



HERRMAN & HERRMAN

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HERRMAN & HERRMAN

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A CELEBRATION OF LIFE

The month of October is synonymous with Halloween, Día de los Muertos, and breast cancer awareness. These events are not only near and dear to our hearts here at the firm, but near and dear to the hearts of many of our clients. To honor them, Herrman & Herrman is sponsoring two big events in Corpus Christi.

The first big event is the American Cancer Society's Making Strides Against Breast Cancer walk. The walk is set for Saturday, Oct. 20 at Bayfront Park, and you can learn more at both [facebook.com/makingstridescorpuschristi](https://www.facebook.com/makingstridescorpuschristi) and makingstrideswalk.org/corpuschristitx.



This walk is a celebration of life. It's a show of support for those with breast cancer, as well as a remembrance of those we've lost to the all-too-common disease. As part of the event, you can donate to the American Cancer Society or join the walk — or both! We look forward to seeing you there!

Onlookers are encouraged to join in the fun by dressing up in their Luchador costumes and masks. Come as your favorite Luchador, or come as a creation all your own. All members of the family are invited!

The other big event in October is the Día de los Muertos Festival in Corpus Christi. The festival is on Saturday, Oct. 27 from 3 p.m. until midnight and is located throughout the Marina Arts District in downtown Corpus Christi.

While the Día de los Muertos Festival will be held on Oct. 27, the holiday of Día de los Muertos begins on Wednesday, Oct. 31 and runs through Friday, Nov. 2. It's celebrated alongside Halloween (Oct. 31), All Saints' Day (Nov. 1), and All Souls' Day (Nov. 2).

As part of the festival, the arts district will be hosting the Hecho-a-Mano Art Expo, an arts and crafts expo, as well as a fine art exhibition, a youth art exhibition, an altar display, and a piñata contest — the 8th Annual Extravagancia de Piñatas. The piñata contest helps benefit local K-12 teachers.

Día de los Muertos is a day of remembrance for those we have lost. It's a celebration of our family, friends, and those who are important to us.

Herrman & Herrman is proud to sponsor Lucha Kaboom during the Día de los Muertos Festival. Lucha Kaboom is a celebration of Mexican-style wrestling, in which luchadores don colorful and distinct masks.

The holiday has its origins in Aztec festivals from hundreds of years ago. Over time, it became the holiday we know today — a holiday to honor those who have died.

Whether you're at the Making Strides Against Breast Cancer walk or the Día de los Muertos Festival — or just enjoying Halloween around the community — we hope to see you out there! Stay safe and have fun!

-Gregory Herrman

WHY THERE ARE KIDS ON YOUR PORCH ASKING FOR CANDY

THE HISTORY OF TRICK-OR-TREATING

As Halloween looms and you load up your grocery cart with candy, you may ask yourself, "Why do I provide these spooky gremlins with a sugar high every Oct. 31, anyway?"

Well, when your doorbell starts ringing around 6 p.m. this All Hallows' Eve, you can thank the Celts for this tradition of candy and costumes.

Long before there were young'uns on your porch dressed as Thanos with candy-filled pillowcases in hand, the Celts believed that Samuin marked an overlapping of the realms of the living and the dead. To trick the spirits leaking into our world, young men donned flowing white costumes and black masks — a great disguise when ghosts were about.

The Catholic Church was never a big fan of these pagan traditions, so they renamed it "All Saints' Day" and gussied it up in religious garb. By the 11th century, people were dressing up as saints, angels, and the occasional demon instead of spirits. Eventually, costumed children started tearing through town begging for food and money and singing a song or prayer in return — a practice called "souling."

But when did they start dressing up as Minions? Starting in the 19th century, souling turned to "guising," which gave way to trick-or-treating in mid-20th-century America, and the costumes diversified. So put on some clown makeup and a big smile, scoop up a handful of sweets, and scare the living daylight out of 'em — 'tis the season!



Halloween itself is a kind of mishmash of four different cultural festivals of old: two Roman fêtes, which commemorated the dead and the goddess of fruit and trees (not at the same time); the Celtic Samuin or Samhain, a new year's party thrown at the end of our summer; and the Catholic All Saint's Day, designed to replace Samuin and divorce it from its pagan origins.

A LOVELY NIGHT FOR A RUN

SHOULD YOU GO FOR A RUN AFTER DARK?



Have you ever been driving home after dark and seen someone jogging on the side of the road? You might have thought they were crazy for waiting until so late in the day to go for a run, but there is actually research that suggests running in the evening is better than going for a run at any other time of day. Here are a few reasons why you should save your run until you can join all the things that go bump in the night.

You can hit the snooze button.

