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 and blow bubbles, while Ryno had “one-way conversations with her.”

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 volunteers worked as a team, paying back his friend by caring for other marine wildlife in need. 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.

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.

An Elephant (Seal) Never Forgets

GIMPY, THE HERO OF SAN PEDRO

AN ELEPHANT (SEAL) NEVER FORGETS

Gimpy, the Hero of San Pedro

I’m not sure if you’ve heard of Gimpy, but she’s an elephant seal who was brought to the Marine Mammal Care Center in San Pedro, California. She was brought to the center as a pup after a rough childhood. She was a sweet girl, and she knew how to work a room. She could blow bubbles, and she even had one-way conversations with Ryno, her caretaker. She was a true friend, and she never forgot the kindness shown to her.

The Herrman Herald

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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!

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 is Times Square’s 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 kayofyoga.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 enjoy the 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.

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.

Sensational Summer Salad

INGREDIENTS

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

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.

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 & Herman 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.

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.

Memes

Don’t Just Take Our Word For It

Testimonial

Recipe inspired by CookieAndKate.com.