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Helping Your Teen With Decisions About College

In the spring of junior year, many high school students start seriously considering their college options. The process can be confusing, exciting, and overwhelming. Choosing a college is a way for teens to express themselves and explore their pending adulthood, but they don't necessarily understand all the factors they should consider. This contradiction leaves parents in a difficult position. When should they step in and help, and when should they back off?

Parents want their children to succeed, so it makes sense that they want to be involved. It can also be hard to let go of the decision-making process as your child ages. But too much involvement will hinder your teen's progress and set them up for a challenging first year. A student who can't handle researching colleges, comparing schools, and completing applications may not be ready for the rigors of university life.

Parents have a role to play during college applications, but it's crucial to let your child take the driver's seat. It may be helpful to sit your child down for a conversation about how you will and won't help. They need to know you're ready to provide support but not do the work for them.



One of the ways you can be most helpful is by discussing your finances. This conversation can be uncomfortable, but it's crucial. Be clear about what you can afford to contribute and share your family's financial situation for student aid forms. Your child should know they can't afford their dream school before they apply and get accepted. Your teen probably hasn't been in debt before, so offering wisdom about not overextending themselves can be helpful.

Otherwise, your role should be advisory. It's fine to offer your input when asked, but spending hours researching schools and presenting your child with your findings is something else altogether. You can provide second opinions on their applications but shouldn't be the one to fill them out. Let them lead the process.

Make yourself available to help your child with significant decisions, but don't make choices for them. Ask questions to help them clarify their thinking, share your wisdom, and remind them of their options. Most importantly, be clear that you have faith in their ability to make good decisions and will support them no matter their choice.

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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On the Right Side

Meet Attorney Aimee Martuccio Whitsell!

My name is Aimee Martuccio Whitsell, and I've been with Parnall Law since 2018. I've had a strong sense of right and wrong since I was a child — I was never afraid to debate adults when I thought they were wrong — so becoming an attorney just made sense to me. Working in the legal system allows me to help see that justice is done and to make our society a fairer, safer place. Doing personal injury law also allows us to work on a "contingency," which makes justice more accessible to people from all backgrounds since they don't have to pay an hourly fee.

I began my career in 2005 as a Children's Court prosecutor before transitioning to civil defense in 2008. I moved around a lot during those years, trying to find fulfillment, because I didn't enjoy the culture of civil defense firms or working for insurance companies. I finally realized in 2017 that I belonged on the plaintiff's side of civil cases. It took me a while, but I'm excited to say that I now genuinely love what I do.

Working for people who have been injured gives me a much greater sense of purpose than working for insurance companies ever could. There's so much more to life than saving a big corporation money. I love helping our clients get the compensation they deserve to get their lives back on track. An injury can change everything, but I get to help pick up the pieces as much as possible.

Without personal injury law, we'd see more abuses in our society. Big businesses generally don't care much about people —

only their bottom line. We've repeatedly seen that they won't shape up and improve their practices unless someone holds them accountable for their actions, and our work makes the world just a little better every day.

That being said, working at Parnall Law has been a dream come true. Bert provides attorneys with the resources they need to be successful and find justice for our clients. I also love the firm's perfect balance between independence and collaboration. Parnall Law trusts us to get the job done, but is always there to lend a hand when we need it. It's rare to find the level of trust I see among the attorneys at our law firm.

My road here has not been easy. I had my son when I was 18 years old, so I worked hard to make sure I could provide for him. I earned my undergraduate degree before we moved to New Mexico, where I attended law school. In New Mexico, I met my husband, who had a daughter of his own. We got married in 2002 and have since had two more children together. Ranging from 15 to 26, our four kids are the most important thing in my life. In fact, they — and my identical twin granddaughters — are the reason for everything I do.

Our family is also working on adopting a child from Burkina Faso. It has been a long and frustrating process spanning more than two years, but finally bringing our child home will be well worth the wait. In the meantime, I keep myself occupied with LGBTQ advocacy and my love of cooking.

