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WINTER THE DOLPHIN A TAIL THAT INSPIRED THOUSANDS

Winter the dolphin was only 2 years old when rescuers found her with a crab trap line wrapped so tightly around her tail it was cutting off the circulation to her flukes. Unfortunately, this led to the eventual loss of her tail. In most cases, dolphins can't survive without their flukes.

When Winter first arrived at the Clearwater Marine Aquarium, her caregivers worried about her overall health. The infection that had taken over her tail due to loss of circulation was spreading, and if it reached her spinal cord, they knew she would die. Fortunately, her spinal cord remained untouched. Winter adapted to her situation, but then a new problem arose. Without flukes, Winter began moving her body side-to-side to swim, which caused scoliosis in her spine. However, an expert created a custom

prosthetic tail for her, enabling her to swim normally again without impacting her spine. Since then, Winter has thrived!

The story of what Winter went through, her struggle to recover, and how she fought to live has inspired thousands of people. Children and adults who have lost their limbs or were born with disabilities travel from around the world to meet her. She encourages people to keep fighting, and many feel that if Winter could overcome her obstacles, they can, too. There was even a film made about her called "Dolphin Tale." In fact, many of the scenes from the movie were shot at the Clearwater Marine Aquarium, and Winter starred as herself. The film captures her triumphant story and chronicles how she inspires people around the world.



To learn more about Winter, read inspirational stories, or donate to the Clearwater Marine Aquarium, visit CMAquarium.org. And, of course, "Dolphin Tale" is a great film for your next movie night!

THE HERRMAN HERALD

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APRIL 2021

ENJOYING SPRING TO THE FULLEST

April is one of our favorite months. The weather often falls into the "just right" category, and it's a good time to get out to grill, smoke, and enjoy a barbecue in the backyard. It doesn't get much better than that.

April is also the month when we celebrate Earth Day. Earth Day is one of those holidays we often learn about in grade school but then don't hear much about until it suddenly arrives. This year, Earth Day lands on Thursday, April 22, but many people wonder: What is this day really about?

Earth Day is a global "holiday" recognized by 193 countries. It was officially established in 1970 as a way to bring attention to global issues, particularly environmental issues that impact us all, and raise awareness about how to treat our planet with greater respect.

Many people commemorate the day by planting trees. Though, the planting of trees also gets its own day in the form of Arbor Day, which is another April holiday. This year, Arbor Day is Friday, April 30.

Coming back to Earth Day, you can honor the day in many ways. For most of us, it doesn't take much. Here are a few examples of you could do:

Plant a tree or two (or more). It's always good to plant more trees. They're a great addition to any yard — they increase property value, provide shade, and offer a home to local wildlife. Planting trees is also a great way to get kids involved. They can learn about our native plants and how to plant them, a skill we could all use!



Reduce plastic use. Plastic is one of our most common pollutants along the Gulf Coast. You see it on the beach and on the side of the road. That doesn't include the pollution generated in the creation of plastic. Consider how you use plastic, particularly single-use plastics like bottled water and other types of food containers. Switch to reusable bottles made from long-lasting plastics, glass, or metal. Changing over to reusable grocery bags is also another way to reduce plastic use.

Enjoy the great outdoors. This comes right back to why we love April — the weather is often so pleasant. This is the perfect time to go for a bike ride, walk, hike, or just spend a day or weekend outdoors. And while you're outside, having a barbecue just makes it all the better.

Another way you can celebrate is by taking part in our weekly giveaways! Our weekly giveaways are still going strong. We've been giving away things like tickets to Spring Break on the Coast, \$100 gift cards, and much more!

You can find the details and how to enter on our various social media sites, including Facebook, Instagram, and Twitter. Just search Herrman & Herrman online or find us at

- * [Facebook.com/Herrmanandherrmanpllc](https://www.facebook.com/Herrmanandherrmanpllc)
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Be sure to check them out and, in the meantime, we hope you have a great spring!

-Greg Herrman

THAT DOES *WHAT?*

5 THINGS TO KEEP AWAY FROM YOUR DRAIN

When it comes to your kitchen or bathroom sink, the only thing that should be flowing down the drain is water. Of course, in the average household, you can call that a pipe dream (literally). So much gets rinsed down our drains, it's no wonder plumbers are in such high demand!

However, there are a few things you should *never* want to wash down the drain, even if you have a garbage disposal. Not only can you end up with clogged or damaged pipes, but you'll also have to deal with unpleasant, lingering odors.

Fats

This is one of the worst substances you can send into your home's plumbing system. Once fat — such as bacon grease — hits the cold pipes under and around your house, it starts to congeal, becoming hard and waxy. Over time, fat will build up in the pipes, resulting in major blockage.

