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AUGUST 2021

STOP THE MADNESS!

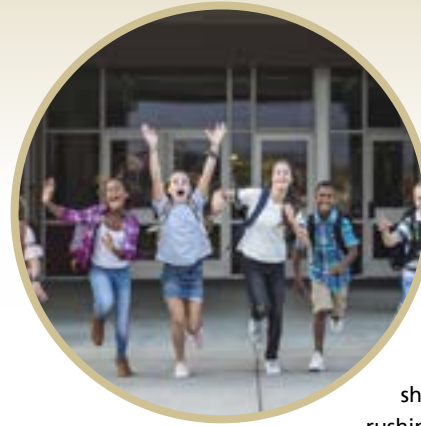
3 REASONS TO SLOW DOWN YOUR BACK-TO-SCHOOL SHOPPING

Did you know that the average American family spent about \$790 on back-to-school shopping last year? I just read that figure the other day and it blew my mind. Of course, 2020 was a little higher than 2019 because so many kids needed new desks and computers to work from home, but even in a normal year, most families spend about \$700. Is it just me, or is that crazy?

Don't get me wrong, I get the appeal of back-to-school shopping for kids. It's a new school year, so it's nice to have trendy outfits and bags — plus, teachers usually send home a laundry list of supplies kids need like glue sticks, scissors, and red pens. Outfitting a dorm room is even worse! But do we really need to spend *that* much or fill the cart *that* high?

In my opinion, there are three big reasons why we should all rethink our back-to-school shopping habits this year.

- 1. You're probably spending more than you need to.** I've already covered this one, but seriously — how much less would we be spending if we skipped a few of the trendier items or bought things secondhand? That money could go toward a family dinner or a vacation instead.
- 2. Overconsumption hurts the planet (and people).** Every glue stick, scrunchie, and pair of jeans comes with a cost beyond its price tag. Making things takes resources, and mass-produced items are also more likely to be made overseas in factories that use child labor or other shady practices. The less we support that, the better!
- 3. Your kids might care less than you think.** It's possible that back-to-school shopping doesn't mean as much to your kids as it does to you. Are you buying things because they want them or because it makes you feel good to provide for them?



Honestly, I think "slow" or "sustainable" shopping could be the new back-to-school trend. The idea of slow shopping is simple: Instead of rushing to the mall or Walmart and loading up your cart with brand-new

stuff, press pause for a second and think about alternatives that might be better for your wallet and the planet.

For each item on your list, try asking yourself ...

- * Does someone I know have one of these that our family could borrow?
- * Can I make this with things I have at home?
- * Would something we already have work just as well?
- * Can I find this secondhand? (This is a great option for clothes and backpacks. You'll be amazed by how many trendy items you can find at thrift stores in expensive neighborhoods!)
- * Can I find this refurbished? (Refurbished laptops, cellphones, and even fancy calculators are easy to find online at lower prices.)
- * Can I buy this from an ethical or sustainable brand? (This option is often more expensive, but it can even out if you buy fewer things and it's better for the planet.)

Thinking about these things has helped me slow down my shopping habits year-round. Feel free to steal the idea for your back-to-school shopping and beyond! You just might save money AND help save the planet.

-Greg Herrman

THE ROOKIE

3 OLDEST ROOKIES IN SPORTS HISTORY

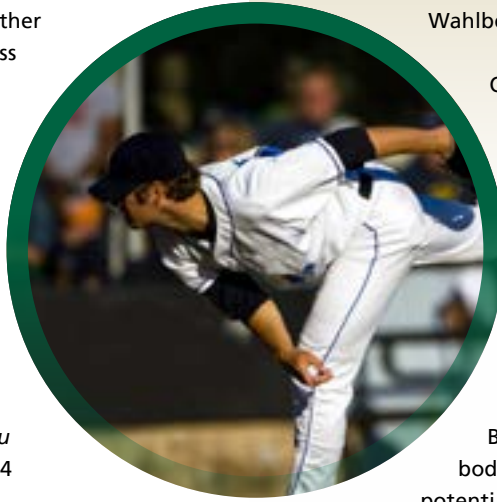
Have you ever felt that fate meant for you to take a different path than the one you took? In some fields, making that change is possible, or even common — as any law student can tell you, where the “average” age of students is in their 30s. But other worlds, like the world of professional sports, are less welcoming to those over 25.

