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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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# Preparing Your A/C Unit for Summer

For many people around the country, April is the first month when they might turn on their air conditioning unit. Even if it's still chilly where you are, summer is right around the corner, so you need to make sure your A/C unit is ready to tackle the summer heat.

A central air conditioner has an indoor air handler and an outdoor compressor. The compressor is where you want to spend your time cleaning and maintaining. More than likely, you didn't use your air conditioner during the cooler winter months, so you'll need to do a few things to ensure your unit is in peak condition before turning it on.

Before doing any work on your unit, make sure you turn off the circuit breaker. You'll

need to turn off the power to the condenser at the service panel, but most condensers also have a weatherproof disconnect box that you need to power down. Once your unit is powered down, you can begin cleaning and replacing your furnace or air-handler filters. Ideally, you should do this twice a year. If you fail to change or clean these filters, restricted air flow will reduce the efficiency of your unit.

In addition to cleaning your filter, you also need to clean the condenser coils. If your unit was uncovered during the winter, leaves and other debris likely found their way inside the coils. Make sure the fan is clear before moving inside the box to check if the coils are clogged. If they are, clean them with a soft brush and use a vacuum to clean the coils from the inside.



Once you've cleared away all the debris and excess water, check the coolant lines. These lines are usually covered with foam insulation that can fray and crack. If they're damaged, replace them with new foam insulation sleeves.

Your unit should now be ready for a test, and if everything runs well, your air conditioner should be ready to take on the summer heat. Anyone can clean and complete simple maintenance, but if the system still doesn't work properly, call in a professional to investigate and handle further repairs.

## BERT'S BUZZ

MAR/APR 2022



## Giving Evidence

### Meet In-House Investigator Steven Aragon

Hi everyone, my name is Steven Aragon, and I'm Parnall Law's new in-house investigator. Every case our firm handles hinges on the evidence we can present, and my job is to find the missing puzzle pieces to build an even stronger case for our clients.

Though this is my first time working for a law firm, I earned plenty of experience through my 21 years working as a law enforcement officer. I most recently served as a lieutenant in the Bernalillo County Sheriff's Office, working on traffic accidents and DWI investigations. About a year-and-a-half after my retirement, I saw this opportunity and noticed how unique it was. I'm not aware of any other firms in our area with their own full-time, in-house investigator, which demonstrates just how much Parnall Law cares about the community and their clients.

I was also excited because I'd known Bert since I worked at the Los Lunas Police Department. He worked in the district attorney's office, and we handled some cases together. I knew he supported law enforcement and was regularly involved in the community — I could always count on him attending our Mothers Against Drunk Driving (MADD) and other DWI events.

Though I've only been here since January, I already know coming out of retirement and joining the firm was the right choice. It's such a positive and team-oriented environment. We're all expected to create daily and weekly goals and monitor our progress. I've found it's so much easier to get my work done when I can put my objectives into words. It helps turn them into action and keeps us all focused and working on the same goal — helping our clients.

The criminal legal system isn't always perfect, but we can often help people receive some form of justice through civil law. It starts by proving exactly what happened. Cases can often seem like one person's word against the other, so gathering evidence is crucial. I

look for evidence that law enforcement doesn't always commit resources to, like seeking out surveillance footage that may show the accident and locating potential witnesses.

I also spend time tracking down paperwork and police reports. This can sometimes be tricky for someone without experience, but I know what to look for and where. It also helps me quickly identify when a piece of evidence has been overlooked. And my time working as the supervisor of a traffic investigations team has taught me the right questions to ask witnesses to bring additional specificity and color to their recollections. The details matter, so it matters to Parnall Law to find them.

My job requires me to learn a lot about our clients and their situations. So, it seems only fair to tell you more about me. I've been married for more than 20 years, and my wife and I have five children and five grandchildren. Three of our children are grown. One son is in the military, our other son is a deputy, and our oldest daughter is a stay-at-home mom. They're each doing things I admire greatly, and I'm proud of them all.

We also have two teenage girls at home. I like to call the older one my little genius; she graduated high school at 16 and will already have her first year of college under her belt by her 18th birthday. Our youngest daughter, 16, is a competitive dancer, and we travel all over the country for her events. For my wife's part, she was an amazing stay-at-home mom for almost 20 years, but as I was getting ready for retirement, she went to school and now works as a hospice nurse. The newest addition to the family is our 1-year-old Yorkie named Dixie.

We enjoy hunting, camping, barbecuing, and anything else we can do together. We especially love following our local high school sports teams. Whether it's baseball, football, basketball, tennis, we're there. Go Valencia Jaguars and Los Lunas Tigers!

I am incredibly blessed to have this opportunity for a new career at Parnall Law, and I'm very humbled to work for someone like Bert, who gives back to the community and cares about the people who work here. Most businesses don't have that level of care or personal touch anymore. Luckily, I can always trust I'll find it here.

*-Steven Aragon*



# She Saved Her Human!

## Meet Tinsley, a Car Crash Survivor

On Jan. 3, 2022, New Hampshire State Police responded to a call about a lone dog wandering around on the interstate near Veterans Memorial Bridge. When they got there, the pup — a Shiloh shepherd named Tinsley — led the officers on what seemed to be a wild goose chase.

“When Trooper Sandberg and the Lebanon police officers attempted to get close to the canine, it continued to run northbound on Interstate 89, crossing into Vermont,” the police department wrote in a Facebook post. “A short time later, Trooper Sandberg and the Lebanon police officers located a damaged section of guardrail near the Interstate 91 and Interstate 89 junction.”

It turns out Tinsley had a destination in mind: an upside-down pickup truck that had crashed through that very guardrail.

