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STAYING STATESIDE FOR ST. PADDY'S?

CELEBRATE WITH THESE LITTLE-KNOWN FESTIVITIES

There's no place quite like Ireland on St. Patrick's Day. What was once a purely religious holiday to honor the legend of St. Patrick chasing all the snakes out of the country has turned into a global celebration. But if a trip to Ireland isn't in the budget, check out these three little-known stateside destinations that are just as festive.

Short and Sweet in Arkansas

Thanks to the clever thinking of some Irish friends meeting for a pint at a bar on one of the shortest streets in the world, Bridge Street in Hot Springs, Arkansas, the First Ever 17th Annual World's Shortest St. Patrick's Day Parade will travel 98 feet once again this year. Don't assume the turnout isn't robust just because the distance is staggeringly low. The parade lasts for hours, drawing thousands of people to watch celebrities, musicians, bands, floats, and Miss Arkansas glide by. The event also features a Blarney stone kissing contest and a parade king and queen.



A Little Luck in America's Heartland

O'Neill, Nebraska, is home to the world's largest shamrock and more unique St. Patrick's Day traditions. This Irish community doubles down on its heritage every March with a traditional parade, music, and Irish dancing. But the town also hosts a popular dodgeball tournament and donkey basketball. What could be better than pummeling your opponents in dodgeball and outpacing the competition while riding a donkey in the school gymnasium? Perhaps enjoying a pint or two with your teammates afterward. And O'Neill is just the spot to do it.

Ohio's Little Piece of Ireland

You may not be able to fly to Ireland, but you can visit a little piece of it right in the U.S. Head to Dublin, Ohio, this St. Patrick's Day for a traditional celebration sure to put a wee bit o' pep in your step. Partake in a traditional Irish breakfast or enjoy a parade complete with bagpipers and Irish dancers. Boasting one of the largest celebrations in the U.S., Dublin is an affordable alternative for those looking to celebrate the Irish way.

WOMEN'S HISTORY IS WORLD HISTORY

Many groups have faced long, uphill battles when it comes to their rights as human beings, both in the United States and around the world. March is Women's History Month, and March 8 is International Women's Day.

We could never name all the women who have made an impact throughout history, because there are countless women who have made a difference in all of our lives. But we can look at events that played a major role. In the U.S., for instance, women fought hard for the right to vote. It was a battle that led to the creation of the 19th Amendment of the U.S. Constitution.

In the years leading up to the 19th Amendment in 1919, many states and territories had already passed laws granting women the right to vote. The Wyoming Territory granted women suffrage in 1869, and several states followed suit, but the movement didn't gain federal support until 1919.

The amendment was first introduced to Congress in 1878, 41 years before it would ultimately pass. But it still had a lot of opposition in Washington and around the country. It took a lot of hard work by people like Susan B. Anthony before it received the support it needed to be passed.

After women's right to vote was passed on the federal level in 1919, it was successfully ratified by the states in 1920, making this year the 100th anniversary of the 19th Amendment. The official anniversary date is Aug. 18.

Of course, this represented one of the many battles faced by women throughout history. Another battle was one of equality, including equality in pay. This was represented by the Equal Rights Amendment (ERA), which has a lengthy history in the U.S.

Congress passed the ERA in March 1972. The amendment was written as a guarantee for equal rights among U.S. citizens no matter your sex. It ensured men and women were treated the same in every possible way.



The amendment was first introduced to Congress in 1923, but it didn't receive the support it needed to get off the ground. It wasn't until the 1960s that the ERA started to find significant support, thanks in part to the women's movement.

In March 1972, it was finally passed. However, as an amendment, it needed to be ratified by the states. Congress set a deadline of March 22, 1979. It had to be ratified by 38 out of 50 states in order to become an amendment to the Constitution.

It reached 35 states at its peak (five states rescinded support leading up to the deadline). It was a hard-fought battle. Its opponents mobilized, and the deadline passed without the state support it needed to be ratified. Despite wide bipartisan support by Congress and Presidents Nixon, Ford, and Carter, it simply wasn't enough.

However, in the late 2010s, the ERA saw a resurgence of support. Several state legislatures took another look at the amendment, and three voted to ratify ERA decades after it was passed in Congress. This included Nevada in 2017, Illinois in 2018, and Virginia just this year.

Where this goes next, no one yet knows, as there is limited legal precedent for this type of action. The 27th Amendment was passed by Congress in 1789, but not ratified by the states until 1992 — a 203-year wait! The 27th Amendment is related to the compensation received by members of Congress.

The ERA may return to the public consciousness and may become an official amendment if it gains support again, but it nevertheless represents the divide between men and women, in that women have to fight harder for many of their rights.

We thank all the women today and throughout history who have made our world possible, who have stood up to oppression, and who decided they wanted a better world for themselves and all of us.

-Greg Herrman

NEED A BOOST?

NATURAL SUPPLEMENTS TO INCREASE YOUR ENERGY

As spring kicks off, many people will be tempted to grab a Monster, Red Bull, or Rockstar to get through the day. Energy drinks may give you a quick boost, but the high levels of caffeine and sugar can lead to migraines and increased anxiety. If over-consumed, these drinks can even lead to Type 2 diabetes. To avoid these health hazards, try out a few of these natural energy boosters instead.

Ashwagandha

Ashwagandha is an evergreen shrub found mostly in India. As part of the Ayurveda system, an alternative medicine practice from India, it's also known as "Indian ginseng." The Alternative Medicine Review published a study indicating ashwagandha increases the body's resilience to physical and mental stress by lowering levels of the stress hormone cortisol by 28%. Ashwagandha can also help you through long workouts and the 9-to-5 grind because it may also improve brain function, including memory. You can get ashwagandha in pill form at most convenience stores around the world.

