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CHI CHI THE RESCUE DOG

QUADRUPLE AMPUTEE WHO INSPIRES THE WORLD



Photo by Bob Fugate

Chi Chi is a golden retriever who was found in a dumpster by an animal rescue group in South Korea. Badly injured and left in a garbage bag with her legs bound together, the only way to save Chi Chi's life was to amputate all four of her legs. As she recovered, the call went out to find a family who could care for a dog with serious medical needs. As a quadruple amputee, just getting Chi Chi's prosthetics on so she could go outside in the morning would be time-consuming. Fortunately, Elizabeth Howell from Arizona saw a video about Chi Chi's plight online.

In our darkest moments, it can be hard to believe joy can be found again. But one amazing dog proves that no matter what happens, through love and patience, we can make the world a better place.

"She stole my heart," Howell said, taken by how Chi Chi was still wagging her tail despite her injuries. After seeing Chi Chi's perseverance and her will to live, Elizabeth and her family took on the challenge. There were struggles as Chi Chi learned to trust people again, but with time, Chi Chi found peace and joy with her new family.

"She exemplifies resilience and forgiveness and willingly shares her love and compassion in abundance," Howell has said. "Her sweet-tempered and gentle spirit opens people's hearts and her perceptive spirit senses where her love is needed."

Chi Chi's vet has called her a "miracle dog," referring both to the fact that she survived losing all her legs and to the joy she brings to the world. Today, Chi Chi is a registered therapy dog, offering strength, love, and support to those who need it most. She visits VA hospitals, assisted living facilities, and children with disabilities.

To celebrate her journey of survival, courage, and love, Chi Chi was honored with the American Humane Hero Dog Award in 2018. You can follow the adventures of this brave, loving canine at Facebook.com/ChiChiRescueDog.

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FEBRUARY 2019

BEING A RESPONSIBLE PET OWNER

A MONTH DEDICATED TO BEING A GOOD PET PARENT

February is a short month with a lot going on. The month kicks off with Groundhog Day on Feb. 2, then the very next day is the biggest sports event of the year: Super Bowl LIII. Valentine's Day is two weeks later on Feb. 14. It's a month that can go by in the blink of an eye, and then the next thing you know, we're in the middle of March!

But February is also Responsible Pet Owners Month — a little-known awareness campaign built around the idea of being better pet owners. It's a month dedicated to pet care, safety, and overall responsibility.

For instance, one of the most important aspects of owning a pet is spaying and neutering. It's a sad fact that there are millions of dogs and cats that end up homeless because their owners can't take care of them. A big reason for this is because they didn't spay or neuter their pets and ended up with a litter (or two) of puppies or kittens that they didn't know what to do with.

Another great way to be a better pet owner is to feed your pets a proper diet. Just like people, pets of all kinds need good nutrition to thrive. Their version of a balanced diet is different than ours, but it's also important to ensure their diet isn't low-quality filler — the equivalent of a high-carb, high-sugar diet in humans.

There are a lot of pet foods on the market that are full of filler. If you see ingredients like ground whole grain corn, corn meal, soybean

meal, chicken by-product meal, or sugar, you've found fillers. The longer the ingredient list, the worse it usually is. You want to see simple ingredient lists that are easy to understand and contain "whole" ingredients, like chicken or turkey meal, whole eggs, fish meal, and so on. Some dog foods even contain carrots, peas, and brown rice — all ingredients that contribute to a healthy, protein-rich diet.

Grooming is another thing to keep in mind. Some animals do need our help when it comes to taking care of their hair, teeth, and nails. For instance, many dogs and cats shed a lot in response to a change in season, such as colder weather (though shedding can vary by breed, not just location). They grow a thicker coat and then come spring, there's hair everywhere!

It's important to either groom your pet yourself or take them to a groomer. It's incredibly important to get your pet acclimated and trained for grooming when they're younger. That way, as they grow up, they remain calm during a grooming session, whether it's just combing or a bath. And don't forget to brush your pet's teeth! Just like us, their teeth can accumulate plaque and they can get cavities, which can lead to infection. Next time you're at the vet, ask them about your pet's dental hygiene. In most cases, the best way to take care of it is to brush their teeth at least once a week.

These are just some small ways to be a more responsible pet owner. This month, think about other ways you can be a better human for your pets, whether you have dogs, cats, lizards, birds, rodents, or all of the above!

Gregory Herrman



BREAKING THROUGH THE TV TERMINOLOGY

4K, HDR, AND OLED DEFINED

When you shop for a new TV these days, you're greeted with a bevy of acronyms and numbers — marketing terms you can't make sense of. These are terms like 4K, HDR, and OLED, just to name a few. TV makers leave it up to you to figure out what these terms mean. Well, look no further. We're going to cut through the marketing speak and get to the point. Here's what today's popular TV marketing terms really mean.

