



HERRMAN & HERRMAN

1201 3RD ST
CORPUS CHRISTI, TX 78404

INSIDE THIS ISSUE

New Resources and Initiatives at Herrman & Herrman
PAGE 1

Sleep Better and Feel Great

Hear What People Are Saying About Us
PAGE 2

Can Social Media Be Used as Evidence?

Recipe of the Month
PAGE 3

Shadow: The Hang-Gliding Service Dog
PAGE 4



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411



HERRMAN & HERRMAN

AUGUST 2018

THE HERRMAN HERALD

WWW.HERRMANANDHERRMAN.COM • 844.567.6399

1201 3RD ST, CORPUS CHRISTI, TX 78404 • 4121 N 23RD ST, MCALLEN, TX 78504

DOING MORE FOR YOU THAN EVER BEFORE

It has been a busy summer for everyone here at our offices in both McAllen and Corpus Christi — and now, in San Antonio. That's right, we have officially expanded into San Antonio. The firm keeps growing, and we can help more people than ever before. In fact, we're even handling cases in California, Georgia, and Florida.

Back in McAllen, Texas, we purchased a building to accommodate our offices down there. We had been leasing a couple of buildings, but we decided it was time to settle into a permanent location. We've got everyone moved in, and it's been a great transition.

As part of our overall growth, we've also become a member of Law Tigers. Law Tigers is national network of attorneys who specialize in motorcycle accidents. Not all law firms can become members. The Law Tigers require a number of qualifications in order to become part of their elite network.

The Law Tigers also expect that firms have certain resources and experience among their staff — all of which we have. We're thrilled to be a part of this amazing group. It's yet another great resource for anyone involved in a motorcycle accident.

Another big initiative we recently rolled out is taking on gadolinium cases. If you've ever had an MRI or other similar scan, you've probably heard of gadolinium. Over the past few years, there have been a number of controversies over gadolinium — specifically, gadolinium contrast agents used in MRIs.

Gadolinium is a rare earth metal and is most commonly used in the medical field. The metal is an ingredient in MRI contrast agents. These agents are a type of liquid injected into the body before an MRI. The agent accumulates in fractures, lesions, and tumors, making them easier to see on scans.

While the contrast agent is helpful for doctors, it turns out not all of these gadolinium contrast agents are created equal. Some are safe, but some might not be, as both doctors and patients are learning. In the past, people were told that the agent would leave the body in a few days to a week. It was nothing to worry about.

Unfortunately, a version of this agent was accumulating in some people. It wasn't leaving the body as expected and was causing problems. In some cases, people weren't warned or they were misled about the side effects of gadolinium-based agents.

There was even a study in 2014 that showed gadolinium had accumulated in a patient's brain. In 2017, there was high-profile case involving actor Chuck Norris. He filed a lawsuit against firms involved in the sale and distribution of the MRI contrast agent. He alleged that they had poisoned his wife, who had several MRIs the year before.

Common side effects include headaches and nausea, but symptoms can vary from person to person. In the Norris lawsuit, symptoms were listed as "burning pain, violent shaking, numbness, tingling, weakness, cognitive deficits, kidney damage, and trouble breathing."

That said, if you or a loved one has had an MRI and suspects gadolinium toxicity, you now have representation. You can do something about it and put a lot of that worry behind. If you have questions about this, don't hesitate to get in touch.

We have a great group of lawyers at our offices who handle all kinds of injury cases, from small car accidents all the way up to those involving 18-wheelers. They're a talented and sharp group of people, with an incredible amount of experience. They've been doing a great job and have been working pretty damn hard for our clients — and they'll continue to do so!

-Gregory Herrman

MEET SHADOW:

THE AMAZING HANG-GLIDING SERVICE DOG



For his entire life, Utah resident Dan McManus has suffered from several mental health issues, including generalized anxiety disorder, bipolar disorder, night terrors, and severe panic attacks. Over the years, he's utilized numerous coping mechanisms to stave off the symptoms, but there are two things that calm him more than anything else: hang gliding across the Utah skies and the companionship of his service animal, an Australian cattle dog named Shadow.

up at me and sometimes get my foot and hang on a little bit ... It felt like he wanted to keep me safe," he says. And when he left the dog at home, he'd often come home to a scratched-up floor and doors. It seemed that Shadow couldn't bear to be away from his owner. So, about 12 years ago, McManus had a special harness made for Shadow, enabling the pup to join him while he took to the skies. They've been side-by-side on nearly every flight since.

Some pet owners might balk at the idea of taking a dog on a hang glider, but it's clear that, in this case, Shadow definitely *wants* to fly. Whenever they go out, Shadow wraps his paws around McManus' arm, remaining stoic as they survey the landscape together from high above.

While we all struggle with our own obstacles in life, it's nice to know that our canine pals will always be there to offer their furry support. As McManus and Shadow demonstrate, it's a bond that remains strong even hundreds of feet above the ground.



Over the course of 37 years, McManus went from being a hang-gliding hobbyist to an expert instructor in Salt Lake City, going out gliding as often as possible. But it seemed that his passion gave his pup a bit of anxiety of his own. Whenever McManus would take off, Shadow always wanted to chase him. "So I would be out here flying, and he would chase me and jump

HOW TO ACHIEVE A MORE RESTFUL NIGHT'S SLEEP



A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all

want to feel rested. So, what can you do to improve the quality of your sleep and get the rest you need?

Listen to your body. This, above all else, is crucial to a good night's sleep. Your body knows when it's time for bed. Generally, you want to go to bed when you feel tired, whether that's at 8 p.m. or 1 a.m. Whenever your body tells you it needs rest, you should make a habit of going to bed then. The more consistent you are, the better your sleep will be.