Many people who run first thing in the morning find themselves pressed for time. Hitting the snooze button is not an option, and with so little time, breakfast is usually a banana on the way out the door. Moving your run to the evening means you can enjoy a more leisurely morning. Not feeling stressed out first thing in the morning can also lead to a more relaxed day.

You can push yourself harder.

It can be hard to get a good workout in the morning after your muscles have been still for eight hours during sleep. A study at the University of North Texas found that your body is better prepared to exercise in the evenings, since your muscles have been warming up all day. With improved muscular function and strength, you can push yourself harder and see greater improvement.

You sleep better.

You will obviously feel tired after a good run, so why not time it right and use this to your advantage? Research from the University of South Carolina found that people who ran before bedtime enjoyed a better night of sleep and increased energy levels when they woke up, meaning they felt more awake and better rested throughout the following day.

The best time to run is honestly whenever you have time to run, but if it works with your schedule, nighttime running might provide your best workout ever. Just remember that if you do decide to save your run for after sunset, you should stay safe by wearing bright, reflective clothing, sticking to the left side of the road, and running only in well-lit, populated areas.



one step further, avoid poorly lit or dark areas altogether. When it's difficult to see where you are stepping, you can easily trip and fall, which may result in an injury and an untimely end to the night's festivities. For anyone in a cumbersome costume or wearing a mask with poor visibility, venturing into dark areas can be especially hazardous.

Throw out mysterious treats. If your kids or grandkids bring home any homemade or unwrapped treats, throw them out. While some neighbors may have good intentions when they decide to make something truly special for the ghoulish revelers, there are simply too many risks associated with these kinds of treats, including food allergies and the potential for food-borne illnesses.

SCARE UP SAFETY!

3 SAFETY TIPS FOR HALLOWEEN NIGHT

Halloween is a lot of fun for kids and adults alike. Kids get to go door-to-door, scaring up treats, while the adults get to tag along or stay home and check out the inventive costumes of the kiddos who are out trick-or-treating. You never know who will knock next — Spider-Man or Moana.

But as every parent knows, Halloween comes with its fair share of risks. The streets are filled with kids focused on filling up their bags with all kinds of sweet loot, and they're not always paying the closest attention to their surroundings. Here are three quick tips to stay extra safe this Halloween.

Have a game plan. If you have trick-or-treaters heading out without adult supervision, designate neighborhoods they can visit. Pick a few places you and your kids are familiar with. Google Maps is a great tool for planning out the evening and creating a trick-or-treat game plan. This way, if something does come up and your costumed crew needs assistance, everyone knows where to go and how to get there quickly.

Follow the lights. As a rule of thumb, most kids already know to only visit homes with the lights on — even if it's still light out. To take this



TESTIMONIALS

DON'T JUST TAKE OUR WORD FOR IT

Never been in a car accident before, so there were a lot of questions ... My attorney, Daniel, and his legal assistant, Samantha, did an awesome job keeping me informed and updated throughout my case. Still waiting on a resolution but extremely happy with the great work they are doing.

-Samantha

Herrman & Herrman's office was really helpful. Gayle and Will helped get my settlement fast and for more money than I expected. If you're looking for a lawyer I would definitely recommend Herrman & Herrman.

-Angela

Thank you to William, Gayle, and April for the excellent service. You guys at Herrman & Herrman rock.

-Tom

They were quick and efficient. They had all the answers to my questions. If I had to do it again I'd do it the same. Thank you, Donna, for all your help.

-Joseph

Highly recommended! Everyone was helpful and I had the best experience during a very stressful situation. Thank you so much, Herrman & Herrman.

-Lorraine.



HOMEMADE MARSHMALLOWS

As we enter the height of s'mores season, consider upgrading those store-bought marshmallows to homemade ones. For a colorful treat, you can easily add food coloring to this recipe.

INGREDIENTS

- * 3 packages unflavored gelatin
- * 1 1/2 cups granulated sugar
- * 1 cup light corn syrup
- * 1/4 teaspoon kosher salt
- * 1 tablespoon pure vanilla extract
- * Powdered sugar, to coat

INSTRUCTIONS

1. In a mixing bowl, combine gelatin and 1/2 cup cold water. Let sit while you make the syrup.
2. In a small saucepan over medium heat, combine sugar, syrup, salt, and 1/2 cup water until the sugar dissolves.
3. Raise heat to high and bring syrup up to 240 F, using a candy thermometer to check for temperature.
4. With an electric whisk on low speed, slowly whisk syrup into gelatin mixture. Switch speed to high and whip for 15 minutes, until very thick. Fold in vanilla after whipping.
5. Dust a nonmetal baking dish with powdered sugar and spoon mixture into dish. Smooth mixture, top with more powdered sugar, and let stand uncovered overnight.
6. Cut into squares, decorate, and serve.

MEMES

