



©

THE HERRMAN HERALD

WWW.HERRMANANDHERRMAN.COM • 844.567.6399

JANUARY 2022

1201 3RD ST., CORPUS CHRISTI, TX 78404 • 4121 N. 23RD ST., MCALLEN, TX 78504 • 5702 S STAPLES ST STE. F-5, CORPUS CHRISTI, TX 78413 • 855 E. HARRISON ST., BROWNSVILLE, TX 78520
8122 DATAPOINT DR., SUITE 816, SAN ANTONIO, TX 78229 • 11000 RICHMOND AVENUE SUITE 180, HOUSTON, TEXAS, 77042

MAKING A DIFFERENCE

HOW TO GIVE BACK IN 2022

Happy new year! The beginning of a new year is traditionally a time when many set out to better themselves by setting goals and resolutions. One fantastic resolution is to give back to help others, which is one of the pillars of our firm. Day in and day out, we work to serve our community in the work that we do. But, we also are big advocates for volunteering and giving back to our Texas communities.

Many of us lead busy lives and the idea of volunteering time may seem to be difficult or near impossible. But, if you can find time in your crazy schedule, you'll be glad you did.

Volunteering connects you with others. In widening your social circle while you volunteer, you have the opportunity to strengthen existing relationships, meet new people, and develop ties to your community. Best of all, you'll likely find yourself interacting with groups of people you wouldn't normally connect with.

Volunteering is a self-esteem booster and builds confidence. When you do good, charitable things for others, you feel accomplished for a very good reason. Especially if you're shy or fearful of stepping outside your comfort zone, volunteering helps to get you involved in ways you typically wouldn't.

Research has proven that volunteering within your community contributes to lower blood pressure and a longer lifespan. In most cases, giving back involves some physical activity, even if it's just stacking canned goods at the

local food pantry, so getting out and helping the community is a great way to work some exercise into your routine as well.

Here in Texas, there are many ways we can all get out and get involved.

- * The Houston Food Bank is a member of Feeding America and has many ways for families and children to get involved to feed the needy.
- * The Ronald McDonald House in Houston is a home away from home for families with very sick children. They work hard to keep families close during these tough times, and the best part is that you can volunteer individually or as a group.
- * Star of Hope Mission in Houston is a way we can all volunteer to help the homeless and make a difference in the lives of the needy.
- * The San Antonio Humane Society is a way to help all of the homeless pets to find homes and to ensure they are well cared for.
- * Soldiers' Angels in San Antonio is a volunteer-led nonprofit organization designed to assist members of the military. It's a great way to give back to those who give so much to fight for our freedom.
- * March of Dimes in McAllen is a popular way to volunteer or donate to fight for the health of moms and babies.

No matter how we decide to give back, helping others in a selfless way is one of the best ways to make a difference in our community. Helping out the less fortunate has many benefits, and you never know how much even the smallest act of kindness can help another or how many lives you can touch.

"IN WIDENING YOUR SOCIAL CIRCLE WHILE YOU VOLUNTEER, YOU HAVE THE OPPORTUNITY TO STRENGTHEN EXISTING RELATIONSHIPS, MEET NEW PEOPLE, AND DEVELOP TIES TO YOUR COMMUNITY."

-Greg Herrman

BECOME A CHEF IN 60 SECONDS OR LESS

WITH HIGH-QUALITY RECIPES ON TIKTOK

Getting recipes and food advice from strangers on the internet has never been easier, and the preferred recipe-gathering platform right now is TikTok because it's fast and convenient. Unfortunately, that's not always a good thing. If you're wondering how to sift through all the bite-sized videos to find the best recipes, follow our guide to TikTok!

WHERE TO START

On the TikTok app, click on the "Discover" tab, and from there, you can search for any recipe you're looking for. You can even search accounts using this tab if you know a specific creator. If you're looking for something that just looks tasty, use the hashtags #TikTokCooks and #Recipes to see what has made it to the front page!

