The division dispatched two homing pigeons with requests for help, but 77th, Major Charles White Whittlesey felt he had no choice but to send the casualties, but their orders were clear: don’t retreat and don’t surrender. Days, the encircled division endured relentless attacks and suffered heavy month push by the Allies during the final throes of World War I to force the Germans to surrender. It became the bloodiest battle in U.S. history. For six On Oct. 2, the United States 77th Division was trapped behind enemy lines in the Argonne Forest during the Meuse-Argonne Offensive, a three-month push by the Allies during the final three years of World War I to force the Germans to surrender. It became the bloodiest battle in U.S. history. For six months, the encircled division endured relentless attacks and suffered heavy casualties, but their orders were clear: don’t retreat and don’t surrender.

The division dispatched two homing pigeons with requests for help, but both birds were shot down. When friendly fire began raining down on the 77th, Major Charles White Whittlesey felt he had no choice but to send the last pigeon, Cher Ami. The pigeon’s desperate note read:

“We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven’s sake, stop it.”

As Cher Ami rose from the brush, she was shot down, to the despair of the watching soldiers. However, after a few seconds, she fought her way back into the air, flew through a torrent of gunfire, and made it to division headquarters 25 miles away. She had been shot in the breast, the eye, and the leg.

Because of Cher Ami’s brave flight, 194 of the original 554 men of the 77th Division survived the battle. One month later, World War I came to an end. Cher Ami survived the war as well, thanks to the surgeons who performed emergency surgery on her. One soldier even carved her a little wooden leg. She became a well-known hero to both soldiers and children in the States. For her service in Verdun, the French Army awarded her the Croix de Guerre, and she was inducted into the Racing Pigeon Hall of Fame.

Cher Ami finally succumbed to her wounds in June of 1919 and is now on display in the Smithsonian alongside Sergeant Stubby, a terrier who served and she was inducted into the Racing Pigeon Hall of Fame. Cher Ami finally succumbed to her wounds in June of 1919 and is now on display in the Smithsonian alongside Sergeant Stubby, a terrier who served the watching soldiers. However, after a few seconds, she fought her way back into the air, flew through a torrent of gunfire, and made it to division headquarters 25 miles away. She had been shot in the breast, the eye, and the leg.

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The National Highway Traffic Safety Administration agrees. They say, "We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven’s sake, stop it.”

May is Motorcycle Safety Awareness Month. Here in Texas and all around the country, more people ride motorcycles starting in May and through the summer than any other time of year.

Because more people are out on motorcycles, statistically, more people are injured and killed on motorcycles during the summer months. It’s a tragic reality, but it’s always worth the reminder. So many motorcycle accidents can be prevented through awareness.

Always look both ways before moving through an intersection. Always check and double check before changing lanes, passing, or merging.

While blind spots are already dangerous, it’s potentially more dangerous when a motorcycle is in your blind spot. Motorcycles take up significantly less space on the road, which means they’re easier to miss when you’re looking for larger vehicles.

Another thing to keep in mind: Never make assumptions when you’re on the road. Don’t assume there isn’t another vehicle in your blind spot or anywhere else around your own vehicle. You need confirmation.

A lot of us have trained ourselves to look for cars, trucks, SUVs, and other large vehicles. All too often, motorcycles don’t automatically register in our brains. They’re smaller and drivers tend to ignore motorcycles when they determine their next move, such as changing lanes.

The National Highway Traffic Safety Administration agrees. They say, “When motorcycles and other vehicles collide, it is usually the other non-motorcycle driver who violates the motorcyclist’s right of way.”

Motorcycle accidents are serious business. Motorcyclists have far less protection than other drivers on the road. There are no air bags, seat belts, or steel frames to protect them. They rely on helmets and other protective gear along with vigilant driving.

Many motorcycle accidents also result in serious brain injury. While many bodily injuries can heal over time, brain injuries can actually get worse depending on the type of injury.

As I mentioned in our last month’s edition, even when a motorcyclist is wearing a helmet and taking all the proper safety precautions, they may still walk away with a brain injury — and they may not fully realize it at first.

The challenge with brain injuries is getting them properly diagnosed and then recognized by insurers so the motorcyclist is properly compensated. Unfortunately, this doesn’t always happen. A motorcyclist may be left with a bad concussion and not get the proper care they need because they either didn’t realize they needed significant care, or the insurer didn’t cover the necessary medical costs, so the motorcyclist avoids care because they couldn’t afford it.

If not properly treated, a brain injury can get worse over time. The brain doesn’t heal itself like much of the rest of the body and it can actually deteriorate. A person with a brain injury may experience a change in personality, deteriorated motor and speech skills, and memory loss. In fact, many of the symptoms of an untreated brain injury are very similar to the symptoms of dementia.

When it comes to motorcycle safety, we can all do our part. Be aware of everyone who’s on the road and your surroundings. Stay safe and have fun this summer!
Summer is a wonderful time of year for your health. The warm weather encourages outdoor activities, and the vitamin D produced by sunlight can boost your mood. Unfortunately, sunshine can also do a number on your skin. Here are a few tips to protect your skin while having fun in the sun.

