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INSIDE THIS ISSUE

Fun in the Sun
PAGE 1

Grow Crystals With Your Kids
July Testimonial
PAGE 2

Another Mistake That Can Hurt
Your Case
Recipe of the Month and Memes
PAGE 3

One Cat's Incredible Journey
PAGE 4

CAT TRACKS TO CANADA BOOBOO'S INCREDIBLE JOURNEY

How does a small cat travel over 2,000 miles in four years? That's the question BooBoo's owners have been asking since the reunion. Only BooBoo knows the answer.

Shortly before BooBoo was reunited with her family, she was found wandering around the Puslinch area. The tabby had been labeled a stray and was picked up by the nearby Guelph Humane Society.

Officials with the Guelph Humane Society checked to see if the cat was microchipped. Sure enough, she was. Baffled, the humane society called the contact number stored on the chip.

No one answered at first. Olgah Chmelicek, BooBoo's owner, said, "I didn't even answer the phone the first day; it's gotta be a wrong number. Who's calling me from Canada?"

After a few tries, the Guelph Humane Society and Olgah connected, and Olgah's next step was clear. "We've got to do whatever it takes to get her."

Olgah admits BooBoo is no stranger to disappearing acts. When BooBoo was a kitten, she would find a place to curl up and sleep among the kids' stuffed animals. Olgah says the cat would be completely invisible for hours, if not days, at a time.

Olgah flew up to Buffalo, New York, to pick up BooBoo. "She was a little scared at first, but now she's loving and loving."

The moral of this story? Here's what Olgah has to say: "I can't express how important it is to chip your animal. Even though it's four years later ... miracles happen."



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FUN IN THE SUN

Now that it's officially summer and the weather is nice and warm (that is, nice and *hot*), more people are spending time outdoors. Everyone is headed out to the beach, the pool, or right out in their own backyard. All this outdoor time can mean only one thing: sunburns.

July is National Ultraviolet Safety Month and for good reason, especially in Texas. The sun is beating down with UV radiation. We may enjoy spending time outside, but that radiation can cause a lot of health problems, including skin cancer. By far the most common cancer in the U.S., according to the American Academy of Dermatology, nearly 9,500 people are diagnosed with a form of skin cancer every single day.

But that doesn't mean you shouldn't get to enjoy the sun. It's all about taking the right precautions before catching those rays. The most practical piece of advice is to wear sunscreen — no exceptions. If you're going to be outside for more than 20 minutes, sunscreen is a must. However, not all sunscreen lotions, gels, and sprays are created equally. Here are a couple of things you want to look for in the ideal sunscreen:

Broad-spectrum. Look for sunscreen labeled for ultraviolet A (UVA) and ultraviolet B (UVB) protection. Both types are capable of damaging your skin in very different ways. UVA radiation is always present during daylight hours, regardless of shade or cloud cover. It passes through the top layer of skin, leading to premature aging. UVB radiation, on the other hand, is the main cause of sunburn.

SPF 30. The higher the sun protection factor (SPF), the more UV radiation is blocked. For instance, SPF 15 blocks 94 percent of UVB rays, SPF 30 blocks 97 percent, and SPF 50 blocks 98 percent. After that, the difference is negligible, and the higher

numbers mean nothing. No sunscreen on the market will block 100 percent of UVA or UVB rays.

It's also important to remember that the effectiveness of sunscreen wears off over time. You should reapply sunscreen after about two hours, or right after swimming or sweating. And another thing: Don't forget to protect your eyes. They are equally susceptible to UV radiation, and too much exposure can lead to cataracts and macular degeneration. Wear a brimmed hat and wear sunglasses rated for 100 percent UV protection.



Here at the office (and out of the sun), July 7 is the kick-off date for our Stuff the Bus campaign. We invite you to stop by with school supplies to help us get the bus ready for the upcoming school year. All kinds of school supplies are welcome, from paper and pencils to crayons and backpacks, even hand sanitizer. Stuff the Bus will run through late August, and I will personally match all the school supplies that are donated. Be sure to check our Facebook page (facebook.com/Herrmanandherrmanpllc) for updates and more information.

With all of these things in mind, I hope you have a great summer with plenty of food, family, and fun (and, because it's July, you can add fireworks to the mix). Stay safe, and we'll see you out there!

- Gregory Herrman

GROW CRYSTALS WITH YOUR KIDS

KEEP YOUR CHILD'S MIND ACTIVE WITH THIS FUN SUMMER EXPERIMENT!