Wake up naturally. Jolting yourself awake with an alarm or radio isn't doing your brain and body any favors (it can be stressful on the body and even elevate blood pressure, which is not good first thing in the morning). If you do need an alarm, consider a wake-up light. Wake-up lights mimic the sunrise, slowly brightening the room and waking your body in a natural, gentle way.

Kick the screen habit. You've heard it before, and you'll hear it again: Looking at an electronic screen — a TV, computer, tablet, or smartphone — before bed is detrimental to sleep quality. Light from these devices is disruptive to your brain's suprachiasmatic nucleus (SCN), which helps regulate your circadian rhythm, and screen time before bed can throw off normal SCN function.

Put your excuses for staying up too late to bed. Say no to "one more episode." And all those emails? They can wait until tomorrow. Not getting enough quality sleep is harmful to your mental and physical health. When you get into the habit of following these three tips, you'll find yourself feeling rested and refreshed in no time.



TESTIMONIALS

DON'T JUST TAKE OUR WORD FOR IT

"I am a personal injury lawyer in Seattle, Washington, and I have worked on several professional projects with Greg Herrman. Greg and his team know personal injury law and are passionate about getting great results for their clients. I would not hesitate to refer a Texas personal injury claim to Herrman & Herrman."

—Matthew D.

"I can't tell you how relieved I am that Lane took my case and was able to provide me with the results I needed. I would recommend Herrman & Herrman to any friends and family for their legal needs."

—Jessica S.

"A friend referred me to Neely and his team over at Herrmann & Herrmann right after I got in my accident. They did an amazing job and were very courteous and efficient with my case. I highly recommend this company and Neely if you find yourself needing an attorney."

—Carly C.

"Steven and Teresa are the best!!! I called sometimes 2–3 times a week and they never got irritated! My case (my car wreck) actually occurred in Oklahoma and had nothing to do with Texas. I just happened to be moving here. I chose Steven Stratso because he went to law school in Oklahoma and is trained in international law! So, I knew he could handle my case. And he did a fantastic job. I highly recommend him and any attorney at Herrman & Herrman!"

—Shannon E.

"I was injured in an accident and Herrman & Herrman handled my case. At first, I had no idea what to expect or what to do, this being my first accident. I was in so much pain and didn't have a car with mine being totaled in the accident. The law office was able to help me get a rental and see a doctor. I felt very much taken care of and appreciated. During the duration of my case, I was kept up to date and aware of any changes. I would highly recommend the law office of Herrman & Herrman to anyone in need of an attorney. Great staff, great office. Will definitely return if I ever need an attorney again."

—Susan A.



844.567.6399

FACEBOOK IN COURT

USING SOCIAL MEDIA AS CASE EVIDENCE

Facebook is being used more often as evidence in both civil and criminal trials nationwide. If a Facebook post is public, it can usually be admitted as evidence. There are several steps that generally must be followed, however. Metadata such as IP addresses, timestamps, and URLs must be collected to verify the authenticity of a post.

In other words, it must be confirmed that the posts or pictures truly belong to the individual with whom they are being associated. It must also be confirmed that the captured data provides an accurate representation of the content being admitted. Once these have been verified, there are several ways to use Facebook as evidence in court.

How to Use Facebook in Court

Some people are not as careful as others when posting to social media. They allow the world to see where they are or what they have to say. Revealing this information can prove harmful to an individual in a court of law — but it can also be beneficial.

In some cases, people make threatening posts expressing an intention to harm or kill another person. When they are arrested on these charges, these posts may be used as evidence. If it can be verified that they made the posts, it is reasonable to believe they carried out the crimes.

Photos can prove incriminating as well. If an individual has a probation condition that requires them to avoid drugs and alcohol, photos of them consuming these items may be used against them. Someone who is not allowed to leave the state may be hurt by photos that clearly show them in a location in another state. In contrast, photos can also be used to confirm a person wasn't present at the site of a crime of which he or she has been accused.

Facebook Live Shooting Case

In April 2018, a Houston woman posted a Facebook Live video of herself threatening a man with a gun. The gun was eventually fired, and the man was hit and taken to the hospital in critical condition.

Cassandra Damper, the alleged shooter, was taken into police custody and the video was admitted as evidence. Although it was posted on Facebook Live, a streaming service, authorities were able to obtain a recording of the video. There are still details to be worked out, but this type of situation is becoming more common, and we may see more Facebook videos used as evidence in a variety of court cases.



SUMMER GRILLED HALIBUT

If you're tired of grilling hamburgers at this point in the summer, try using your grill for something a little different. This easy halibut recipe is a great change of pace.

INGREDIENTS

- * 4 boneless, skinless halibut fillets, about 5 ounces each
- * 1/4 cup olive oil, plus extra for drizzling
- * 1 lemon
- * 2 pounds mixed tomatoes, sliced
- * 1/2 cup hearts of palm, drained
- * Basil leaves, for garnish
- * Kosher salt and black pepper, to taste

INSTRUCTIONS

1. Lightly oil grill grates and heat grill to medium.
2. Grate 1 teaspoon lemon zest onto halibut fillets. Drizzle with olive oil and season with salt and pepper.
3. Grill halibut, turning just once, for about 5 minutes on each side.
4. In a mixing bowl, combine tomatoes, hearts of palm, juice from lemon, and oil. Season with salt and pepper.
5. Garnish salad with basil. Spoon salad over grilled halibut. Serve.

Inspired by Bon Appetit magazine

MEMES



A LITTLE BIRD TOLD ME SUMMER WAS OVER



I ATE HIM