AVOID FAKE RECIPES

Some TikTok creators film satirical, "clickbait" videos making outrageous dishes that were never tested or even intended to be eaten. The best way to avoid this is by paying close attention to the video. Is the creator using ingredients not normally put together or that have conflicting tastes? Are they making exaggerated comments or facial expressions over a simple dish?

If you still aren't sure after questioning the video, then check the creator's account for other content they've made. If they regularly make other satirical videos, you can probably assume their newest viral hit is also fake. Sometimes looking at the comments will help, but the comments could also play into the joke.

FIND REAL RECIPES

The easiest way to find accounts that will share real recipes is to look for a blue verified check mark by their name. But some creators who share authentic recipes aren't verified, so to make sure these are real recipes,

listen to their instructions. Do they tell you what they are making? Do they share ingredients, measurements, cook time, and further instructions?

TikTok also created a recipe button on cooking videos, which will help list out ingredients and directions. This will make it easier for you to get all the details on your new favorite recipe.

ACCOUNTS TO BEGIN WITH

If you're just starting your TikTok culinary journey, check out **@Newt**, who makes learning recipes fun and easy. He cooks a variety of dishes that are both educational and entertaining. Also check out **@CookingWithShereen**, a professional recipe developer who makes gourmet cooking at home easy. Happy cooking!



"Great team to have work for you. Constant communication and friendly staff."

— *Adrianna C.*

"I had a case with them many years ago. They always kept me informed and were totally professional about it. I also never really had to ask questions since they were so informative. I totally recommend them if ever you are in need. I am also extremely glad to see them on Facebook giving back to the community. Some of my family and friends have been lucky enough to win concert tickets, dinner with a movie, and even cash prizes. We all can use some uplifting during this time with this pandemic. Thank you, guys, for all you do."

— *Lupita M.*

"Yes, I highly recommend Herrman & Herrman Law Firm. They really do a great job. I also like that they help the community. Steven Stratso and his team do an awesome and amazing job helping people with what they need."

— *Argentina R.*

THE TRUTH BEHIND THE 99.6% CONVICTION RATE

UNDERSTAND THE FIFTH AMENDMENT — AND USE IT

It's the job of the criminal defense legal system to ensure that those accused of crimes get fair treatment — so it may or may not shock you to learn that 99.6% of federal criminal cases have convictions, as of 2019. An important factor to remember is that a great majority of cases are handled or dismissed in lower courts.

But what happens if you're innocent and your case gets to the federal level? Should a 99.6% conviction rate worry you? Perhaps.

Why Conviction Rates Matter

A high conviction rate might seem like a source of comfort to an ordinary person. That means criminals are being put away for what they've done, right? Not always. Innocent people *can* be convicted, and it happens more often than you think. According to the Innocence Project, about 4% of federal convictions imprison innocent people. In state prisons, the percentage varies widely from 1%–10%.

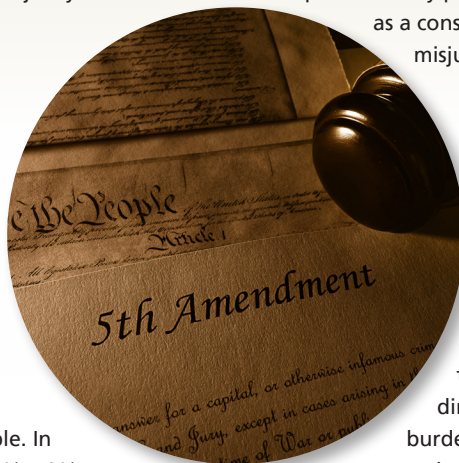
If you're ever at the wrong place at the wrong time, you'd want to know you had a chance to prove your innocence. But proving innocence is complicated, too.

The Fifth Amendment: An Innocent (and Guilty) Person's Best Friend

Over the past few decades, the Fifth Amendment — or the accused's right to stay silent and never testify against themselves — has been slightly politicized by politicians and even judges speaking against it. However, as a constitutional right borne from an era of war and political misjudgment, it exists for a good reason.