A mentally sedentary summer can cause your child's learning to stagnate and backslide, erasing the equivalent of as much as two months of in-school learning. But you can have fun with your kid this summer and help them learn at the same time. Try this project from sciencebob.com, which demonstrates how geodes are formed and gives a primer on the science of crystals. The results are stunning!

All you need are some clean eggshells, water, several different soluble materials (salt, sugar, baking soda, borax, cream of tartar), coffee cups, spoons, food coloring, and egg cartons.

First, crack the eggs as close to the narrow end as possible. Then, clean the eggshells in hot water, which allows you to pull the skin out of the inside.

Place the shells in an egg carton lined with wax paper to hold them upright. Boil the water and pour half a cup into each coffee mug, followed by ¼ cup of one of the soluble materials, stirring until it dissolves. Keep adding the solid slowly until the water is supersaturated – this simply means that the water has absorbed all it can and any additional solid won't dissolve.

Then, add food coloring to the solutions. See what creative color combinations your child can come up with.

Carefully pour the solution into an eggshell, filling it as full as you can without the solution overflowing or the egg tipping over. As the water evaporates (be patient!) crystals will begin to form inside the eggshells.

But how? As the water is heated, it expands, allowing more space for the dissolved solution. When it cools and evaporates, that space goes away, and the solids are forced to become solid again.

See, science is fun and educational! Check out further science experiments on sciencebob.com, sciencekids.co.nz, or redtri.com/classic-science-experiments!



THE SIXTH FATAL MISTAKE

ANOTHER MISTAKE THAT CAN HURT YOUR INJURY CASE

When you make damaging statements to doctors, nurses, assistants, and related staff, you are making the **sixth fatal mistake**.

When you see a medical provider, the doctors, nurses, physician assistants, receptionists, secretaries, and staff members all have access to your medical charts and records. Occasionally, doctors dictate into recording devices to be transcribed by a transcriptionist or secretary. Sometimes, doctors write "chicken scratch" that needs to be deciphered by nurses or assistants. Then there are the nurses and assistants who check your blood pressure, pulse, and other vital signs.

In a short time, you may speak with several people. It's not uncommon to engage in small talk, and clients tell these medical professionals all kinds of things about the accident. Sometimes, the medical professionals write down everything that comes out of your mouth, regardless of how irrelevant it may seem.

I have seen clients' speculation about speed, time, and distance of vehicles appear in their medical records. I have seen records reflect errors, inconsistencies, and other harmful statements. Things no one would imagine a doctor or their staff would write

down, they do. Insurance adjustors and their lawyers can, and do, dive into these records to look for anything and everything they can use against you.

Paradoxically, I have had clients swear they told medical professionals about all of their injuries and complaints, only to have one or two complaints actually written down. And sometimes the doctor will note one complaint while a nurse writes down another.

Then there are times the client is asked to list all complaints and, in their own handwriting, fail to list all of their injuries because they think they are there to see the doctor about one problem. You can be absolutely sure that any and all of this information will be used against you when you settle your claim. And if you go to trial, it will be used against you there, as well.



TESTIMONIAL

DON'T JUST TAKE OUR WORD FOR IT



"We had an auto case with Maureen and Lane. They did a good job, and we will recommend Herman & Herman always."

– Alexandra G.

"We had a case with Maureen and Lane. They are the best; we will always recommend Herrman & Herrman."

– Raul G.

"Thank you, Steven, for handling my case! I appreciate you and your service."

– Uliza S.

"We had a motor vehicle accident with Maureen and Lane. They were great. Love those guys."

– Elvira G.

"I had a great experience with Herrman & Herrman. Julie did everything she could to help me and my husband! Wonderful law firm. They treated us like family, not just a client."

– Shun M.



ONE-PAN MEXICAN QUINOA

INGREDIENTS

- * 1 tablespoon olive oil
- * 2 cloves garlic, minced
- * 1 jalapeno, minced
- * 1 cup quinoa
- * 1 cup vegetable broth
- * 1 (15-ounce) can black beans, drained and rinsed
- * 1 (14.5-ounce) can fire-roasted diced tomatoes
- * 1 cup corn kernels, frozen, canned, or roasted
- * 1 teaspoon chili powder
- * ½ teaspoon cumin
- * Salt and pepper to taste
- * 1 avocado, halved, seeded, peeled, and diced
- * Juice of 1 lime
- * 2 tablespoons chopped fresh cilantro leaves

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice, and cilantro.
3. Serve immediately.

Recipe adapted from DamnDelicious.net.

MEMES

