



HERRMAN & HERRMAN

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## AN ELEPHANT (SEAL) NEVER FORGETS

### GIMPY, THE HERO OF SAN PEDRO



In 1995, Hugo Ryno was a volunteer at the Marine Mammal Care Center in San Pedro, California. Here he met Gimpy, a sweet elephant seal who'd been brought to the center as a pup. A terrible head trauma left her partially blind and paralyzed on the left side of her body. No one expected her to last the week. To their amazement, Gimpy recovered the use of her paralyzed side, learned to swallow fish by being hand-fed by center staff and volunteers, and went through rehab so she could swim again.

While her limited motor functions meant Gimpy could never return to the wild, she didn't seem too broken up about her fate. Center staff and local news channels alike fell in love with the gentle giant, who liked nothing more than to dip her head into a shallow wading pool and blow bubbles, while Ryno had "one-way conversations with her."

One morning, Ryno entered the elephant seal pen alone to clean up after the morning feeding. He was almost finished when he slipped on a sardine and hit the ground hard. Three male elephant seals charged

toward him, ready to try out their sharp tusks on the helpless man. Suddenly, a mass of blubber stood in their path — Gimpy!

Opening her mouth, Gimpy bared her own teeth, bobbing her head up and down in silent warning until the smaller seals backed off. Saving her friend from a mauling, Gimpy stayed near Ryno until he caught his breath and was able to get out of the pen.

"To me, she became a hero seal that day," Ryno says of his friend. Shortly after the rescue, Gimpy would go on to her permanent home at a zoological facility in Portugal. Meanwhile, Ryno continued his work as a volunteer, paying back his friend by caring for other marine wildlife in need.

# THE HERRMAN HERALD

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HERRMAN & HERRMAN

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## MEMORIES OF ITALIAN EXCURSIONS PAST

### REMEMBERING THE SIGHTS AND SOUNDS OF ROME AND BEYOND

I've been to Italy twice, and both times were absolutely extraordinary. As I get ready to travel to the Mediterranean country for the third time this summer, with my lovely girlfriend, I can't help but reflect on those past visits.

"IT'S PACKED WITH RICH HISTORY, VIBRANT ART AND ARCHITECTURE, AND JUST ABOUT THE FRIENDLIEST PEOPLE YOU'LL EVER MEET."

On those previous visits, I had the opportunity to experience the sights and sounds of Rome. By itself, Rome is an incredible place to visit. You could spend months touring every site and still not see everything the city has to offer. It's packed with rich history, vibrant art and architecture, and just about the friendliest people you'll ever meet.

Rome is a city of many recognizable sites, places that we all grow up reading about and seeing on TV and in movies. You have the Colosseum, the largest and perhaps greatest amphitheater ever built. At nearly 2,000 years old, it's a well-earned distinction.

It's where gladiators once fought and sea battles were waged. Yes, sea battles. The Colosseum was used for *naumachia*, or mock sea battles. Think of it as an ancient action movie, as prop ships were constructed in the amphitheater for actors to stage intense fights "at sea."

Of course, you have the slightly lesser-known sites like Circus Maximus, a site defined by chariot racing. Much like the Colosseum, Circus Maximus is impressively large. It was the largest stadium in ancient Rome. Today, it's still in use, though you won't find any

horses or chariots around. Instead, it's a park, where you can relax and enjoy the ancient scenery or take in a concert.

During my last trip to Italy, I also had the chance to visit Pompeii. As you may know, Pompeii is an ancient city — or rather, the ruins of an ancient city — that was built at the base of Mount Vesuvius. On August 24, 70 A.D., the mountain erupted. It's not known how many people died that day, but the aftermath is haunting. It was incredible to see people and animals frozen in time, some huddled along walls, waiting for the inevitable.

Aside from the extraordinary destinations, I can't say enough about the people. They're fun and engaging, especially if you try to speak Italian. While I only know just enough Italian to sort of get by (as much as I can quickly reference in my guidebook), they always appreciate the effort. You can go into any mom and pop restaurant, have a glass of Chianti wine (from the Tuscany region of Italy, no less), and order some of the best pasta you've ever had.

And that's yet another great thing about going to Italy. No matter what restaurant you visit, even the places in the touristy areas, you'll find great food. Pair fresh pasta with fresh seafood and you're in for a real treat. I know on my upcoming trip, I'll be doing just that. I can't wait to explore Venice, Croatia, and Sicily, and all of the other locations in between. I hope to see new sights, try new foods, and take it all in once again.

- Gregory Herrman



# WHAT TO DO WITH ALL THIS SUNLIGHT?

## HOW TO CELEBRATE THE LONGEST DAY OF THE YEAR

We call the summer solstice the “longest day of the year,” and though there aren’t really more hours in the day, extended hours of sunlight do make June 21 feel longer. So, why not do something with that extra light? We can’t all make a pilgrimage to Stonehenge to watch the sunrise, but there are still plenty of ways to enjoy the summer solstice wherever you live.

