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Breaking the Busy-Bored Cycle

3 Strategies You Can Use Right Now

It's a common problem: People spend most of their days feeling too busy, only to feel bored during their free time. So how can you break the habit of scrolling through your phone and watching TV and make the most of the little time you have for yourself? Let's talk about ways to break the cycle of boredom and busyness thus creating a more fulfilling life.

Plan ahead.

Schedule your days and weeks for an even workload to ensure your day doesn't have huge gaps or work overflow. For example, if you have a large project, you can divide it into smaller tasks to keep yourself busy, yet not overwhelmed, throughout the week. You can also plan fun activities each day. This will help fight boredom and give you something to look forward to when you're at work or while completing daily tasks.

Prioritize tasks.

If you have trouble managing projects to the point where you feel you don't have enough time, begin prioritizing specific tasks. It's essential to complete the highest priority tasks so you won't be up late in the

day trying to finish something important. If you plan ahead, you can number your tasks from most important to least. This will help ensure high-priority tasks are completed on schedule.

Be curious.

One way to mute boredom and implement more creativity is by setting daily learning goals. These goals can be anything you want! Setting small goals and accomplishments will keep you curious, motivated, and focused. They also give you something to look forward to each day. Ask yourself what you want to learn today. Do you want to learn about a new culture? A language? If there is something you've always wanted to know, now is the time to put your thinking cap on!

Boredom and busyness derive from the same source — there is a lack of quality in how you focus your attention. Luckily, the same strategies apply to both boredom and busyness. These tips will help you create a balanced mindset and allow you to push through your day without feeling overwhelmed or uninspired.



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

JULY/AUGUST 2022

Committed to Success

Through Teamwork and Balance

For as long as I can remember, I have always wanted to be an attorney. But sometimes life throws curveballs, and that dream of mine was pushed to the back burner for a while. I worked in banking temporarily, but found that I wasn't fulfilled and in 2009, I stumbled upon a personal injury law firm that offered a receptionist position.

Eventually, I wanted to be more than a receptionist. I found the field of personal injury really interesting and wanted to be able to help people fight wrongdoing. So, I started asking for more work — a little more than answering phones and greeting clients— and little by little, I worked my way up and now am a Lead Litigation Paralegal here at Parnall Law.

I started at Parnall Law in January of 2014 after I had left my previous firm because my youngest was born prematurely, and I thought that I wanted to be a stay-at-home mom. But about seven months down the road, I realized how much I loved working and wanted to get back into the legal field.

My sister-in-law, Pauline, worked (and still works) at Parnall Law, and she called me one day to ask if I wanted to get back into the office. I debated this because I felt conflicted. But I decided to apply anyway — I figured if it was meant to be, it would happen. If not, then maybe it wasn't my time to start working again.

And sure enough, I had an interview, and a few days later I was offered a position.

I started out as a paralegal and a few years ago when they developed the lead positions, based on my experience, my knowledge, and skills, they chose me for the lead litigation position. As the Lead Litigation Paralegal, my role is to train litigation paralegals and litigation assistants to enable them to become independent and effective in their litigation roles. I provide continuous coaching and feedback to the litigation team and maintain active involvement in their caseloads.

Clients come to us with personal injury cases, and we try to resolve those prelitigation but if we cannot persuade the insurance adjuster to treat our client fairly, that's when we file a lawsuit in court, in order to bring the case to a judge and jury.

The Litigation Department is in charge of working together with the attorneys to provide clients with intelligent, compassionate and determined advocacy, with the goal of maximizing compensation for the harms caused by the wrongful actions of others. The term "litigation" refers to the legal proceedings following the filing of a lawsuit between parties to enforce a legal right through the court.

We work hand in hand with the attorneys in the discovery process, in which the parties try to obtain as much information from each other as they can through interrogatories, request for production and or requests for admissions. As a paralegal, we assist in drafting and meeting with clients to obtain additional information. After the discovery process, the case is ordered to mediation, which is an opportunity for us to resolve the case. If we cannot come to an agreement at mediation, we go to trial.