High-Fiber Foods

Certain foods like asparagus, carrots, celery, corn husks, and potato peels can spell trouble for your drain and disposal. Fibrous strands can get caught in the grinding plate of the disposal, which then build up and cause clogs. Additionally, high-fiber foods don't wash away well, as

fibrous strands can tangle and clump together in pipes.

Seeds

Seeds can cause serious problems. Large seeds (peach pits) aren't going to go anywhere and may end up damaging your disposal or getting caught in your pipes. Smaller seeds aren't much better and can be a challenge for the disposal if they become lodged in the grinding plate and pipe bends.

Starches

Foods like pasta, potatoes, and rice are heavy and absorb water. Because of this, they can become a thick mess inside your drainage system, much like fat. They can settle and accumulate, leading to, you guessed it, a clogged drain.

Paper

Paper towels, tissues, and napkins cause problems due to their fibrous makeup. The only type of paper that can safely be put down the drain (or flushed, in this case) is toilet paper. It's specifically designed to disintegrate in water. And those popular "flushable" wipes should never be put down a drain; despite their advertising, they are *not* flushable and can do serious damage as they accumulate.



TESTIMONIALS

DON'T JUST TAKE OUR
WORD FOR IT



"My friends and I were in an automobile accident last year. I was told to get an accident lawyer. Lorraine kept in contact from beginning to the end on our case. Happy with our settlement and in time for the holidays. Recommend Herrman & Herrman."

—Jenelle V.

"Steven was very professional and responsive. His entire team made the process very smooth and easy! Couldn't be happier with the results!"

—Brad S.

"This law firm was very attentive to my needs. They set everything up from appointments and follow-ups to depositions and mediations. My case took nearly two years, but they stuck with me and always made me feel like family."

—John P.

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THE TEXT CAN WAIT

CURRENT TEXTING AND DRIVING LAWS IN TEXAS



Distracted driving is one of the most dangerous habits drivers face. A large number of automobile accidents each year can be traced back to distracted drivers. In Texas, texting while driving is officially illegal as a means of curbing these accidents.

However, many people continue to use their phones while driving because they're not clear on the rules or don't care. To prevent needless accidents, it's essential to learn as much information as possible about texting and driving laws in our state — and follow them.

What is illegal?

In all parts of Texas, using a cell phone to send or receive messages while driving is illegal. This includes all texting and social media messaging. If you are caught texting and driving, you can expect a fine of up to \$99 for a first-time offense and up to \$200 for each subsequent offense. Additionally, drivers under 18 are prohibited from using a cell phone in the car at all, and it's illegal for any driver to use a cellphone in a school zone.

What is legal?

In Texas, you can still use cellular devices in a car legally in a few ways. If you're over 18, you can use a handheld device like

a cell phone to utilize GPS functionality or use music apps. However, you may still be pulled over if a police officer suspects you are using your cell phone to text, so be mindful. It's also recommended that you use your device in a hands-free manner, such as attached to the dash, which is useful when using GPS or music apps.

What are the dangers?

The dangers of texting and driving, and distracted driving in general, cannot be overstated. Texas has banned texting and driving due to the number of deaths resulting from distracted driving accidents. In 2016, distracted driving caused almost 110,000 car accidents, which led to over 3,000 serious injuries or fatalities. These numbers are from Texas alone.

If you need to send a text, get somewhere safe and bring your vehicle to a stop before sending it. And if you've been injured in an accident you suspect is the result of texting and driving, make sure you contact an experienced personal injury attorney well-versed in current Texas law.



SHEET PAN CHICKEN DINNER

INGREDIENTS

- * 2 boneless skinless chicken breasts, cut into 1-inch chunks
- * 2 medium sweet potatoes, cut into 1-inch chunks
- * 1 tsp salt
- * 1/4 tsp pepper
- * 2 tbsp canola oil
- * 1 tbsp soy sauce
- * 1 tbsp lemon juice
- * 1 tbsp honey
- * 1/2 tsp cayenne pepper
- * 1 large head of broccoli, cut into florets

DIRECTIONS

1. Preheat oven to 425 F.
2. On a large baking sheet, combine chicken, sweet potatoes, salt, and pepper. Drizzle with oil and toss to coat.
3. Bake for 15 minutes. In the meantime, make the sauce by combining the soy sauce, lemon juice, honey, and cayenne pepper.
4. Remove pan from oven and use a spatula to flip the chicken and potatoes, then add broccoli florets.
5. Drizzle sauce evenly over top and return to the oven to bake for an additional 15 minutes or until chicken has an internal temperature of 165 F and vegetables are fork-tender.

Inspired by EatingWell.com

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