Do dogs watch television? Well, up until just a few years ago, the answer was probably no. You see, television is a series of still images broadcast in rapid succession. Historically, movies and TV shows were filmed with a frame rate of 24 frames per second (fps). Meanwhile, our television sets had a standard “refresh rate” of 60Hz, or 60 “fields” per second. While this worked great for humans, TV’s were broadcasting at a rate that was just too uncomfortable for most dogs to watch.

In order for a human to perceive a series of images as a continuous see, television is a series of still images broadcast in rapid succession. Historically, movies and TV shows were filmed with a frame rate of 24 frames per second (fps). Meanwhile, our television sets had a standard “refresh rate” of 60Hz, or 60 “fields” per second. While this worked great for humans, TV’s were broadcasting at a rate that was just too uncomfortable for most dogs to watch.

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**HOW DOES YOUR GARDEN GROW?**

As spring arrives after the long winter months, families are itching to spend some time in the sunshine. One great way to take advantage of the warm weather that will reap rewards all year long is to plant a family garden. Gardening promotes healthy eating and yields delicious results, making it an awesome family hobby.

No matter where you live, there is a way to get your children excited about gardening. If you are tight on space, consider containers. Give each child one, and they’ll have their own plot of dirt for raising a few crops. Another option is to convert an old sandbox into a garden bed. However you set up your garden, giving each person their own space will allow them to take pride in the produce they grow.

Once you know how your garden will look, you can select the foods and flowers you’ll plant. Include your children in the process of choosing and germinating seeds. The earlier they participate in the process, the more attached they will become to their garden. Choose a variety of plants, including some that will flourish quickly, like carrots, and others that will grow huge, like sunflowers.

As the crops come in, you’ll be shocked by how excited your kids are to eat their vegetables. Engaging in the process of planting and growing food makes children more eager to consume it. When you have a big harvest, host a family dinner featuring ingredients grown by everyone, a feast that celebrates each person’s hard work and diligence. These meals can be a meaningful bonding experience and a way to discover new flavors.

In addition to being delicious, fruits and veggies are packed with nutritional benefits. According to Harvard’s T.H. Chan School of Public Health, “A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent certain types of cancer, lower the risk of eye and digestive problems, and have a positive effect upon blood sugar.” Who wouldn’t want that for their family?

If you’re looking to turn your picky eaters into veggie-lovers, try gardening. Kids will enjoy showing off their tasty tomatoes and peas, and you’ll be thrilled to see them practicing healthy eating habits. Planting a garden this spring may just cultivate benefits for your family for years to come.

**THE SECOND FATAL MISTAKE**

Don’t Ruin Your Texas Auto Accident Case

Last month, we discussed the first fatal mistake you can make when filing a claim for an auto accident: failing to call the police and not getting enough information at the scene. If you do not call the police and gather information from the at-fault driver and witnesses, you give insurance adjusters reason to deny your claim. The second fatal mistake people often make when filing their auto accident claim includes waiting several days or weeks to get medical care, failing to follow up with appointments, or having gaps in treatment.

You may get an adrenaline rush immediately following an auto accident that causes you to feel fine at the scene. Police will note your state of well-being in their report. Insurance adjusters can use your apparent lack of injury against you and deny your claim.

After the adrenaline wears off, you can start to feel your injuries. This is common, and insurance companies are well aware of this phenomenon. Some adjusters will rush to your house to offer you money to settle your claim before you know the extent of your injuries — people who need the money often take the fast cash.

After a serious auto accident, you should immediately go to a health care provider to check your vital signs and document that you were in an accident. If you fail to go to an initial exam after the accident, adjusters will use this “timely manner” or fail to keep any follow-up appointments, adjusters will use this against you.

The longer you wait to seek medical help and the more treatments you miss, the more ammunition you give insurance adjusters. If you take your case to trial without getting proper medical care, you are giving an insurance lawyer what they need to convince a jury that you weren’t as injured as you claimed to be. Don’t wait to seek medical help after an accident.

**MEMES**

- **Image 1**
  - Title: “Your Objection Has Been Overruled”
  - Caption: “It’s a pleasure to meet you. Let me shake your hand.”

- **Image 2**
  - Title: “Very Good. Now Give Me a Biscuit.”

**CASE CLOSED CARROTS AND ONIONS**

Recipe courtesy of onelittleproject.com

**INGREDIENTS**

- 2 pounds baby carrots
- 1 medium onion, peeled and sliced
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons raw honey

**INSTRUCTIONS**

1. Preheat oven to 350 °F.
2. Line a rimmed baking sheet with parchment paper.
3. In a medium bowl, whisk together olive oil, balsamic vinegar, and honey. Add carrots and onions. Toss to coat.
4. Place in oven and bake for 30–40 minutes or until vegetables are tender.

Recipe courtesy of onelittleproject.com

**T.H. Chan School of Public Health**

“A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent certain types of cancer, lower the risk of eye and digestive problems, and have a positive effect upon blood sugar.”

**Donna’s case**

“From the moment I walked through the door at Herrman & Herrman, I knew I had made the right choice. Everyone I came in contact with made me feel like they genuinely cared how I was doing. But Donna, Mr. Luna’s case manager, truly went above and beyond. She always made sure all my questions and concerns were addressed. I would most definitely recommend Herrman & Herrman.”

— Donna T.

“Being in an accident can be very stressful and can change your lifestyle in a minute. Steven and Margie helped me from day one until the end. They are professional and very supportive. They gave 100 percent of their attention to my case. Steven and Margie returned all my phone calls and answered all my questions in a timely manner. Thank you so much, Steven and Margie.”

— Patricia C.

“Herrman & Herrman staff really helped ease my worries during my car accident. I knew everything would be taken care of. They were great; I felt like they really cared about my case and fought for me. I would tell people I know to come here. I have never had to hire an attorney before. I had heard a lot of negative things that made me nervous, but it was the best decision I have ever made. I could not be happier with the experience and the outcome of my case. Everyone was very helpful and informative throughout the whole process. I will definitely refer anyone looking for legal advice. Thanks again!”

— Norma L.