The truth is simple: Most people don't understand that speaking to a law enforcement officer will usually result in their being accused of a crime, regardless of their innocence. Even if you tell the truth, the most well-intentioned police officer can still easily construe your words to point toward your guilt.

Whether you're guilty or innocent, you deserve fair treatment. To ensure the best results in your case, always direct police officers to your attorney. This puts a heavier burden on the government to make a case against you. This year, take on another resolution to never feel guilty for using your Fifth Amendment right! It's one of the best things you can do as an American citizen. Not every country allows it!



CHICKEN AND LEEK FILO PIE

INGREDIENTS

- 3 oz unsalted butter, divided
- 2 large leeks, finely sliced
- 2 large carrots, finely chopped
- 1 tbsp flour
- 14 oz chicken stock, warmed
- 2 tsp Dijon mustard
- 3 tbsp heavy cream
- 12 oz cooked chicken, cut into chunks
- 2 tbsp chopped fresh parsley
- 12 sheets frozen filo pastry, thawed

DIRECTIONS

1. Preheat oven to 350 F.
2. In a pan over low heat, melt 1 oz butter.
3. Add leeks and carrots and cook for 15 minutes, until softened but not colored.
4. Stir in flour and cook for 1 minute.
5. Gradually add chicken stock, stirring until sauce is smooth, then let simmer for 10 minutes.
6. Stir in mustard and heavy cream, then add cooked chicken and parsley. Transfer to a large ovenproof dish.
7. In a pan, melt remaining butter.
8. Put a single filo sheet on a board and brush with melted butter. Scrunch up pastry sheet and place on top of chicken mixture. Continue until pie is covered.
9. Bake for 20–25 minutes, until the filo is golden and chicken mixture is bubbling.

Inspired by GoodHousekeeping.com

ARE you FEELING LUCKY?

SCAN THIS QR CODE



FOLLOW US ON SOCIAL MEDIA TO ENTER
OUR GIVEAWAYS & GET FREE SWAG!



@HERRMANLAWFIRM



WWW.HERRMANANDHERRMAN.COM



INSIDE THIS ISSUE

The Importance of Volunteerism
PAGE 1

Learn How to Cook With TikTok
PAGE 2

Testimonials
PAGE 2

Why the Fifth Amendment Is So Important
PAGE 3

Chicken and Leek Filo Pie
PAGE 3

The Importance of Fruits and Vegetables for Kids
PAGE 4

1201 3RD ST.
CORPUS CHRISTI, TX 78404

HELP YOUR KIDS GROW UP STRONG AND SMART GET FRUITS AND VEGETABLES INTO THEIR DIETS

You probably heard your parents tell you to eat your vegetables so you can grow up big and strong. But did you know that eating fruit and vegetables can have a positive impact on a child's mind? A recent study from across the pond in the United Kingdom set out to put this theory to the test.

The study was published in BMJ Nutrition, Prevention & Health. Researchers sent surveys to more than 50 schools across England and received responses from 11,000 students. The survey asked schoolchildren about their mental health as well as their dietary choices. The average mental health score was 46.6 out of 70 for high school students and 46 out of 60 for elementary students.

When looking at the children's dietary habits, only 25% of high school and 28% of elementary school students reported that they ate the recommended five portions of fruit and vegetables each day. About 10% of high school and 9% of elementary school students reported eating no fruits or vegetables at all. Those students who ate the recommended portions of fruit and vegetables scored on average 3.73 units higher in regards to their mental well-being than those who did not eat any.

While this newfound research provides a link between improved mental well-being to fruits and vegetables, there are many more benefits that come with eating the daily recommended portion. There is a plethora of minerals and vitamins hiding within our favorite fruits and vegetables that help with lowering cholesterol, reducing and maintaining a healthy

weight, and protecting against diseases such as some cancers, heart disease, and Type 2 diabetes. They can also curb the appetite to stop you or your kids from reaching for an unhealthy snack. And they taste great!

Whether it's to improve mental well-being, grow stronger, or just add variety to your diet, you can't go wrong by incorporating more fruits and vegetables into your and your family's diets.