Don’t forget the sunscreen! People of all complexions should wear sunscreen every day. Even if you aren’t at the beach, harsh sunlight can still damage your skin when you’re walking around or driving your car. Dermatologists recommend applying sunscreen with SPF 30 first thing in the morning and reapplying periodically throughout the day.

Pro Tip: Don’t put the sunscreen away when it gets cold. The sun is still harmful in the winter months.

Want a tan? Go sunless! Though popular, that “sun-kissed” look is actually a sign of skin damage caused by harmful UV rays. If your summer look just isn’t complete without a tan, consider using a sunless tanning product. The Mayo Clinic states, “Topical sunless tanning products are generally considered safe alternatives to sunbathing, as long as they’re used as directed.” So read the directions and enjoy a great summer tan while keeping your skin safe.

Take cool showers. Hot showers are relaxing, but they also dry out your skin, especially in the heat of summer. Do your skin a favor and turn down the temperature. As a bonus, taking a cool shower after sweating can reduce acne breakouts.

Stay hydrated. Hydrated skin is happy skin, so keep a water bottle handy. Start by swapping a sugary beverage at mealtime with a glass of water instead. Another healthy way to get extra water is by snacking on fresh fruits and vegetables. Certain summer fruits, like melons, have high water content and are full of vitamins your body craves.

There’s a lot to love about the summertime. With these tips, your skin can love it too.

“Jordan Jackson in the San Antonio office is a very experienced attorney. I have had the opportunity to work with her on a number of cases and know that she can get real results. She knows how to deal with insurance companies and get exactly what her clients need. I cannot recommend her enough.”

- Abel Trevino

“My son Samuel was struck by a car while crossing the street. I called Herrman & Herrman for help. I’m sure glad I did. They got me 100 percent of the policy limits. Thank you to Lupe, Connie, and Christi for all your hard work.”

- Susan Lacy

Before the Ride

5 Motorcycle Tips That Can Save Your Life

Safety should never be taken for granted. When it comes to any motor vehicle, there are always things you can do to ensure a safer drive. In recognition of Motorcycle Safety Awareness Month, we have five tips to keep in mind before you or a loved one hits the open road on the back of a motorcycle.

When buying a helmet, look for the DOT (Department of Transportation) sticker. This lets you know the helmet meets all required federal safety standards. The National Safety Council also recommends wearing a full-coverage helmet, which offers more protection over open-face helmets. However, should you wear an open-face helmet, be sure to wear goggles or protective glasses.

Never buy a used helmet. Whether it’s a bicycle helmet or a motorcycle helmet, once it’s been involved in any type of collision, its integrity is compromised. It will not offer you the protection you need in the event of a crash.

When purchasing a motorcycle, buy one that fits you well. Test out how you sit in the seat and how your legs and arms fit within the confines of the bike. At the same time, make sure you can handle its power. According to the Insurance Institute for Highway Safety, crashes involving supersport bikes have a death rate four times that of other types of cycles.

When driving, drive defensively. Half of all motorcycle collisions happen at intersections. Watch all traffic as they pull up to stop signs or lights. Be prepared to slow down, even if you have complete right of way, in order to anticipate any potential moves other drivers may make.

Do what you can to make yourself visible. This includes using headlights during the day and night. Wearing bright or reflective clothing can also help you stand out on the road. While many motorcyclists prefer darker colors, the brighter you are, the more likely you will be seen, which reduces your chances of getting in a wreck.

Strawberry Mango Paletas

INGREDIENTS

- 1 1/4 cups strawberries, chopped
- 1/2 cup granulated sugar
- 3 tablespoons fresh lime juice
- 1 1/4 cups strawberries, chopped

DIRECTIONS

1. In a saucepan, toss strawberries with 1/4 cup sugar and let stand at room temperature for 15 minutes.
2. Add 1/4 cup water and bring to a simmer over moderate heat. Cook strawberries until mixture thickens, about 5 minutes.
3. Remove from heat and stir in 1 tablespoon lime juice and 1/4 teaspoon salt. Let cool completely, about 45 minutes.
4. Meanwhile, in a blender, purée mangoes with 1/4 cup sugar, 2 tablespoons lime juice, and 1/4 teaspoon salt until smooth. Scrape into a medium bowl and clean the blender. Then, purée strawberry mixture until smooth.
5. Into 8 3-ounce ice pop molds, spoon 2 tablespoons mango purée. Add 2 tablespoons strawberry purée to each mold, then top with remaining mango purée, leaving 1/2 inch between filling and top of mold.
6. Using a small knife, gently swirl layers together.
7. Insert ice pop sticks and freeze until solid.
8. Dip molds in hot water for a few seconds, then unmold paletas and serve immediately.

It’s Spring Already. Time to Cut The Grass

Pour Some

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