### TRY OUTDOOR YOGA

Yoga is a popular activity for exercise and stress relief, practiced by millions across the world. The International Day of Yoga is held on June 21 each year. Expert and beginner yoga enthusiasts alike celebrate by taking their yoga mats outside. If you happen to be in New York City, the summer solstice in Times Square is a day-long yoga event starting at 7 a.m., but if the Big Apple is out of your reach, you can also join in with the live stream or check out the International Day of Yoga website at [idayofyoga.org](http://idayofyoga.org) for more opportunities to get involved.

### CATCH SOME WAVES

The summer solstice also happens to fall right after International Surfing Day, so many people will celebrate both together. Why not enjoy the extra hours of sun by road tripping out to the beach to catch some waves? The official International Surfing Day website, [surfrider.org/isd](http://surfrider.org/isd), has lots of information and lists great ways to celebrate. You might be surprised to find awesome events near you!

### SHAKESPEARE IN THE PARK

While June 21 marks the first day of summer, the week surrounding the summer solstice is often referred to as midsummer. William Shakespeare’s beloved comedy “A Midsummer Night’s Dream” takes its name from this, so what better way to mark the occasion than with some of the Bard’s classic works? Theater groups all across the country put on outdoor performances under the name “Shakespeare in the Park,” and it’s a wonderful chance for the community to come out and enjoy some of literature’s greatest stories.

There are numerous celebrations surrounding the summer solstice, which extend back to humanity’s earliest histories. While there are different traditions, they all have something in common: being outside in the sunlight. Why waste a sunny day? Get out there and have some fun!



## TESTIMONIAL

DON’T JUST TAKE OUR WORD FOR IT



“The law firm handled my case with expertise. They are very professional, friendly, and down-to-earth. They treated me with care and understood my pain. They helped with my severe pain. The level was where I wanted to scream. I was nervous and worried about my accident. I walked into their office and they handled all my issues. My case needed investigating to gather information. Their team got everything in order quickly and with a smile. The staff is sweet and dress so professionally. I am well taken care of, and I owe it to Hermann & Herrman Attorneys at Law. They are the best of the best. I trust them and highly recommend this firm. They give back to the community. I went to their Ham Giveaway Block Party. The ham was from Honey Baked Hams — nothing but the best from the best. Thank you from the bottom of my heart.”

— Roxanna C.

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# THE FIFTH FATAL MISTAKE

## DON'T DO THIS AND RUIN YOUR TEXAS AUTO ACCIDENT CASE

Hiding previous accidents, injuries, or medical conditions from your lawyer is the **fifth fatal mistake** you can make that has the potential to ruin your case.

Many people think old injuries or accidents will impact their present claim. The truth is, they *can*. The problem is that this assumption can lead some people to hide or lie about their history to their own lawyer, insurance company, and insurance lawyers. Withholding this information destroys your credibility and, ultimately, your case. If you lie under oath, you are committing perjury.

Insurance companies maintain massive databases of information that they share with other insurance companies. They have networks that keep records of every claim ever made, and they can access it any time. They know more about your medical and claims history than your lawyer — that is, until you share this information.

If you aren’t upfront with your lawyer, you are asking them to fight for you with one hand tied behind their back. And most of the time, we can show that a previous injury is unrelated to the present one. More importantly, however, your lawyer can request the judge keep an old injury out of evidence because it has nothing to do with your present injury.

There is one exception: A previous injury can be used for impeachment purposes to prove you lied. Not only will insurance lawyers tell the jury about the injury, they will also tell them you are a liar, and not to believe anything you say.

We ask clients to be upfront and tell us everything. We do have the occasional client who thinks they are smarter than all of the lawyers, the adjuster, the nurses, and doctors who may review records. They decide to withhold information or lie about previous injuries. Avoid this; it can devastate your case.

It doesn’t take much for a single mistake to destroy your case. Learn how to avoid these mistakes by downloading an e-book or requesting a physical copy of “7 Fatal Mistakes That Will and Ruin Your Texas Auto Accident Case” from our website at [www.herrmanandherrman.com](http://www.herrmanandherrman.com).



## SENSATIONAL SUMMER SALAD

### INGREDIENTS

- \* 1 pound strawberries, thinly sliced
- \* 3 medium peaches, thinly sliced
- \* 1 cup blueberries
- \* 1 heaping tablespoon fresh basil or mint, chopped
- \* 2 tablespoons lemon juice
- \* 1 tablespoon maple syrup
- \* 2 teaspoons balsamic vinegar

### INSTRUCTIONS

1. In a medium serving bowl, combine the strawberries, peaches, blueberries, and basil.
2. Drizzle lemon juice, maple syrup, and balsamic vinegar on top.
3. Gently toss to combine.
4. Serve immediately, or chill for later.

Recipe inspired by [CookieAndKate.com](http://CookieAndKate.com).

# MEMES

