



HERRMAN & HERRMAN

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THE HERRMAN HERALD

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CELEBRATING PRIDE

The LGBT community has a big presence throughout Southeast Texas. Every year, our communities come together in celebration of LGBT pride. This year things may be a little different, though, as communities around the world recover from the devastating pandemic and some events are postponed.

Nevertheless, we want to take some time to recognize the LGBT community and their long-fought struggle for equal rights in our country. While equal rights activists and supporters have made major headway over the years, it's a struggle that continues to this day.

June is Pride Month. Pride often gets mixed in with ideas of colorful parades and celebrations. And while many Pride events in June, and throughout the year, often take the form of a parade or a similar celebration, Pride means significantly more.

In 2019, New York City hosted the largest LGBT pride celebration in history. It marked the 50th anniversary of the Stonewall riots, also known as the Stonewall uprising. Around 5 million people were in attendance at last year's event in New York, and the parade lasted over 12 hours as over 150,000 people marched through the streets of Manhattan.

The Stonewall riots themselves played an instrumental role in Pride and have become an important part of American history. They took place in 1969 in New York City, starting outside the Stonewall Inn in Greenwich Village, a neighborhood in Manhattan. The riots began as Americans identifying as LGBT faced mounting civil and legal oppression in the '60s.

The Stonewall Inn was a Mafia-run establishment that welcomed everyone and became a safe place for those in the LGBT community

to gather. On June 28, 1969, New York City police raided the Stonewall Inn.

Raids like this were common, and LGBT establishments were often targeted. At the Stonewall Inn, however, things went differently — the community fought back. They couldn't take the oppression any longer. There were demonstrations, sometimes violent ones, and protests. This went on for days, and with every passing day, protesters became more organized.

As the riots came to an end in July, it was clear the LGBT community had made significant progress. The city realized it needed to change and recognized its previous way of doing things, such as marginalizing a group of people, was wrong.

Six months after the riots, two gay activist organizations were founded in New York City. Both organizations were devoted to establishing and protecting the rights of the LGBT community. From there, more organizations popped up around the country and beyond.

The next year, in 1970, the first LGBT Pride events took place. Marches were held in New York City, Los Angeles, and San Francisco. Since then, events have taken place all over the country and the world to mark the anniversary of the riots and in recognition of everyone who participated in moving forward the rights of those who identify as LGBTQ+.

From all of us at Herrman & Herrman, we hope you have a wonderful June and a great start to summer. Remember to stay safe out there, and we look forward to seeing everyone in the community as we slowly return to normalcy.

-Greg Herrman

3 IDEAS FOR THE ULTIMATE CAMPOUT

RIGHT IN YOUR OWN BACKYARD

Even though it's almost peak camping season, you and your family might opt to cancel your out-of-town trip this summer, but don't worry. Just because you don't head into the mountains doesn't mean you can't still enjoy time outdoors with a backyard campout. It might not be your favorite spot in a sprawling national park, but that doesn't mean you can't turn backyard camping into the best staycation ever with these ideas and more.

Make a DIY Tent

While pitching a tent for camping always comes with some level of frustration, making your own tent using household items like tarps, rope, blankets, and more can be a fun project for the kiddos. It's an opportunity to let them exercise their imaginations and build something they can relax, play, and even spend the night in.

Create an Outdoor Movie Theater

If you've been craving the big-screen experience that you thought only movie theaters could offer, you're in luck! You can make your own big screen at your backyard campout. All

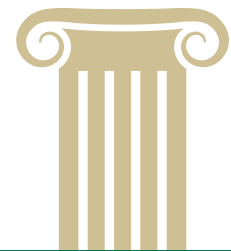


you need is a large white sheet, a home projector, and some speakers. Then, snuggle up in some cozy blankets and pillows under the stars while you watch the best summer blockbusters or throwback favorites.

Build a Firepit

No campout — backyard campouts included — is truly complete without a roaring campfire. With a gravel base and a simple stone barrier (as well as some quick and easy instructions available online), you can build the ultimate firepit for warming up on chilly nights, telling spooky ghost stories, and of course, roasting marshmallows. As a bonus, you can keep a firepit around when cooler weather rolls in too.

This is far from a comprehensive list of backyard camping activities. That said, these three ideas alone can make for several nights of outdoor entertainment. Why not explore the various ways you can have the best camping experience your backyard has to offer?



TESTIMONIALS

DON'T JUST TAKE OUR
WORD FOR IT



"I have had the privilege of knowing Connie for many years and highly recommend her to anyone needing assistance with a personal injury case! She has an eye for detail and drive to get the job done! Definitely a five-star recommendation here!"

—Heather Roehr

"Herrman & Herrman is an amazing firm, especially with staff like Christi, their medical clerk. She's passionate about her job and a lovely person. I highly recommend Herrman & Herrman!"

—James Brown

Why Tailgating Is the Most Dangerous Behavior on the Road

Drivers who tailgate distort their perception and reaction times. Perception involves the time needed to see and recognize a roadway hazard, such as a vehicle suddenly braking. Reaction time is the time necessary for a driver's body to physically react to their brain's perception of danger. When a driver tailgates, both perception and reaction times are reduced.