**BERT'S
BUZZ**
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And while my children are mostly grown and very busy with their own activities, I still have our three dogs (Hubbell, Peppa and Sullivan), cat (Isis), and Pinky, the axolotl who lives in my office, to take care of.

As for my job, making a difference in people's lives keeps me going. There's no feeling like when I flipped the insurance company's expert witness during a deposition and forced them to settle a case when they had been denying liability. Every time I successfully resolve a medical malpractice claim, I have an extra sense of accomplishment, because I know from experience how difficult it is to get medical malpractice insurers (and doctors) to pay. As I said, right and wrong have always mattered to me — and at Parnall Law, I get to fight on the side of righteousness every day.

—Aimee Martuccio Whitsell

The History Behind the Heart-Shaped Box of Chocolates



When you're shopping for the perfect gift for your sweetheart, you're sure to see brightly colored heart-shaped boxes filled with Valentine's Day chocolate or goodies. Heart-shaped boxes are just one of the many pillars of Valentine's Day, and it has become an iconic symbol of love for generations.

Chocolates have also been associated with love for centuries. But it was in the mid-1800s that it became a popular gift for lovers on Valentine's Day. During this time, people began to celebrate with cards, gifts, and small tokens of affection — and the imagery of hearts, roses, and Cupid became linked to the holiday.

You may be thinking that a swooning lover created the heart-shaped box. But it was actually a marketing tactic invented by Richard Cadbury from the famed Cadbury chocolate company. It only makes sense that a renowned chocolate maker created the iconic heart-shaped box. The Cadbury family wasn't only famous for their chocolate innovations, but they gained much popularity and wealth by selling their tea, coffee, and drinking chocolates as well.

Since it had become a common practice to buy gifts for this romantic holiday and the commercialization of Valentine's Day was in full swing, Cadbury found himself in a unique position. Thus, the heart-shaped box was born, and Cadbury expertly took advantage of this opportunity.

Cadbury marketed the first Valentine's Day boxes as a container and marketing tool for the product and explained that people could even save the box as a keepsake after the holiday. It was a brilliant idea, and Cadbury's Valentine's Day boxes were an instant hit. From then on, heart-shaped boxes of chocolates became part of the holiday's custom.

As the years have gone by, the idea of the Valentine's Day heart-shaped box of chocolates has been updated and revamped. Today, you can find just about anything in the holiday's iconic heart shape, such as small gifts, candies, flowers, and even your Valentine's favorite snacks! With millions of heart-shaped boxes sold every year, it's no surprise that they have become a quintessential symbol of Valentine's Day celebrations.

Let It Snow! The Joys of New Mexico Skiing

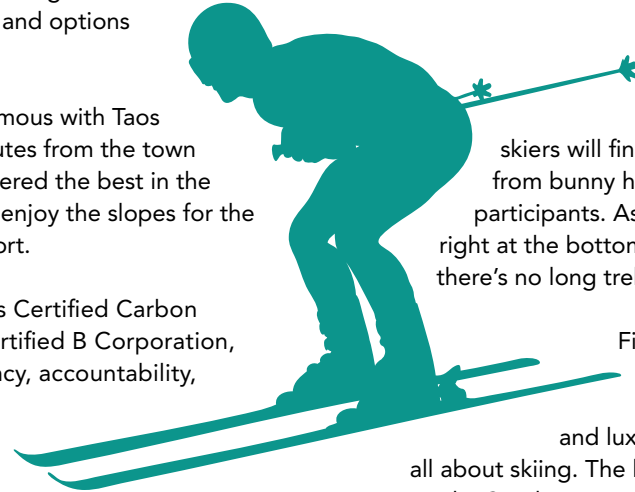
Winter isn't going anywhere yet — and neither is ski season, which lasts until early April. So, there's still plenty of time to get out on the slopes. New Mexico has a rich skiing culture filled with diverse terrain, beautiful views, and options available for all families and budgets.

For many, skiing in New Mexico is synonymous with Taos Ski Valley. Since it's located about 30 minutes from the town of Taos, the ski destination is often considered the best in the state. Visitors can purchase day passes to enjoy the slopes for the afternoon or stay on-site at the luxury resort.

