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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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Have a Low-Stress Holiday 3 Tips for a Merrier Time

The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon.

Especially for those hosting parties,

between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

Recharge First

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

Get Started Early

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

Don't Expect Perfection

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.

BERT'S BUZZ

NOV/DEC 2021



From New York to New Mexico

Attorney Brian Murray Adjusts to Life in Albuquerque



My name is Brian Murray, and I'm a new attorney at Parnall Law. In addition to being new to the firm, I'm also new to the area, and I'm excited to see more of what Albuquerque has to offer.

I've wanted to be an attorney since I was fairly young. Growing up, a friend's father was a personal injury attorney, and I watched a lot of "Law & Order" and "Matlock." The courtroom looked exciting to me, and I've always been a competitive

person. I knew that I wasn't going to make it as a professional athlete, so I thought that arguing in a courtroom for clients would be good for my competitive spirit.

My friend's dad shared that going into personal injury was the fastest way to get into a courtroom. I didn't want to spend all of my time behind a desk, so after law school I decided to see if it was a good fit. I've been practicing now for 19 years.

I'm a native New Yorker who grew up on Long Island. During the pandemic, I started to feel cooped up and realized that I didn't want to wait until my golden years to find a new adventure. So, my wife and I decided to move. We were initially looking at South or North Carolina, but then I found Parnall Law. We thought New Mexico sounded intriguing, so I decided to apply.

I came to Albuquerque in July, and the rest of my family joined me around Labor Day. So far, we're loving it and the whole family is excited to get to know the area and find out what happens next.

My wife, Rebecca, and I will have been married for 16 years this December. We have three wonderful children — Jack (13), Aubrie

(10), and Sawyer (6). We're big Disney fanatics, and we've gone to Disney World once or twice a year for about six years now. Now that we're on the west side of the country, we're excited to visit Disneyland for the first time. To get my competitive fix, I'm a big fan of sports — especially hockey, which is unfortunately not too popular around here!

Before Parnall Law, I'd only worked for insurance companies. After 20 years, it started to get tiring. While I always represented my previous clients to the best of my ability, I find that I get much more satisfaction now helping people who have been injured. It's so rewarding to be able to assist people during a difficult time in their lives and help them get justice and compensation for their injuries.



My previous work has also given me valuable insight that helps me win for my clients. I know how insurance companies work and I'm familiar with their various tricks and strategies. I understand what kinds of limits they're working under, and I'm able to use that knowledge to help my clients get the maximum amount they deserve.

Since I won't ever be able to play for the New York Islanders, this is the best career I could've hoped for. All of my coworkers are very welcoming, and every person working here all the way up to Bert really wants to help our clients. It feels like a breath of fresh air. I'm glad to be a part of the team and excited to continue on this new adventure!

— Brian Murray

How COVID-19 Worsened America's Opioid Crisis

Lockdowns Made Things Tough

Since the mid-1990s, over 500,000 deaths have been attributed to opioids. Many factors fueled the problem: corporate greed, economic recession, and changing attitudes toward pain treatments. Then came the COVID-19 pandemic, which escalated the opioid crisis to untold levels.

Data released by the National Center for Health Statistics on July 14 show a large increase in overdose deaths. Between December 2019 and December 2020, more than 93,000 Americans died from drug overdoses. That's nearly 29.4% higher than the previous 12 months. This means that, on average, 255 Americans were dying from overdoses every day.

One of the most notable things about the opioid crisis during the pandemic is the increase in death by overdose throughout the country. States like West Virginia have always been at the center of the crisis, but states like California, Arizona, and Colorado have seen shocking increases in overdoses. Opioid-related deaths have gone up for men and women of every race and age, and the numbers aren't slowing down.

The question still lingers — why have opioid deaths increased during the pandemic?

The first reason focuses on the lockdowns. Many people were furloughed or completely cut off from work. This led to isolation, which is unhealthy for most people. For those already using opioids, they had more free time to use and their habits only grew worse.

Then, hospitals became overloaded during the pandemic. Those already recovering from addiction found it more difficult to get medical treatment when the pandemic started. Most medical attention focused on COVID-19 patients, and many former opioid users fell to the wayside. The impact was even worse if they had lost their job — which led some people to return to old habits.

As the pandemic continues to rage on, the opioid crisis has not waned. It could take years for opioid use to level out. And that assumes it won't continue to increase.