Creatine

Many people don't realize creatine is a natural energy booster because they get it mostly in processed, high-sugar energy drinks. However, in doses less than 5 grams, creatine provides impressive benefits during high-intensity activities, short-duration exercises, and sports, including football, shot put, and weightlifting. This compound is found in red meat, pork, poultry,

and fish, and when consumed, it releases phosphates that give your body a quick burst of energy. Ingesting more than 5 grams, though, will leave you feeling bloated with a lot of stomach discomfort. Creatine powder can be found at most wellness stores.

Beetroot Powder

Beetroot powder is made from the roots of the beet plant and is rich in nitrate. Nitrate relaxes blood vessels, creating increased blood flow and oxygen delivery. This enables your body to produce energy more efficiently and maintain energy levels, making beetroot powder a great aid for endurance sports like running, soccer, and biking. In the International Journal of Sports Nutrition and Exercise Metabolism, a study reported that athletes could work out for 25% longer when they used beetroot powder. Fatigue didn't set in until much later in their workout, which improved their training and performance.

This spring, say goodbye to energy drinks and get the boost you need with one of these natural energy supplements.



Cyclists Are Not Safe on San Antonio Roads

If you ride a bicycle on San Antonio roads or elsewhere in Bexar County, you are risking your life in a bicycle accident, according to recent reports. In 2018, 29 people were killed or seriously injured while riding a bike in San Antonio — more than two every month — representing an increase from 2017.

The National Highway Traffic Safety Administration (NHTSA) reported that three cyclists were among 146 total traffic fatalities in San Antonio in 2017, and in the same year, cyclists made up 2.1% of traffic fatalities.

The Texas Department of Transportation reported a total of 2,426 cyclist crashes statewide in Texas in 2018, including 617 fatal accidents and 621 deaths.

Share the Road Texas says statistics from 2009–2014 demonstrate that the following counties are the most dangerous in the state for bicyclists:

- Bexar County (San Antonio): 595 total bicycle/auto crashes, 14 fatalities
- Harris County (Houston): 1,149 total bicycle/auto crashes, 46 fatalities
- Travis County (Austin): 1,112 total bicycle/auto crashes, 11 fatalities
- Dallas County: 681 total bicycle/auto crashes, 16 fatalities
- Tarrant County (Fort Worth): 459 total bicycle/auto crashes, 9 fatalities

Share the Road Texas also reports that two-thirds of bicycle crash injuries occurred on city streets and the largest percentage of bicycle crash fatalities (33%) occurred on U.S. and state highways. Not surprisingly, crashes that happen on higher-speed roads are more likely to result in fatalities, the organization says.



NHTSA says that across the country, three-fourths of bicyclists and other cyclists — including riders of two-wheel, nonmotorized vehicles, tricycles, and unicycles powered solely by pedals who died in motor vehicle crashes in 2017 — died in crashes in urban areas. The following also comes from another NHTSA report:

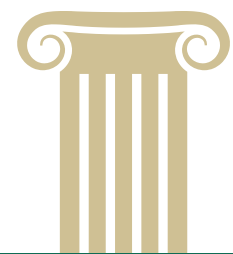
- 96% of cyclists killed were in crashes involving a single motor vehicle.
- 27% of cyclist fatalities occurred at intersections, and 63% did not. The remaining 10% occurred at other locations, such as roadsides/shoulders, parking lanes/zones, bicycle lanes, sidewalks, and medians/crossing islands.
- 44% of cyclists killed were hit by light trucks.
- When a large truck was involved in a fatal cyclist accident, the vehicle's right side was the collision point 28% of the time, compared to 7% in passenger car accidents. This could be due to the wide right turns required of large trucks, NHTSA says.

"If you're looking for a personal injury law firm, I recommend Herrman & Herrman. Friendly, professional, down-to-earth service. You won't be disappointed! Ask for Jordan Jackson and her case manager, Jenell."

-Paula Vela

"I used this office two times now! They were on top of everything with my motor vehicle accidents and helped me get the proper treatment I needed! All of the employees were very helpful, and I would without a doubt recommend this office to anyone!"

-Jeremy Lopez



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PESTO CHICKEN WITH BLISTERED TOMATOES

INGREDIENTS

- * 2 1/2 tbsp olive oil, divided
- * 4 boneless and skinless chicken breasts, pounded to a 1-inch thickness
- * Salt and pepper to taste
- * 1/4 cup whole-wheat panko
- * 2 tbsp Parmesan cheese
- * 1 tbsp unsalted butter, melted
- * 6 tbsp spinach pesto
- * 2 cups cherry tomatoes, 1 garlic clove, thinly sliced
- * 1 tsp red wine vinegar

DIRECTIONS

1. In a large ovenproof skillet over medium-high heat, add 1 tbsp olive oil.
2. Season chicken with salt and pepper, and add it to pan. Cook chicken for 5 minutes on each side, then remove pan from heat.
3. In a bowl, combine panko, Parmesan cheese, and butter.
4. Spread pesto over chicken and top with panko mixture.
5. Broil chicken for 2 minutes on high heat until browned.
6. In a skillet, heat remaining oil over medium-high heat.
7. Add tomatoes and cook for 6 minutes.
8. Add garlic and cook for 30 seconds, stirring constantly.
9. Season tomato mixture with salt and pepper, and add red wine vinegar.
10. 1 Serve tomatoes with broiled chicken.

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9	1	5	6	3	8	2	7	4

Inspired by The Blond Cook