I align myself with all of our firms Values: Teamwork. Talent. Truth. Tenacity. Triumph. but the main one that stands out to me is teamwork. I'm always here for my team, trying to help them in whatever way I can for them to be successful and move their cases along in a timely manner. I also still have a caseload of my own, so I continue to help clients directly, as well as lead our team.

I truly love my job. I enjoy helping our clients, it's great to work with amazing coworkers, and I'm grateful to be in the field of law where I feel as though I was meant to be.

When I am not working, I love to spend time with my husband and three children. We enjoy snowboarding and traveling.

-Sophia Canizales



This Month in History

Einstein Wrote a Letter About the Atomic Bomb

If you invented a formula ($E = mc^2$) to calculate the energy produced by splitting an atom, you'd be familiar with the scale of power that nuclear energy could create. You might even fear weaponizing that energy. Einstein did, and that led him to write a letter he would, later, deeply regret.

Here's the real story behind Einstein's famous letter to U.S. President Franklin Roosevelt and the facts that people most often misremember.

Einstein didn't invent atomic energy.

While Einstein's formula can calculate atomic energy, he never helped build a nuclear energy plant or an atomic bomb. The scientist repeatedly reminded people, "I do not consider myself the father of the release of atomic energy. My part in it was quite indirect."

In fact, as an outspoken pacifist, Einstein was against weaponizing atomic energy. However, five years into Hitler's regime, three scientists in Berlin discovered that nuclear energy could be used to create a bomb — although some technical problems needed to be overcome. When Einstein heard of this, it was deeply distressing for the German-born Jewish physicist.

If the Nazi party had nuclear weapons, what would become of the United States if they didn't act quickly?

So, with the help of fellow physicist Leo Szilard, Einstein sent his famous letter to President Roosevelt in August 1939. He told the president that Germany could be creating atomic bombs, and advised him to stockpile uranium ore, suggesting that the U.S. military should begin creating its own atomic weapons. The president followed his advice.

Einstein was a security risk.

While Einstein might seem like a natural choice for the Manhattan Project, the U.S. Intelligence office denied Einstein a security clearance. Hundreds of scientists on the project were forbidden from consulting Einstein on account of his politics and activism. As a top-secret project, they couldn't take any risks of exposure.

In an interview with Newsweek, Einstein shared his regret in writing his letter, saying, "Had I known that the Germans would not succeed in developing an atomic bomb, I would have done nothing."

Yet, even as a new American citizen, Einstein's worry and sense of duty to the country led him to write one of the most historic letters in our nation's history.

Plan to Land in Roswell

Celebrating 75 Years of UFO History

In the archives of American UFO history, few incidents have inspired as much fascination — and speculation — as the one in Roswell, New Mexico. This year the city of Roswell celebrated the 75th anniversary of the Roswell Incident. There are many different opinions regarding the incident, but one thing is certain — the "UFO Capital of the World" was the destination hotspot July 1–3 for UFO enthusiasts and skeptics alike!

The event known as the Roswell Incident quickly swept through the nation in the summer of 1947. In June or possibly early July, William Brazel woke up like any normal day to work on the J.B. Foster Ranch when he made a shocking discovery. "I found a large area of bright wreckage made up of rubber strips, tinfoil, a rather tough paper, and sticks," Brazel told the Roswell Daily Record. Several stories of "flying saucers" had already appeared in the national press that summer, so Brazel thought it could be something of the sort.

U.S. Army officials were quick to debunk the theory that little green men had visited earth, claiming it was just a "weather balloon." But years later, they admitted it wasn't a weather balloon; instead, it was part of a covert project they were trying to keep under wraps.

With so many possible sightings, press releases, admitted cover-ups, and conflicting explanations, these ever-changing accounts gave rise to uncertainty and suspicion that something was going on and hidden from the general public.