Merry and Bright

Albuquerque's Annual Twinkle Light Parade

If you think the holidays just aren't the same without twinkle lights, Albuquerque has the perfect celebration for you. Named the second best holiday parade in the U.S. by USA Today in 2016, the Twinkle Light Parade in Nobb Hill is a festive tradition certain to entertain both children and adults alike.

Usually consisting of hundreds of vehicles, thousands of people, and hundreds of thousands of lights, the Twinkle Light Parade is held in early December to usher in the holiday season. Local citizens, businesses, and organizations apply to have their float included in the event, with the most impressive submissions getting top priority. Participants can get as creative as they want, but they must use as many lights as possible!

All participants are eligible to win cash prizes in various best float categories, but the real reward is bragging rights for putting on the best show. In addition to cars covered in twinkle lights, the parade also usually boasts motorcycles, semi-trucks, bicycles, carolers, marching bands, animals, and all other kinds of surprises. Of course, the parade ends with the arrival of Santa.

Sadly, the parade was canceled last year due to COVID-19 precautions, but organizers plan for the 2021 celebration to be better than ever. This year's parade will be held on Saturday,



Dec. 4, a little after sunset, so all of the twinkle lights can look their best. Organizers suggest that you arrive early to secure a parking spot and good viewing location.

While the parade itself is usually over by 7:30 p.m., the streets stay closed until 10 p.m. Attendees are encouraged to stay late and enjoy all Main Street has to offer, including plenty of local restaurants and shops. Whether you use the time to enjoy a meal with friends and family or sneak in some holiday shopping, the area has something for everyone.

Bundle up in warm winter clothes and head over to Nobb Hill this December for some local pride and wholesome fun. 'Tis the season to sparkle, and no one does it better than our own Twinkle Light Parade.

What Causes Bicycle Accidents?

And How Can You Avoid Them?

Much like pedestrians, bicyclists have little to no protection if they're struck by a moving vehicle. As a result, a bike rider in any collision is very likely to be injured in some way, and they're much more likely to suffer serious injury than the driver. In fact, the New Mexico Department of Transportation says that about 77% of bicycle accidents result in an injury, usually for the cyclist.

Since cycling is so popular in New Mexico, it's especially important for drivers and cyclists alike to be cautious. New Mexico cyclists ride for pleasure, exercise, the low environmental impact, and economic reasons. In Albuquerque alone, there are over 500 miles of bike lanes, trails, and routes, many of which share the road with motor vehicles.

While drivers are sometimes frustrated by their presence, bicycles have as much right to be on the roads as cars and trucks. And more often than not, when an accident involves a bicycle, the motorist is at fault. New Mexico Department of Transportation says that the top cause of bicycle accidents is driver inattention, which is responsible for 28% of collisions. Driver failure to yield right of way is the No. 2 cause of bicycle accidents, accounting for about 16%.

By comparison, only 10% of bicycle accidents are caused by bike rider error. However, 91% of these cases are caused by a drug- or alcohol-impaired cyclist, so riders too have a responsibility to keep themselves and our roads safe.

Drivers can help prevent accidents by giving cyclists plenty of room on the road. A bicycle should be passed the same way as another car when the left lane is open, not using the same lane as the bicycle. It's also important to stay out of bike lanes, remain attentive while driving, and give cyclists right of way. Meanwhile, riders can help prevent injury by following all traffic laws and not cycling while intoxicated.

If you're a cyclist who has been injured in a collision, Parnall Law Firm is able to help. Even if you are partially at fault for the accident, you may be entitled to some compensation for your injuries. Our experienced attorneys can help you get the justice you deserve. Call us today for a free consultation.



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Inspired by FoodNetwork.com

Baked Cornbread and Chorizo Stuffing



Ingredients

- 1 lb Mexican chorizo
- 1 white onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 garlic cloves, chopped
- 2 cups premade cornbread, crumbled
- 1/4 cup cilantro, chopped
- 1/2 cup chicken stock
- 1 tbsp unsalted butter, for greasing
- Cilantro, for garnish
- Cotija cheese, for garnish

Directions

1. Preheat your oven to 350 F.
2. In a large skillet over medium heat, cook the chorizo for 5 minutes. Add the onion, carrot, celery, and garlic. Cook for 10 additional minutes. Stir in the cornbread and cilantro.
3. While stirring, slowly add the chicken stock. Stir until absorbed.
4. Butter a small casserole dish, then add the stuffing in an even layer. Bake for 20 minutes, garnish as desired, and serve!