Which only makes for a better story when it does happen, of course.

That’s what Jim Morris discovered when he signed with a Major League Baseball team in 1999 after his 35th birthday. Morris’ life became the subject of the Dennis Quaid movie “The Rookie,” filmed just after Morris’ major league career had ended. You might think that two years is a short time in the majors, but hey, *you* try throwing 98-mph fastballs for hours a week, 104 weeks in a row!

Besides, the careers of pro athletes aren’t nearly as long as icons like Tom Brady or Peyton Manning would have you believe. The average MLB career may be a few years longer than Morris stuck it out, but in the NFL? Most players make it less than three years and quit, depending on the position. While you’re meditating on the ethics of chewing up

football players for three years and spitting them out, all in the name of entertainment, consider the case of another similar story that was turned into a movie, that of Vince Papale — played by Mark Wahlberg in “Invincible.”



Of course, Papale — whose flag football prowess in his late 20s overrode his lack of college ball experience — signed with the Philadelphia Eagles in the 1970s. Modern football has come a long way, critics will argue. But there’s no denying the old-school toughness and tenacity Papale showed in making it to the NFL.

NBA player Pablo Prigioni’s career was twice as long as either Morris’ or Papale’s was, with four years in the big leagues starting in 2012 at age 35. But basketball is arguably less demanding on the body than football and even baseball if we look at the potential damage major league pitchers can do to their throwing arm.

Their careers may not have been the stuff of dreams, but these three men showed something we all like to see: tough players hanging on long past their “prime.” And they lived the dream — if only for a while. We all love that!



“If I could give more than five stars, I would. Steven Stratso is a wonderful attorney. He is understanding and will fight for you and for your family. Herrman & Herrman is the place to go if you are in need of legal counsel, and I recommend them a million times over.”

—Jordan J.

“Herrman & Herrman did a great job handling our personal injury case. They were very thorough and professional — especially Cary Toland and Laura Barrera. Any time I left a message, I quickly received a call back from Cary Toland’s assistant, Laura Barrera. She was so kind and professional that I thought she was an attorney herself. Herrman & Herrman turned our personal injury lawsuit into a better situation by representing my husband and myself very well. Thank you, Cary Toland, Laura Barrera, and Herrman & Herrman! Yes, we would recommend others using them!”

—Beverly F.

“Steven Stratso was an amazing attorney to work with. He helped me and kept me informed throughout the entire process. Thanks, Mr. Stratso!”

—Dan H.

THE BEST INTERNATIONAL DISHES THAT REQUIRE NO ELECTRICITY

Around the world, electricity can be difficult to come by. But that hasn't stopped people from creating beautiful, innovative dishes. Here's how you can explore world cuisine in your home without electricity — and for this article, we'll skip things you can make with a wood-burning stove or oven, too.

INDIAN INSTANT MANGO PICKLES

Want to add an interesting, sweet-and-sour condiment to your toast or family barbecue? Prepare these fast, pickled mangoes by using either jarred or fresh mangoes. Cover mango strips with salt, then add an equally small amount of asafoetida (can substitute with onion powder, garlic powder, or fresh fried garlic), turmeric powder, fennel seeds, cumin seeds, chili powder, and mustard oil. Mix well and enjoy this incredible flavor bomb immediately!

MEDITERRANEAN HUMMUS

No need for tahini — just smash canned garbanzo beans until smooth! Add olive oil, ground cumin, salt, pepper, and lemon juice

to taste. You can even mix in fresh crushed garlic. It is delicious with crunchy vegetables or flatbread!