The truck had rolled off the highway, and the people who were inside — including Tinsley’s owner, Cam Laundry — were on the ground, badly hurt and hypothermic! Thanks to Tinsley’s bravery, the cops called an ambulance that rushed them to the hospital.

“This was almost like a real-life Lassie situation,” one lieutenant told CNN. “It’s really quite remarkable. This dog definitely saved their lives. I don’t think they would have survived the night given the temperatures.”

Tinsley is a real hero on four legs, just like Lassie, a fictional pup who saved two little boys from dying of hypothermia in the snow. Fortunately, Tinsley’s grateful owner, Cam, made a full recovery. He also knows just how special his pup is.

“She gets spoiled all the time,” he told the WPTZ news station. “She’ll get some venison, probably [a] burger tonight, and probably some back scratches with it.”

Tinsley is not the only dog who has saved a human from the cold. In the winter of 2017, a rescue pooch named Peanut saved the life of a 3-year-old girl in Michigan who had wandered away from home, and a golden retriever named Kelsey saved her owner after he slipped in the snow and broke his neck. She kept him warm for 19 hours and barked until help came. To read the full story of Tinsley’s roadside rescue, visit CNN.com and search “real-life Lassie.”

# Were You Really ‘Robbed’?

## The Difference Between Robbery, Theft, and Burglary

Robberies, thefts, and burglaries are all crimes, and the terms are often used interchangeably when people talk about them. However, the actual definitions of each word are different in the legal and law enforcement world. There are a few things that you should know when it comes to using the correct terminology.

### Theft

Theft is the criminal act of taking another individual’s property (both tangible and intangible) without their permission. To fulfill the requirements of the crime, the person committing the act must have the intent to permanently deprive another person of that property. Shoplifting, taking a motor vehicle without the owner’s permission, stealing money from another person, and taking by deception are all examples of theft.

### Robbery

Robbery differs from theft in that while they both involve taking something from someone, robbery includes force or the threat of force. It is a violent crime, and the victim must’ve been in fear for

the crime to be classified as robbery. It should be noted that the property that is taken during the crime does not need to be taken directly off of the victim’s person. It can be property that someone is in control of, such as bills in a cash register.

### Burglary

Unlike theft and robbery, burglary is not always a theft crime. A burglary occurs when one unlawfully enters a structure they do not own or have permission to enter — and they have the intent to commit a crime once they are inside. Some examples of burglary include breaking into a vehicle or opening up an unlocked door to commit a crime after they enter.

Thefts, robberies, and burglaries can be confusing, but they all share one thing: If you’re convicted of one of these crimes, you will face serious consequences. If you ever need legal advice or assistance, get in touch with a lawyer you trust. They’ve got your back!

Inspired by TasteOfHome.com

## One-Pan Chicken Tacos

### Ingredients

- 1 lb chicken breasts, sliced into 1-inch pieces
- 2 tbsp garlic powder
- 2 tbsp cumin
- 2 tbsp chipotle powder
- Canola oil (for frying)
- Corn tortillas
- Grated cheddar cheese
- Pico de gallo and guacamole salsa (to taste)

### Directions

1. In a mixing bowl, combine the chicken pieces, garlic powder, cumin, and chipotle powder. Mix until the chicken is coated.
2. In a frying pan, heat the oil. When the oil is hot, add the chicken mixture. Cook on medium heat for 5–8 minutes.
3. Remove the chicken from the pan, and add the corn tortillas (avoid overlapping) so they soak up the juices. Flip the tortillas and repeat. Then, add chicken and grated cheddar to each tortilla and fold it over the filling — in the pan.
4. Cook the tacos for 3 minutes per side until the tortillas are crispy and the cheese is melted.
5. Top with pico and guacamole salsa, and serve!

# Gather Around

## For the Annual Gathering of Nations

If you want to get your taste of culture this spring, you don’t have to go far; Albuquerque is home to the annual Gathering of Nations (GON), happening April 28-30. Every year, Native Americans representing over 500 tribes travel to the nation’s largest pow wow to celebrate and share their unique cultures and heritages. Though some pow wows are not open to the public, the GON welcomes all to watch, learn, and participate.

The festival has greatly evolved from its unofficial 1983 origins at the University of Albuquerque. The following year, the celebration gained its moniker and moved to the small Horse Arena at the New Mexico Fairgrounds. Unable to accommodate all who would like to attend, they soon moved to the 20,000 seat University of New Mexico arena before heading back to the fairgrounds — now on dedicated Pow Wow Grounds.

GON now frequently attracts more than 70,000 visitors, both local and from far away, Native and not. Visitors are treated to countless dances and drum circles from performers dressed in their full tribal regalia. (Note: The clothing is not “costumes.”) There are also musical performances, a food court, a teepee village, and dozens of Native vendors to patronize. You may even have the opportunity to dance alongside the performers — but wait to be invited. Remember that while a pow wow is a lot of fun, it’s also a sacred space for many people.

The celebration also boasts the Miss Indian World program, which annually bestows the prestigious title on a young Native woman. The winner is considered a Cultural Goodwill Ambassador to represent all Native American cultures. Though technically a competition, organizers see Miss Indian World more as “a week-long exchange of ideas, traditions, and goodwill” among the contestants.

After going virtual for two years, GON will return to an in-person celebration for 2022. To ensure safety, vaccination against coronavirus — which has disproportionately impacted Indigenous Americans — is required for all attendees, vendors, and performers. Organizers strongly encourage booster shots, and masks are mandated in indoor spaces. Single-day tickets start at \$20, and RV camping is available for an additional fee.

What are you waiting for? Don’t miss out on this one-of-a-kind opportunity for Native Americans to gather and celebrate and for others to broaden their horizons. Pick up your tickets at [GatheringofNations.com](https://www.gatheringofnations.com).

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