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SGT. FIELDY COMES HOME

REUNITING BROTHERS IN ARMS



There are around 2,500 military working dogs currently in service, and their efforts help save the lives of countless soldiers and civilians every day. One of these brave military dogs is Sgt.

helped save thousands of lives. After his deployment, Caceres returned home, but Sgt. Fieldy served several more tours without him. While Fieldy continued to protect soldiers and civilians by tracking down IEDs, Caceres worked tirelessly to make sure he could bring Fieldy home when his service was over. Military working dogs can be adopted by former handlers, law enforcement, or qualified civilians when they retire. After three years apart and a total of four tours served, Sgt. Fieldy was reunited with Caceres. In 2016, Fieldy received the K9 Medal of Courage Award, and in 2018, he won the American Humane Hero Dog Award for his service.

Fieldy was trained to locate the No. 1 threat in Afghanistan. He was deployed to Afghanistan with his handler, Cpl. Nicolas Caceres.

Early in their deployment, their vehicle struck a pressure plate while they were on patrol. Fieldy and Caceres were all right, but one of the other Marines in their company was badly injured in the explosion. The injured Marine could not be evacuated by helicopter until the landing zone was secured. Fieldy found another IED in the area and alerted Caceres. The bomb was quickly disarmed, and the injured soldier was taken to safety.

This wasn't the only IED Fieldy found. His sharp nose and dedication

"These dogs are out there with us," said Caceres when he and Fieldy accepted the Hero Dog Award. "The dangers we face, they face them too. They deserve to be recognized. We ask so much of them, and all they want is to get petted or play with a toy. They're amazing animals, and Fieldy is just an amazing dog. I can't begin to express the gratitude I have for him."

If you are interested in supporting our nation's working dogs or would like to adopt a retired working dog yourself, you can learn more at Missionk9rescue.org.



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TO A BRIGHT NEW YEAR

At Herrman & Herrman, helping people and putting our clients first has always our No. 1 priority, and this last year was no exception. Our offices expanded, and we were able to help even more people with their personal injury cases.

As we start the new year, we're taking our first official steps south of the border. We're opening our fifth location in Monterrey, Nuevo León, Mexico! The Monterrey office joins our family of offices throughout South Texas. You can find us in Corpus Christi, McAllen, Brownsville, and San Antonio.

The Monterrey office will help us better serve folks in the area, especially those who live along the border. Everyone at the firm is excited to see this office open its doors — and it's certainly a great way to kick off the new year.

With it being the start of the new year, a lot of us are thinking about what we want to accomplish in 2019. Of course, when it comes to setting goals, there's always a lot of talk about how easy it is to forget about the goals you set in January. You set them, but other things come up between work, family, and other obligations.

After you set goals for yourself, your family, or your job, the most important thing you need to focus is on accountability. We talk about accountability on Page 3, but it bears repeating: Who is holding you accountable for your goals?



Accountability can be as simple or as involved as you want. One of the easiest and most effective ways to hold yourself accountable is write down your goals and put them in a place where you can see them every day, whether it's at home, at work, on your phone, or computer.

When you can see what your goals are every day, that keeps them on your mind. When they're on your mind, you can't forget about them.

A good way to do this is to keep a journal. Every day, write down your goals and what you can do to work toward those goals. By journaling about your goals, they're at the front of your mind, and you're actively thinking about how to accomplish them.

For example, a lot of people are going to set health-related goals. In the morning, you might write down that you want to lose 20 pounds by the end of March, and to do that, you're going to eat better and get more exercise. More specifically, you write that you're going to go to the gym that day.

Then, at the end of the day, or the next morning, write down what you accomplished and you start again. Eventually, this goal journal will become like a second nature — and so will the activities you do to achieve your goals. The hardest part is getting the ball rolling.

No matter what your goals are, you set them for a reason; they mean something to you. So, it's important to do your best to accomplish them. Here's to your goals, and here's to a bright new year from all of us at Herrman & Herrman.

-Gregory Herrman

GET YOUR KIDS TO EAT HEALTHIER THAN EVER

Do your kids get enough nutrients in their diet? If they're like most kids, the answer is probably no. You want your children to eat more vegetables and less processed junk, but they certainly don't make it easy. Even getting the average kid to chow down on a serving of broccoli can be a huge chore.

In fact, food manufacturers have built an entire industry that takes advantage of our kids' penchant for sugary cereal and fast food. However, a diet of highly processed foods can lead to a host of problems. Not only do these poor dietary habits carry over into adulthood, but a poor diet can hinder brain development and may even cause behavioral issues. A study in the American Journal of Public Health found links between poor diet and the development of depression in kids and teens.