MEXICAN BARBACOA

Earth ovens are one of humanity's oldest ways of preparing food. They're created by digging at least a 3-by-3-foot hole in the ground, adding hot coals, tightly wrapping food (with burlap or foil in modern day), and replacing the dirt to conceal the fire and food. The pressure of the heat essentially bakes and steams your food over 12 hours, and it's best when preparing enormous batches of food, like Mexican barbacoa! Use boneless beef chuck — beef cheeks and tongue also work! — and add crushed garlic cloves, white onion, black peppercorns, salt, and fresh Mexican oregano to achieve the classic barbacoa flavor.

SPANISH GAZPACHO

This is a great, refreshing soup for summer! Get 2 cups of tomato juice, 4 medium peeled and finely chopped tomatoes (feel free to use canned), 1/2 cup peeled and chopped cucumber,



1/3 cup finely chopped onion, 1/4 cup olive oil, 1/4 cup cider vinegar, 1 teaspoon sugar, 1 minced garlic clove, and salt and pepper to taste. Mix it together in a bowl, and you've got a classic, easy gazpacho.

Thanks for reading, and we hope you pick up a new family-favorite recipe from these ideas!

EASY FOIL-GRILLED SAUSAGE AND VEGETABLES

INGREDIENTS

- 4 sausage links of your choice
- 1 lb green beans
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 1 zucchini, diced
- 1 yellow summer squash, diced
- 3 tbsp olive oil
- 2 cloves garlic, grated
- 1 tbsp thyme
- 1 tsp oregano
- 1 tsp basil
- 1 tsp salt
- 1 tsp crushed red pepper (optional)

DIRECTIONS

1. Preheat your grill to medium heat or your oven to 425 F.
2. In a large bowl, add all of the ingredients and mix well. Divide into four equal portions.
3. Prepare four 16-inch pieces of foil and place a portion in the middle of each section. Wrap each foil piece tightly and avoid holes.
4. Grill each foil packet for 20 minutes, flipping halfway through. You can also bake each packet for 20 minutes at 425 F.

Inspired by NutmegNanny.com



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GET YOUR MIND *INTO* THE GUTTER

5 TIPS TO MAKE GUTTER CLEANING HASSLE-FREE

No homeowner likes cleaning their gutters. It's a universal truth, but unfortunately the smelly, messy job has to be done, and this is the month to do it!


WHY CLEAN YOUR GUTTERS?

If you don't clean your gutters regularly, they'll be too full of leaves and debris to ferry rainwater properly. This doesn't sound like a big deal, but it can have disastrous consequences. Water can pool on your roof and cause a leak, seep into your basement, act as a breeding ground for insects, or even damage your foundation if it collects near the walls of your home and then freezes. Yikes!

MAKE THE MESSY JOB EASY!

According to the experts at Realtor.com, August is a prime time to clean out your gutters before late-summer storms hit. Luckily, there are dozens of ways to make the nasty job easier. Here are five of our favorites.

1. *Invest in a gutter scoop.* Gutter scoops are designed specifically for cleaning out gutters, and prices for them start at less than \$3.50 at Home Depot, Lowe's, and Amazon. Buying one will save you from digging through the gutter goop by hand! In a pinch, you can also use a pet food scoop or plastic cup.

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2. *Dress for the mess.* To protect yourself from dirt and bacteria, wear thick suede-type gloves, rubber-soled shoes, and protective glasses or goggles.
 3. *Let your hose do the work.* As an alternative to the gutter scoop, you can attach a spray nozzle to your hose and blast the leaves out of the gutter! This method uses a lot of water, but it's an easy (and clean) strategy.
 4. *Try gutter guards.* Gutter guards are metal grates that you can snap onto the tops of your gutters. They let water through, but keep leaves and debris out. Outfitting your entire house with guards can get pricey, but they save you hassle come cleaning time.
 5. *When in doubt, hire it out.* Of course, the best way to make gutter cleaning easier is to pay someone else to do it! Hiring an expert will keep you out of the muck and guarantee great results.