Amid all the debate about the Roswell Incident, people from around the world still travel to New Mexico to celebrate the UFO Festival. There are stargazing events, tours, a Galaxy Fair with vendors, music, food, children's entertainment, and more, all taking place in the city of Roswell.

The mystery is alive to this day with mixed messages and claims that continue to circulate this phenomenon. We may never truly reach a consensus on the truth that may be out there, but regardless, the town of Roswell will be forever linked to one of the greatest mysteries of all time.

Are you interested in this UFO mystery? Go to [LiveScience.com/roswell-ufo-crash-what-really-happened.html](https://www.livescience.com/roswell-ufo-crash-what-really-happened.html) to learn more.



Enjoy the Sun and Bike On! Ride With Confidence and Caution

As the need to be outside is at an all-time high, it's the perfect season to pull those bicycles out and take a ride. Bicycling is a very popular hobby in New Mexico, and in the city of Albuquerque, there are over 500 miles of bike lanes, trails, and routes for people to explore.

Unfortunately, that means there is a higher risk of bicycle accidents. Just like pedestrians and motorcyclists, bicycle riders have little-to-no protection if they were to be struck by a vehicle.

How do bicycle accidents occur?

In its most recent annual traffic crash report, the New Mexico Department of Transportation notes the top contributing factors as:

- Driver inattention (distracted driving) — 28%
- Failure to yield right of way — 16%
- Bicyclist error — 10%
- Alcohol/Drug involvement — 8%
- Disregarded traffic signal — 6%
- Other improper driving — 4.5%

In New Mexico, bicyclists have the right to use public roadways. Cyclists must follow traffic rules, but motorists and other vehicles should yield and be cautious of those on the roadways in general. When the operator of a vehicle is negligent and hits a cyclist, the injured bicyclist — or their family — has a right to restitution for injuries and other losses.

How can we help?

Accident attorneys at Parnall Law help injured cyclists pursue insurance claims for medical expenses, property damage, lost income, pain and suffering, and more. In a typical collision between a bike and a vehicle, the motorist is likely at fault. But, cyclists who may have contributed to the accident can still win compensation if the accident was less than 100% their fault.

New Mexico's civil law adheres to a legal doctrine known as "comparative negligence." So, each person is held responsible for how they contributed to the injury in question. Any compensation awarded ("damages" in legal cases) is reduced according to the amount of blame the jury decides the injured person is responsible for in an accident.

As your attorneys, we gather evidence from the accident to show what really happened. Our objective is to secure solid evidence of how driver error led to your accident and injuries, and reduce the impact of any evidence against you.

This includes the following:

- Police reports
- Court records
- Witnesses
- Security cameras
- Drivers' cellphone records
- Credit/debit card purchases prior to the accident

Any bike accident involving a motor vehicle is almost certain to result in a personal injury for the rider. There are many questions about what steps to take next if you find yourself in a bicycle accident, and here at Parnall Law, our attorneys are ready to guide you through the process. Call (505) 207-0144 for a free consultation today!



Inspired by
[MakingThymeForHealth.com](https://www.makingthyme-for-health.com)

Zucchini Corn Fritters

Ingredients

- 4 cups shredded zucchini
- 1/2 cup corn kernels
- 6 green onions, chopped
- 3 garlic cloves, minced
- 1 1/4 cups chickpea flour
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp each salt and pepper
- 1 tbsp olive oil
- Vegan nacho cheese, black beans, salsa, and avocado for toppings

Directions

1. In a large bowl, combine all ingredients except oil and toppings. Stir until well combined and let rest for 5 minutes until a batter forms.
2. In a large skillet, warm the oil over medium heat. Scoop 1/4 cup of zucchini mixture into the skillet. Cook for 3–5 minutes, then flip. Cook for another 3–5 minutes until fritter is golden brown. Repeat with the remaining batter.
3. Serve topped with nacho cheese, black beans, salsa, and avocado.

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!

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