



HERRMAN & HERRMAN

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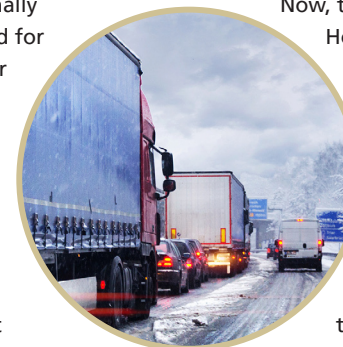
THE HERRMAN HERALD

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REMEMBERING A HEROIC TEXAN

As the weather in most parts of the country finally starts to reflect the fact that it's spring, it's hard for me to believe that across Texas and many other Southeastern states, record low temperatures, power outages, and water shortages caused by snowstorms were temporary norms of daily life. I'm sure that most Texans are happy now that the freak weather has passed, but I think some aspects of that disaster are worth reflecting on. I believe that in times of great hardship such as those, some of the most memorable acts of heroism occur.



Now, this story all on its own is pretty remarkable. However, I think that just a few extra details can really drive home the point I want to make. See, Ryan Silvey is no stranger to being stranded on the side of the road himself. Last year in March, Silvey was in an accident that almost cost him his life. Today, he can only walk for a few hours a day, and he can only lift up to 20 pounds with his left arm, but he can drive a truck. So, he braved the snow and ice in his rig, making sure that he helped everyone he could. He'd been in their shoes, and he knew what they were feeling. "If I was in that spot, I would beg and hope that somebody would help me. So, that's what I'm doing," said Silvey.

It almost goes without saying that it doesn't snow a lot in Texas in general. The snowstorm earlier this year was a pretty big exception. With that in mind, even though many Texans might pride themselves on their big trucks with off-roading capabilities, many more don't have those kinds of vehicles and are more subject to the elements. The snowstorm and icy roads left many vehicles and people stranded. Luckily, however, one Austin man took it upon himself to save them.

Ryan Silvey described himself as someone who does a lot of off-roading, according to an article by KVUE, a local affiliate of ABC. He owns two trucks that are four-wheel drive, a Chevy diesel and a cruiser. He also had recovery straps and chains with him at all times in these trucks. So, when conditions on the road became much more like the off-road conditions he was familiar with, he knew he might be the one who could help families that were stranded in their cars or anyone who needed a ride from one place to another. In just two days, Silvey rescued people from nearly 150 vehicles.

Now, some people might call that "paying it forward." Having been saved himself, Silvey now saves others in similar situations. However, I think it's much more than that. Paying it forward would be just saving one other person, which would be no small thing! Sometimes, all we can do is just help out one other person, and that can still make a difference. However, Ryan Silvey made it his mission to help anyone that needed him. That's a level of heroism that goes far above and beyond just paying it forward, and I think anyone who has the capacity for similarly going above and beyond could learn from his example.

So, while the Texas winter storm may be better left forgotten, I hope the heroes who went above and beyond in helping their neighbors will be remembered for years to come.

-Greg Herrman

AUSTRALIAN WOMBATS IN CHARGE

SAVING LIVES ONE HOLE AT A TIME

Remember the Australian wildfires of 2019–2020? These fires ravaged large areas of the country, displacing and leaving countless animals to fight for survival. To make matters worse, swaths of the country have been dealing with drought. It's one challenge after another for humans and animals alike.

But one species has taken matters into its own "hands." Numerous wombats have been discovered digging holes in search of water — and they found it! According to Australia's ABC News, one group of wombats was discovered on a farm in New South Wales, which was situated over a large underground reservoir. So, the wombats went to work. One farmer, Ted Finnie, reported that wombats dug a hole roughly 4 meters deep by 20 meters wide (or about 65 feet). Their incredible work made this source of water remarkably accessible.

At this particular watering hole, Finnie captured all sorts of creatures on camera — birds, emus, possums, echidnas, and monitor lizards — congregating around the wombats' creation. What isn't known is how, exactly, the wombats discovered the water, but they surmise the animals likely picked up on environmental clues and dug until they found what they were looking for.

Interestingly enough, wombats have been known to help other animals in the past. During the Australian fires, countless animals were left searching for refuge, and they found it in wombat burrows.

While the wombats weren't exactly welcoming other species into their homes with open arms, they seemed to "tolerate" the visitors, as one ecologist with the



University of Adelaide noted. It was a case of accidental heroism, much like their search for water, but it was heroism nonetheless.

GET FIT WITH YOUR FAMILY

5 EASY WAYS TO GET EVERYONE MOVING

May is National Physical Fitness and Sports Month. As a parent, you probably know exercise is important for your children's physical development. It helps build healthy bones, muscles, and joints and reduces the risk of developing diabetes and other diseases later in life.

But did you know that physical activity also has many mental and behavioral health benefits? It's been shown to improve children's cognitive skills and concentration, boost their self-esteem, and reduce symptoms of stress, anxiety, and depression.

