses a scientific approach to gauging a company's goal alignment, coaching, connection, engagement, leadership, performance, and the basics — pay, benefits, training, and work/life flexibility.

As a part of the survey, employees are encouraged to leave open-ended comments. To protect the integrity of the process

Continued on pg. 2 ...



Bert Parnall



Mark Bennett



Brian Murray



David Link



Ian Bertschausen



Una Campbell



Pete Grueninger



Aimee Martuccio-Whitell



Nick Trost



Madelyn Witz



Greg Abel

ALBUQUERQUE BUSINESS FIRST



2019 - 2021 BEST PLACES TO WORK



and promote honesty, they are all anonymous. Below, I’ve included one of the most meaningful remarks we received. I think it captures what we hope to accomplish as a law firm and a workplace.

“I enjoy helping everyday people who are injured. This field does not require me to compromise my personal values. I feel fulfilled and accomplished when I am able to help a client. At the end of the day, I feel like I’ve done good things and made a small positive difference in the world. This is the first job I’ve had in years that can consume my full attention, and I love that. I love being wholly focused on an intellectual task. That’s rare for me both in my personal and professional life.”

This comment makes me smile because it embodies what I’ve set out to do as a leader. I believe in clear expectations, positive communication, and hiring employees who enjoy each others’ company and want to come to work. That’s how we get the best results for our clients, as well as how we managed to top this year’s list.

For the third year in a row, Parnall Law Firm has been named one of the best places to work by Albuquerque Business First. They determine the results using an anonymous survey sent to all employees at each nominated company. A certain number of employees have to respond to ensure representative results, and a score is assigned to each company based on the responses.

Lists like these get made because, frankly, not every workplace is a great one. That can be especially true in the world of law, which involves high-pressure situations, high-stakes, and long hours. Plus, depending on the niche you choose, you can end up defending cases you don’t believe in for corporate clients who don’t particularly need the help. We strive to be completely different from other law firms, and it’s part of the reason why we’ve grown so much over the past several years.

The firm is doing so well that we’re hiring new attorneys. All of our attorneys live in Albuquerque, and we’re looking for more local talent to help us represent clients in need. If you know someone hard-working, compassionate, and qualified, we would love to meet them. Interested applicants can learn more and apply at [HurtCallBert.com/careers](https://HurtCallBert.com/careers).

With our incredible team, we’re shaping up to have an unbelievable 2022. My goal is to keep creating an environment where people thrive and clients feel safe putting their trust in us. I’m proud of all we’ve achieved as a team and would like to take my hat off to the entire staff. From there, we’ll get back to doing what we do best — securing compensation for hurt people who need our help.

# Red or Green?

## A Battle of the Chiles

“Red or green?” is the unofficial state question in New Mexico. When someone asks, they’re talking about chiles, of course. And anyone who doesn’t understand that is instantly marked as an outsider.

The history of chiles in New Mexico traces back to Christopher Columbus himself. During his second voyage, he encountered the fruit in the Caribbean and took it back to Spain. The chile was not a part of indigenous diets in the region, but the Spanish imported the plant during colonization. This mix of traditional Mexican and Spanish flavors defines quintessential New Mexican cuisine.

Chiles thrived in the state because the climate is perfect for their growth. In an interview with the L.A. Times, Zia Green Chile Co. founder Nate Cotanch tried to explain what makes chiles from New Mexico special. “The climate. The air. The loamy soil. The altitude. Cold nights, hot days. The water from the Rio Grande,” he said. Though the chile is not native to New Mexico, the two are a match made in heaven.

Debate abounds as to whether red or green chile is superior, but they’re actually the same plant. Chiles start out green and are often harvested that way. Left to ripen, however, they turn red. The typical preparation also distinguishes the two versions; green chiles generally get roasted, and red chiles are usually dried and turned into powder.



Though many people think your preference for red or green betrays whether you’re from the northern or southern part of the state, both varieties are offered all over, and there are as many Southern red chile-lovers as there are Northern green chile fans. There are also misconceptions about whether red or green is hotter. Though many insist red is spicier, it depends on the variety of chile. A red Big Jim will generally be more scalding than a green one, but a green Sandias is usually hotter than both.

So who is right, and should you order red or green on your burrito? New Mexicans may never agree on that question, but we’re united by the shared love of this regional food all the same. Perhaps there is no greater unity than when we put our differences aside by going “Christmas” and ordering both.



Inspired by Delish.com

## Baked Feta Pasta

AKA Viral TikTok Pasta!

### Ingredients

- 4 cups cherry or grape tomatoes
- 1 shallot, chopped
- 3 garlic cloves, minced
- 1/2 cup olive oil
- Salt, to taste
- Red pepper flakes, to taste
- 3 sprigs of fresh thyme
- 1 8-oz block of feta cheese
- 10 oz pasta of choice
- Lemon zest to taste

### Directions

- Preheat the oven to 400 F.
- In a large pan, combine tomatoes, shallot, garlic, olive oil, salt, red pepper, and thyme.
- Place the cheese block in the center of the pan and bake for 40 minutes.
- Cook pasta according to box instructions. Save 1/2 cup of pasta water before draining the noodles.
- When the tomato and feta cheese mixture is done, add the cooked pasta, pasta water, and lemon zest, stirring until completely combined.

# Who Takes the Blame?

## Understanding Comparative Negligence in Pedestrian Accidents

Pedestrian accidents can be devastating. While drivers have restraints, safety features, and the insulation of their vehicle to minimize injuries, a person hit while walking has no protection at all. In New Mexico, more than one pedestrian is struck every day, and 90% of them are either injured or killed.

When a driver is responsible for the crash due to impairment, speeding, traffic violations, or distracted driving, the victim deserves compensation for their injuries. But, unfortunately, not every case is cut and dried. Even though they have a lot more to lose in an accident with a car, pedestrians can and do often cause collisions.

In fact, approximately 21% of pedestrian accidents in New Mexico have a pedestrian error as their primary cause. Further, 57% of pedestrians killed in crashes were under the influence of alcohol. In these cases, victims and their families can be left holding the bag for any expenses related to the accident.

Luckily, New Mexico uses a standard called comparative negligence. This legal doctrine holds that accidents are complex and rarely have one single cause. Perhaps the pedestrian crossed against the light, but the driver was also distracted and speeding. Under comparative negligence, multiple people can be responsible for the same accident. The damages awarded by the courts are proportional to the amount of blame assigned to both sides by the jury.

In other words, even if you or your loved one were 60% responsible for the accident, you can still be eligible to win 40% of the damages incurred. When someone faces high medical bills and lost wages, any recovery is a step in the right direction to putting their life back on track. And just because the pedestrian made a mistake, it doesn’t mean the driver didn’t err, as well. They should be held responsible for their role in the crash.

At Parnall Law, our attorneys use witness statements, police reports, security cameras, cellphone records, and credit card receipts to determine what happened in an accident. We provide objective, expert guidance and work to uncover any evidence we can use in your favor. Never give up on your pedestrian accident claim until you’ve talked to our team — you may have more of a case than you realize.