It takes alert drivers approximately two seconds to see a roadway hazard and react to it. The more space a driver allows between their vehicle and the vehicle in front of them, the more time the driver has to see a hazard and react safely.

Drivers need to consider the size and weight of their vehicles when judging a proper following distance. Larger and heavier vehicles need more distance to stop. For example, passenger cars may rely on the two-second rule, whereas larger vehicles may require more time.

The Federal Motor Carrier Safety Administration (FMCSA), which regulates commercial trucks, says that truck drivers traveling at 40 mph need to allow four seconds between the typical tractor-trailer and the vehicle ahead. "For speeds over 40 mph, you should leave one additional second," the FMCSA tells truck drivers.

The FMCSA's Large Truck Crash Causation Study reported that 5% of truck accidents occurred when the truck driver was following another vehicle too closely.

Keep in mind that the smallest passenger vehicles weigh about 2,500 pounds. Drivers of heavier passenger vehicles such as full-size SUVs

and large pickup trucks should allow 3–4 seconds between their vehicle and the vehicle ahead.

Because a tailgating driver does not have time to stop, rear-end accidents in traffic often happen at high speeds. Speed compounds the impact of a collision, which increases the seriousness of injuries and likelihood of death.

The most common injury in a rear-end collision is a neck injury known as whiplash. The name describes the abrupt overextension of an individual's neck when struck from behind. Whiplash can cause the following:

- * Muscle strain
- * Ligament strain or rupture
- * Disk damage
- * Nerve damage
- * Fractures of the cervical vertebrae

The abrupt back-and-forth movement suffered by vehicle occupants hit in a rear-end accident can also cause injuries to the back and spinal cord.

Tailgating is never worth it. It serves no practical purpose other than to bully other drivers on the road. If you find yourself being tailgated, then the safest thing you can do is move to change lanes, if possible. While we may not want to give in to a bully, staying safe on the road is far more important.

GRILLED BASIL CHICKEN AND TOMATOES

You can't go wrong with grilled chicken and tomatoes on a warm summer's evening. It's a simple recipe that packs a flavor punch.

INGREDIENTS

- * 2 tbsp olive oil
- * 1 clove garlic
- * 1/2 tsp salt
- * 3/4 cup balsamic vinegar
- * 1/4 cup tightly packed fresh basil leaves
- * 8 Roma tomatoes
- * 4 boneless skinless chicken breast halves (4 oz each)

DIRECTIONS

1. For marinade: In blender, combine olive oil, garlic, salt, vinegar, and basil. Cut 2 tomatoes into quarters and add to mixture. Cover and process until blended. Halve remaining tomatoes for grilling.
2. In bowl, combine chicken and 2/3 cup marinade. Cover and refrigerate for 1 hour. Reserve remaining marinade.
3. Heat grill to about 350–400 F. Lightly oil grates. Grill chicken until internal temperature reads 165 F, about 4–6 minutes per side. Grill tomatoes until lightly browned, about 2–4 minutes per side. Discard remaining marinade.
4. Serve chicken and tomatoes with reserved marinade.

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SUPER BEAGLES AND JUMPING LLAMAS

GUINNESS WORLD RECORDS' MOST AMAZING ANIMALS

Hearing about someone who has claimed a Guinness World Record is pretty cool, but do you know what's even cooler? When animals make world records. Here are a few amazing *animals* who hold some really cool records.

Caspa, the Amazing Jumping Llama

Sue Williams is an animal trainer and behaviorist who specializes in dogs. One day, she was working on agility training with her dogs when she noticed her llama, Caspa, watching them. After a little time and training, Williams discovered that Caspa loved jumping, too. In 2015, Caspa cleared a bar set at 3 feet, 8 1/2 inches. He jumped right into the world record for "highest bar jump cleared by a llama."

"He's a complete diva," says Williams. "So, if there are people there to show off in front of, that's when he's at his ultimate best."

Didga, a Very Tricky Kitty

Anyone who says cats can't learn tricks hasn't met Didga. In 2016, Didga, with help from her human, Robert Dollwet, claimed a world record by

performing 20 different tricks in 60 seconds. Her routine started with the classics, like sitting and giving high-fives, and culminated in riding a skateboard while hopping over a low bar. Dollwet told Guinness World

Records that training Didga took a lot of time and patience and that he was so proud of his clever cat.

Purin, the Beagle Who Holds 3 Guinness World Records

Nicknamed "The Super Beagle," Purin scored her first title in 2015 for her amazing goalkeeping skills. The beagle "saved" 14 mini soccer balls thrown by her human, Makoto Kumagai, in one minute. A year later, Purin claimed another record when she became the "fastest dog on a ball" by traveling 10 meters in 10.39 seconds while balancing on a ball. Not long after, Purin and Kumagai set the record for "most skips by a dog and a person in one minute — single rope" with 58 skips. Talk about super!

You can find videos of all these amazing record holders and more at GuinnessWorldRecords.com.