Taos Ski Valley proudly advertises itself as Certified Carbon Neutral and the first ski resort to be a Certified B Corporation, honoring its high standards of transparency, accountability, social responsibility, and environmental performance. But while there are plenty of things to like about Taos Ski Valley, it's not the ideal destination for everyone. The resort mainly consists of more challenging slopes, making it best for intermediate to expert skiers — or those willing to learn quickly.

Angel Fire Resort in the Taos region offers a more laid-back atmosphere, with options for the kids, including sledding and

snow tubing. It's also the only location in the state to offer night skiing (on Friday and Saturday). Plus, no visit is complete without a look at the resort's namesake — the stunning, fiery red sunsets.



Red River Ski Area mainly caters to families, but it does have a few hidden challenges. In fact, skiers will find a wide variety of terrain to explore, from bunny hills to steep slopes for advanced participants. As a bonus, the town of Red River sits right at the bottom of each of the slopes, meaning there's no long trek back to your car.

Finally, Sipapu Ski Resort provides an affordable ski option that many locals love. Forget the fine dining and luxury lodge — your visit to Sipapu is all about skiing. The location also boasts the longest ski season in the Southwest, so you can enjoy the exhilarating sport for more months each year.

Whether you're looking for a high-end or barebones experience, something laid-back or a more challenging course, the Taos region of New Mexico offers everything. We'll see you out on the slopes!



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!
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Inspired by TasteOfHome.com

Feta Chicken Burgers



Ingredients

- 1/4 cup finely chopped cucumber
- 1/4 cup reduced-fat mayonnaise
- 1/2 cup chopped roasted sweet red pepper
- 1 tsp garlic powder
- 1/2 tsp Greek seasoning
- 1/4 tsp black pepper
- 1 1/2 lbs lean ground chicken
- 1 cup crumbled feta cheese
- 6 whole wheat hamburger buns, split and toasted

Directions

1. Preheat broiler and mix chopped cucumber and mayonnaise.
2. For the burgers, mix the red pepper, garlic powder, Greek seasoning, and black pepper. Add chicken and cheese; mix lightly but thoroughly (the mixture will be sticky). Shape into 6 patties about 1/2-inch thick.
3. Broil burgers, remembering to cook both sides thoroughly. Serve on buns with cucumber sauce. If desired, top with lettuce and tomato. Enjoy!

Providing Rides and Saving Lives

Meet an Uber Driver Turned Hometown Hero

We all like to imagine we would do whatever it takes to help others if we witnessed a tragedy, such as a house fire or car accident. We see it all the time when watching our favorite shows and movies, but these random heroic acts rarely happen in real life. When they do, they're awe-inspiring. One New York City man was faced with one of these harrowing situations and showed tremendous courage when he helped save lives, all while on the clock.

Fritz Sam works as an Uber driver in New York City. He had just picked up a passenger and was taking her to LaGuardia Airport when he noticed a hectic scene in a Brooklyn neighborhood. He soon saw flames and dark smoke emerging from a second-story window of an apartment building. He asked his passenger if he could pull over to offer help.



He approached a group of bystanders, yelling for people to get out of the residence. As people fled the building, Sam asked if everyone was out. Someone said there were still people inside. Without hesitation, Sam ran through the building and found a woman who was hesitant about leaving. He convinced her to go and brought her to safety, and then he returned to help another man get out of the building.

Once he saw firefighters on the scene, Sam returned to his vehicle and proceeded to drop his passenger off at the airport. She still made her flight, even with their impromptu stop.

In a statement to "TODAY," Uber said, "We're incredibly grateful to have such a heroic and thoughtful member of our community in Fritz. He went above and beyond to keep his neighbors in New York safe — and still managed to get his rider to the airport on time."

When talking to "TODAY," Sam stated, "You'd be surprised what little things we do that can be impactful. Because, trust me, those little things are going to make a big difference for somebody."

It's safe to say that very few people consider Sam's actions a "little thing." He acted heroically and is an inspiration to many.