4K The TV buzzword "4K" has replaced "HDTV" and "1080p" as the go-to marketing term. In short, it's a reference to the number of pixels on the screen. Standard high-definition TVs (1080p) have a vertical resolution of 1,080 pixels and a horizontal resolution of 1,920. Here's where it gets weird. 4K TVs have a vertical resolution of 2,160 pixels with a horizontal resolution of 3,840.

Marketers decided to swap the vertical resolution as their reference point with the horizontal resolution, because higher numbers are more impressive, right? But 4K TVs seem to fall short of the moniker. Regardless, these TVs have improved color and image quality over standard HD, but you have to have devices — such as the PlayStation 4 Pro or a Blu-ray player — or services that output in 4K to take advantage of the boost in pixels.

HDR High Dynamic Range, or HDR, is a type of image processing. When an image is processed, HDR is used to increase or decrease the luminosity of the image. It means bright whites, deeper blacks, and improved colors overall. It's been used in photography for decades and in video since the 1990s. Most 4K TVs have built-in HDR processing, resulting in better color quality, which translates to better image quality overall.

OLED Short for organic light-emitting diode, OLED TVs feature a microscopically thin layer of an organic compound that emits light when an electric current is introduced. Typical LED TVs rely on a backlight in order to produce a lit, visible image. These backlights take up space, resulting in a thicker TV. The major advantage of OLED TVs is they are incredibly thin and light, and they produce deeper blacks for an improved color and image quality.



TESTIMONIALS

DON'T JUST TAKE OUR WORD FOR IT



"Everything was excellent! Thank you Herrman & Herrman!"

-David

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

-Laura

"Hector did a good job with my case. I was well-informed the whole time."

-Noberto

"PJ was very easy to talk to, and he and his assistant kept me informed of what was going on throughout the entire case."

-Christina

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SAFETY FIRST

A QUICK LOOK AT MOTORCYCLE SAFETY

Beautiful, open country roads attract many motorcyclists to South Texas. With more than 400,000 motorcycles registered in the Lone Star State, it's the third-most popular state for biking behind Georgia and California. While motorcycling may be an enjoyable and economical form of transportation, there are life-threatening risks for drivers and passengers.

The Texas Department of Transportation reported that in 2017, more than 450 motorcyclists were killed in accidents. Another 1,887 drivers and passengers suffered incapacitating injuries such as brain damage and spinal cord damage. These fatalities and life-altering injuries included drivers and passengers with and without helmets.

The statistics for injury and death may be daunting, but there are proactive ways to protect yourself, your friends, and your family, and there is help available for those who have been injured in a motorcycle accident.

Motorcycle safety begins with the bike purchase. Buy and ride only what you can handle. Choose a bike that you can easily lift on and off the stand, and make sure that you are able to put both feet flat on the ground when seated.

Always wear a helmet. Riders without helmets are 40 percent more likely to suffer from a brain injury during an accident than a rider with a helmet.

Get in the habit of checking the weather before heading out. Rain can interfere with your vision and will reduce your tires' grip on the road.

If you have to drive in wet conditions, avoid making sudden stops and turns, and be gentle with the throttle and steering.

Be extra cautious with road hazards such as potholes and rocks. Even a seemingly harmless bump can cause your bike to spin.

More than 60 percent of motorcycle and vehicle collisions are the fault of the car driver, so be aware of your surroundings in front, behind, and beside your bike while on the road.

Driving a motor vehicle on any roadway is dangerous, and motorcycles add extra safety issues because of the nature of the vehicle. You must not only be responsible when operating a motorcycle but your experience is also key. Whether you are brand-new to bikes or have been around them your entire life, be cautious when driving a motorcycle.



SPICY SALMON TARTARE

INGREDIENTS

- * 1 8-ounce boneless, skinless salmon fillet
- * 1 tablespoon fresh lime juice
- * 1/4 teaspoon lime zest
- * 1/4 cup cucumber, seeded and finely diced
- * 1 1/2 teaspoons jalapeño peppers, seeded and minced
- * 1 1/2 teaspoons shallots, minced
- * 3/4 teaspoon fresh ginger, peeled and finely grated
- * 1 1/2 teaspoons fresh cilantro, minced
- * 1 1/2 teaspoons fresh chives, minced
- * 1 1/2 teaspoons grapeseed or vegetable oil
- * Salt and freshly ground pepper, to taste
- * Crackers or chips, for serving

DIRECTIONS

1. Place salmon in freezer for 20 minutes to make slicing easier.
2. Meanwhile, prepare other ingredients for mixing.
3. Thinly slice salmon into sheets and cut sheets into strips and strips into cubes. When finished, you should have 1/8-inch cubes.
4. In a mixing bowl, combine salmon with all other ingredients. Season with salt and pepper.
5. Garnish with chips or crackers and serve.

Inspired by Epicurious

MEMES

