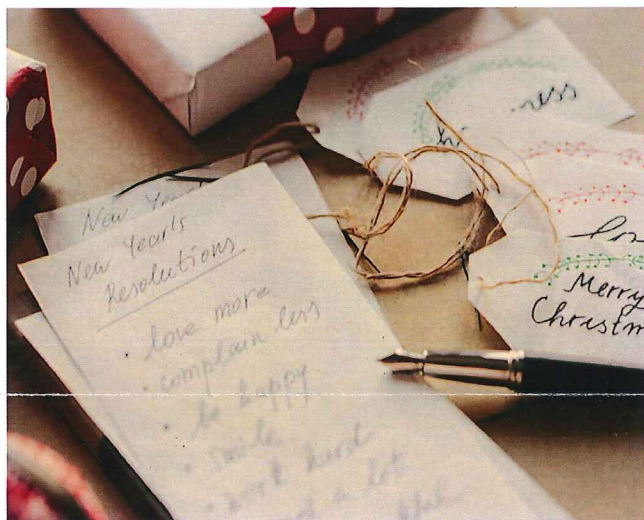


# bartalk

**PARKER LAW FIRM: The Attorneys You Want But Hope You Never Need**

## Hitting the Reset Button for 2018



As the holiday season approaches, my thoughts inevitably turn to planning for the New Year. I have always viewed Jan. 1 as an opportunity to hit the reset button, so I take several days during the Christmas holiday to actually evaluate how my business has performed over the last year. I set forth in writing what we hope to achieve in the coming year and how we intend on achieving it. I get my entire staff involved in this process in some form or fashion, and we try and set what we hope turns out to be realistic and achievable goals. We also establish performance indicators that we review on a weekly, monthly and quarterly basis so that we can have a constant understanding of whether we are meeting these goals.

It has occurred to me that I have never really applied the same process to my personal New Year's resolutions, which is why I seldom seem to be able to achieve them. In fact, according to a quick Google

search (and you know that has to be accurate), only about 8 - 10 percent of people actually keep their New Year's resolutions. Most abandon their goals within 30 - 60 days. The No. 1 reason for failure seems to be the fact that most people set resolutions with unrealistic expectations that are "all or nothing" in nature and do not leave any wiggle room. Another major reason is that most of us do not set out clearly and in writing what our goals are and how we are going to measure them. Often times we are seeking wholesale lifestyle changes, which are very difficult to achieve, rather than appreciating that small, incremental lifestyle changes can be much more easily obtained and actually be the basis for a more wholesale change in the long run.

So for me this year, I am going to focus on my health. It includes getting enough sleep, eating better, incorporating some type of exercise on a regular basis, drinking more water, read more and watch less TV, eat more fruits and vegetables, cut back on starch and sugar, spend time alone reflecting and more time with the ones that I love. I am going to write these things out and figure a way to measure them. In doing so, I am going to allow myself some wiggle room so that when I slump - and I know I will - it is not the end of the "reset" but rather an event that occasionally happens. That way I can hopefully stay on track in 2018 and become healthier - physically, mentally and spiritually - by 2019. Whatever your resolutions are for 2018, I wish you the best of luck for the new year.

Until Next Time,  
Brad

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## In the Community

Parker Law Firm has already had success in our second annual Holiday Food Drive partnership with the Tarrant Area Food Bank. On any given day in North Texas, tens of thousands of families and individuals struggle with food insecurity and hunger. Did you know \$1 can provide up to five meals? We hope to exceed last year's efforts. Stay tuned for our January newsletter recap! Email Kami Fox, marketing director, at [kami@parkerlawfirm.com](mailto:kami@parkerlawfirm.com) or call at 817.330.8611.



## Staff Spotlight

### Five facts about Research Analyst Keith Skoney

#### 1. Have you traveled to any exotic locations?

I spent a lot of time in Southeast Asia when I was in the U.S. Air Force. My wife and I are about to take a cruise that goes to Australia, Fiji and Hawaii.

#### 2. Outside of work, do you have any interesting hobbies?

I'm an avid fisherman. I also like to travel and love college football and hockey. My teams are the Chicago Blackhawks and the Dallas Stars.

#### 3. Do you have a good fish story?

I sure do. One time I was down fishing at Lake Granbury and caught a large bass. I'm talking like more than eight pounds. A gentleman who was also fishing came up and asked if I was catching anything. He said, "Let me see it." While he was holding it in his hand, it jumped and he dropped it back into the lake. He looked at me and thought I'd be angry, but I didn't get upset. Five minutes later, I caught a fish bigger than the one he dropped.

#### 4. What are your pet peeves?

I hate clutter and wasting time. If something I own is collecting dust and I haven't used it in six months, I throw it away.

#### 5. What is your greatest accomplishment?

My family. Getting my daughter through college was a great accomplishment. I've also been married to my wife Jayne for 29 years.

## Holiday Travel Tips



Many families travel during the holidays. Brad has seven tips on how to make things run more smoothly and get you to your destination safely.

1. **Have your vehicle inspected.** Checking tires and your engine are essential before a long trip.
2. **Map your route before you hit the road.** Construction work and road closures can double the time it takes you to get there. Alternate routes may be worth the few extra miles.
3. **Turn your phone into a travel tool.** Load your smartphone with mobile travel alert apps and make sure your phone is fully charged before leaving home.
4. **Plan ahead.** The day before a holiday is usually the busiest. Try to travel during off-peak time, such as early morning or late at night.
5. **Pack light for air travel.** Take only a carry-on bag, even if it means having to leave an outfit or two at home. If your flight is canceled, it simplifies the entire process.
6. **Watch the weather.** Hazardous weather conditions could affect the roads and flight times.
7. **Be prepared.** Keep roadside assistance on-hand in case of an accident. Be prepared for the unexpected.