One of the best ways to encourage healthy behaviors in your children is by modeling them yourself. Studies have found that more than 80% of adolescents *and* adults are not getting enough aerobic activity, showing that children often follow in their parents' footsteps and that exercising together can benefit everyone.

You may be thinking it's hard enough just to get yourself to the gym, but Stephen Virgilio, author of "Active Start for Healthy Kids," encourages parents not to limit themselves to traditional forms of exercise. Instead, think of exercise more broadly as "leading an active lifestyle." And remember that exercise can be fun and a great way to get in more family time.

Here are five easy ways to incorporate more movement into your family's day.

- 1. Create a walking ritual.** Start walking around the neighborhood before or after dinner each night. Aim for a 20-minute stroll.
- 2. Have a dance party.** Clear some space in the living room, make a playlist with everyone's favorite tunes, and boogie down for as long as you have the energy.
- 3. Turn chores into games.** Dirt has invaded from outer space and must be eliminated. Set the scene with your kids, grab your tools, and get to work removing the enemy while having fun.
- 4. Incorporate simple exercises into screen time.** Start by making up fun names for exercises like situps or jumping jacks. Then, challenge each other to see who can do the most during your favorite show's commercial breaks.
- 5. Get fit in the great outdoors.** Cleaning up the yard, planting and maintaining a garden, or just running around outside are all great ways to get in more movement.



TESTIMONIALS

DON'T JUST TAKE OUR
WORD FOR IT



"We had such a great experience with Herrman & Herrman! Cindy Trigo and Alexandria worked really hard to make it easy for my wife and me. When we got in our accident, we didn't know what to do, but they helped us. They just led the way, and the whole time our best interests were their priority. Thank you very much Herrman & Herrman, and all the great employees that work there!"

—Eddie & Angelique A.

"If you are ever in need of an attorney after an injury due to a vehicle accident, contact Herrman & Herrman! They will treat you right!"

—Daniel G.

"Kind and outstanding staff! Listened to all my questions and had patience to answer all of them. They were all very respectful! The best lawyer in Corpus Christi, Texas, hands down for accidents!"

—Ash H.

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5 BEST RECIPE APPS FOR A HEALTHIER MIND AND BODY

If you're always in a rush, it's quite possible that food delivery apps have been your best friend during the pandemic. But they may also make it difficult to stay healthy! Save yourself both time and money by replacing your food delivery apps with these top-rated healthy recipe and recipe management apps, instead.

Tasty

You've likely seen a Tasty food recipe video on Facebook or social media somewhere. Their beautifully simplistic editing style makes it easy to understand and follow recipes, and you can access their whole library for free with their app! It even includes a grocery list function when you want to take on multiple recipes.

Forks Over Knives

In recent years, nutritionists and doctors alike have started recommending a plant-based diet for its health benefits. Whether you're a vegetarian, vegan, or a plant-based omnivore, you'll love Forks Over Knives' creative and simple dishes that blend perfectly with your needs. For only \$5, you can easily find something to suit your tastes and health needs in the over 400 high-quality recipes from 50 celebrated chefs. You may even stave off heart disease and Type 2 diabetes while you're at it.

BBC Good Food

With over 10,000 recipes accessible from BBC's cooking history, this app brings together both user-submitted recipes and tested recipes from the BBC Good Food team and celebrity chefs — for free. Create an account and save all your favorites!

Paprika

You might already have your favorite go-to recipe blogs and websites, such as BudgetBytes and Bon Appetit. How do you manage your cluttered bookmark folders of recipes? Easy! Get a recipe manager app like Paprika! It's only \$5, and you can input all your recipe URLs and easily organize your favorite recipes from the internet.

BigOven

Only have a few ingredients but need to cook a meal? Just type in three ingredients, and BigOven will search its 350,000-recipe bank to find the perfect options for free. BigOven also makes it easy to follow your favorite food bloggers while staying on top of your food supply!

We hope these apps will help you cook and eat simpler, healthier, and faster than ever!



SHAVED ASPARAGUS SALAD

INGREDIENTS

- * 1 lb asparagus spears
- * 1 tbsp lemon juice
- * 1 tsp Dijon mustard
- * 3 tbsp extra-virgin olive oil
- * 3/4 cup Parmesan cheese, grated
- * 1/2 tsp kosher salt
- * 1/8 tsp red pepper flakes
- * Freshly ground black pepper, to taste

DIRECTIONS

1. With a vegetable peeler, shave each asparagus spear from tip to base. This is easiest to do if the asparagus is on a flat surface.
2. Place shaved asparagus in a bowl and blot off excess moisture with a paper towel.
3. In a separate bowl, make a vinaigrette by whisking together lemon juice, Dijon mustard, and olive oil.
4. Pour vinaigrette over shaved asparagus and add Parmesan cheese, salt, red pepper flakes, and black pepper. Toss to combine. Taste and adjust seasonings.

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