But how can you encourage your kids to eat healthier? Often, it comes down to presentation. A mound of plain old veggies is not appetizing — not to a 10-year-old and not to a 40-year-old.

Instead of presenting vegetables as a boring side dish, think of them as an ingredient.

Take lasagna, for instance. This tasty, familiar dish is easy to modify. Instead of using lasagna noodles, use zucchini. Simply slice the zucchini into thin, noodle-like strips, then layer them as you would typical noodles. The same can be done with other pasta dishes, such as spaghetti. Zucchini noodles — or "zoodles" — are delicious in marinara sauce and decadent in Alfredo.

If push comes to shove, you can easily hide vegetables in foods your children already know and love. Did you know you can make brownies with avocado and black beans? Slipping in a few healthier ingredients here and there can deliver those nutrients in a pinch, especially during a chaotic school week.

But, if you're hoping to foster long-lasting healthy habits, the best thing you can do is offer your child a choice. Say something like "You can have the cauliflower, or you can have the broccoli. It's up to you!" Let your child have that control. Psychologists and social scientists, including the famed Dr. Maria Montessori, argue that when kids feel in charge of a decision, they are more likely to embrace one of the options — even if it's a vegetable

Ultimately, as a parent, you are in charge of your child's diet. Help them explore new foods and foster a positive culinary environment. Your kids will develop a taste for healthy eating in no time!



TESTIMONIALS

DON'T JUST TAKE OUR
WORD FOR IT



"I was happy with the service. Hector did everything that I asked him to do, and I'm pleased with the handling of my case."

-Tiffany

"I appreciated Lupe's concern and his willingness to hear me when I was upset. He was superb in all areas! Thank you!"

-Laura

"Definitely recommend Herrman & Herrman. If you ever need a great attorney, they are the ones. Settled my case and got a great payout in a short amount of time!"

-Sarena Segovia

"Professional atmosphere, great customer service, excellent results. I would highly recommend this firm for all your personal injury lawsuits. Ask for Cindy Trigo."

-Kathy Longoria

AVOID THESE MISTAKES TO ACHIEVE GOAL-SETTING SUCCESS



Most people who set goals at the start of the new year never complete them. Do you remember the goals you set a year ago? While you may have completed some of your goals, you may still have a few that you've put on the back burner or forgot about completely. You are not alone. There are four simple reasons so many goals go unfulfilled.

- * The goals were out of reach or unrealistic.
- * There was no accountability.
- * The goals were too abstract.
- * There was no tracked progress toward the goal.

Setting goals is the easy part. A lot of people say they want to lose weight, eat better, learn a new skill, or try a new hobby, but they don't define their goals beyond that.

The best way to stay on track is to be as specific as possible. Figure out exactly what you need to do to accomplish your goals. Make sure you have access to the appropriate resources that will help you make progress.

Look to the people around you for accountability – your family, friends, neighbors, and colleagues.

If you don't want to involve anyone else, keep a notebook or journal to track progress. If you are learning a new skill such as computer programming, a resource you need may be a learning app on your phone or a book from the library.

When you couple specific goals with the necessary resources, achieving those goals becomes easier than ever. You have to take steps to avoid falling into the mistakes listed above. Set reachable, concrete goals, track your progress, and check in with someone to keep you accountable.

Then, in a few months, take a moment to review how much progress you've made. Celebrate the progress and keep pushing forward to make 2019 your best year yet.



CHICKEN CHOP SUEY

INGREDIENTS

- * 2 large or 4 medium chicken thighs
- * 3 pounds bok choy, cut into 3–4-inch ribbons
- * 4 tablespoons vegetable oil
- * 3 tablespoons oyster sauce
- * 2 teaspoons sugar
- * 2 tablespoons cornstarch, mixed with 4 tablespoons water
- * 2 teaspoons toasted sesame oil
- * Salt and pepper, to taste

DIRECTIONS

1. In large pot, boil three cups of water. Add chicken and reduce to simmer, cooking for 30 minutes. Remove chicken and let cool. Once cooled, remove skin and bones, chop, and set aside. Reserve the cooking liquid.
2. In a large skillet over high heat, heat vegetable oil. Once simmering, add bok choy and cook for 1 minute, stirring throughout. Add half of reserved cooking liquid, cover skillet, and cook

for 2 minutes. Remove cover and cook for an additional 5 minutes. Transfer bok choy to a plate.

3. Add remaining cooking liquid and chicken to the pan, maintaining high heat. Heat chicken, then add oyster sauce, sugar, cornstarch-and-water mixture, sesame oil, and bok choy. Season to taste, toss together, and serve over rice.

MEMES