## Case Study: A Mother's Lifetime of Recovery



We have recently been hired to represent a young woman who was horribly injured in a motorcycle wreck. She was the passenger on the motorcycle when a car unexpectedly and without indication turned left in front of them, causing the motorcycle to broadside the turning car. The

driver of the motorcycle was pronounced dead at the scene. The young woman passenger suffered significant and serious injuries that required her to be CareFlited to the DFW area from West Texas. She continues to struggle daily just to get better enough to have additional surgeries. She will be in the hospital for several more weeks and then rehab for months. This crash has been and will continue to be life altering not only to her but her young daughters and mother as well.





## Is Texas an At-Fault State?

Texas is an at-fault state, which means the negligent driver is responsible for fully compensating you for your losses following an auto crash.

### *Car Repairs/Property Damage*

The negligent driver's insurance company is responsible for paying for repairs to your vehicle or its value if it is too damaged to be repaired. You could also be entitled to car rental fees if you must rent a vehicle while yours is in the shop, as well as towing costs.

### *Medical Expenses*

You are entitled to compensation for both your past and future medical expenses.

### *Lost Wages*

You are entitled to both your past and future lost wages. If you are off work for any length of time, you could lose more than your wages at your job. You have also lost earning capacity.

### *Pain and Suffering Damages*

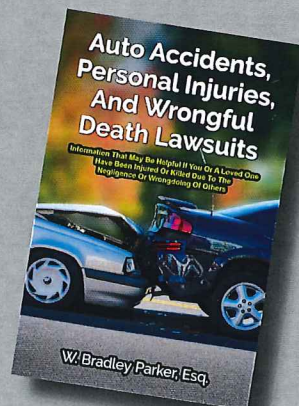
You are entitled to compensation for the pain, suffering and emotional trauma that you experienced from the accident and your injuries. If your injuries were severe or life-alter-

ing, you could have suffered significant anxiety, depression and other emotional trauma.

### *Wrongful Death Damages*

If a loved one died as a result of a car accident, you could be entitled to bring a wrongful death action against the negligent driver.

If you suffered injuries in a car accident or a loved one died, our experienced and compassionate car accident attorneys are here to explain your legal rights. Visit [parkerlawfirm.com](http://parkerlawfirm.com) to download our free book, *Auto Accidents, Personal Injuries, and Wrongful Death Lawsuits*, or call Parker Law Firm at 817.330.8611 for a free strategy session.



## Brad's Shrimp Cornbread

Prep Time: 25 minutes

Cook Time: 18 - 20 minutes

### INGREDIENTS:

- 1 spoonful bacon grease
- 1/2 pound pork sausage
- 1 cup chopped yellow onions
- 1/2 spoonful coarse red pepper
- 1/2 cup chicken stock
- 1 cup heavy cream
- 1 large minced garlic clove
- 1 cup shredded Jack cheese
- 1/2 cup shredded Parmesan cheese
- 1 pound uncooked (10-15) shrimp, cleaned no tails
- 1 package yellow cornbread mix. I use Texas style and substitute buttermilk for milk.
- 1 cup buttermilk
- 1 egg slightly beaten

### DIRECTIONS:

- Preheat oven to 425 degrees.
- Place bacon grease, sausage and onion in cast-iron skillet. Use one large enough to get the job done (10-12 inches). Cook over medium heat, use a spoon to break up sausage as it cooks. Cook until pink is gone and remove to drain on paper towels. Leave skillet greasy.
- Return sausage and add onions to the skillet. Add stock, cream, red pepper, garlic and cheeses. Lower heat to medium-low. Don't let mixture boil. Stir until cheese melts. Layer shrimp over mixture.
- Combine cornbread mix, buttermilk and egg. Mix until smooth. Pour evenly over shrimp in skillet. Crust will rise to the top as it cooks.
- Bake at 425 until golden brown 18 - 20 minutes.





## Congratulations Corner

In mid-November, Brad was named the 2017 recipient of the H.G. Wells Outstanding Trial Award by the Tarrant County Trial Lawyers Association. The award is presented annually to an actively practicing trial lawyer who is primarily engaged in the representation of injured and damaged plaintiffs in personal injury and has demonstrated high ethical standards and exceptional professional conduct and trial advocacy skills and accomplishments, thus enhancing the image and reputation of the plaintiff trial lawyer.



Brad and Wade Barrow, current president of the Tarrant County Trial Lawyers Assoc.

### Give us your suggestions for our video blog!

Each month Brad chats about a wide range of topics relevant to Texas injury victims. If there is something you'd like for him to discuss, contact us at 817.330.8611 or check out our video library at [parkerlawfirm.com](http://parkerlawfirm.com).

## Trivia Treasures

Every family has a favorite classic holiday film they watch every year. *A Christmas Story* is often at the top of the list. In the movie, what Christmas gift does Ralphie so badly want his parents to get him?

A. Sweater B. Wagon C. BB Gun D. Guitar

If you answer correctly, you will be entered into a drawing for a chance to win two free tickets for admission to a local movie theater. Call the firm at 817.330.8611 or email Kami Fox at [kami@parkerlawfirm.com](mailto:kami@parkerlawfirm.com) before Dec. 22 to participate. **Our November trivia challenge winner was George Hines of Rome, Texas.**