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INSIDE THIS ISSUE

International Women's Day

PAGE 1

Meet 'Dr. Peyo' — France's Only
4-Legged Doc

PAGE 2

Testimonials

PAGE 2

Get Healthy While Spring-Cleaning!

PAGE 3

Easy March Madness Chili

PAGE 3

Happy St. Patrick's Day!

PAGE 4



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INTERNATIONAL WOMEN'S DAY

RECOGNITION FOR THE INSPIRATIONAL WOMEN IN MY LIFE

March 8 celebrates International Women's Day, a day set aside to recognize and celebrate the social, cultural, economic, and political achievements of women in our present and past. As a female in an industry that at one point was very male-dominated, I am often reminded of the struggles that many who came before me faced and have encountered some challenges along my journey too.

According to a recent survey conducted by the American Bar Association's Commission on Women in the Profession and the Minority Corporate Counsel Association, female lawyers, especially those of color, are more likely than male lawyers to be mistaken for non-lawyers, be interrupted, do more "office housework," and have less access to premium job assignments.

In the legal profession, it's important to be assertive, confident, and self-assured. In a profession predominantly filled with men who aren't used to having an alpha female around, this can be tough and can oftentimes feel a bit strange. While times have certainly changed and drastically leveled the playing field for women, I've still noticed that adjusters don't seem to take women attorneys as seriously, and I'm sometimes looked at with a skeptical eye.

When popular, big-name legal cases come to mind, the attorneys tend to all be male. Because of this, when I first decided to go into law, most of my inspiration came from many of the female Supreme Court Judges such as Sandra Day O'Connor and Ruth Bader Ginsburg. But, at home in my personal life, my mom and my sister are the women who propel me forward and inspire me.

My mom, who is no longer with us, was a huge positive influence while I was attending law school. As a part-time student, I was working full time as a senior manager at Continental Airlines. My life was a crazy juggling act, but my mom helped me to power through the stress, lack of sleep, and challenges. One Christmas, she got me a law encyclopedia, which I still cherish to this day.



My sister is an amazing human — a pioneer in so many things. I always joke that I got the brains and she got everything else. Everything she touches turns to gold. She started the Art Institute of Houston, and back when the internet first became accessible, she entered the world of graphic design and became a top website designer. She then went on to start up a face painting company and is booked every weekend. Today, she owns two successful franchises. I just adore her tenacity and creativity; anything she dreams up, she accomplishes.

When I take a step back at where I started and where I am now, I'm grateful for the way my career has progressed and the many professionals, both men and women, who have taught me the nuts and bolts of my practice. I feel as if I am constantly pioneering myself and honing my craft, always bettering myself and learning new ways to better serve my clients. To the many women who have inspired me, motivated me, and taught me the value in perseverance, I honor you!

- Amy Schadeewald

HAPPY
St. Patrick's
DAY

FROM HERRMAN & HERRMAN, PLLC

MEET FRANCE'S 4-LEGGED DOCTOR

'DR. PEYO' THE THERAPY HORSE WILL SEE YOU NOW!



Imagine you're sitting in a French hospital, minding your own business and waiting for a doctor to see you. Suddenly, the elevator doors slide open and a full-sized horse clip-clops out into the waiting room!

That might sound like something out of a children's book, but it's actually a regular occurrence at Calais Hospital. There, a therapy horse named Peyo visits sick and dying patients to help ease their anxiety, bring them comfort, and distract them from their pain.

Peyo — affectionately known as "Dr. Peyo" by the staff at Calais — wasn't always a therapy horse. In his early life, he competed in dressage, but it didn't take long for his trainer to realize Peyo was more interested

in the crowd than the competition. In a moving article about Peyo, The Guardian reported, "After shows, he would pick out people in the crowd, approach them, and choose to stay next to them."

This was the first sign of Peyo's secret talent: Like a bomb-sniffing dog, it appears Peyo can detect cancerous tumors. In the hospital, he uses a raised hoof to point his trainer toward rooms he'd like to visit. Inside, he comforts the dying patients and their families.

"What really pushed scientists to take an interest in him and open the health establishment doors to us was this [seeming] ability to greatly reduce [the patients' dosage of] all hard drugs and thus allow a more peaceful departure," Peyo's trainer, Hassen Bouchakour, told The Guardian.

Peyo has been working as a therapy horse since 2016 and stood vigil by the bedsides of more than 1,000 people, bringing them comfort and letting their children ride him through the hospital halls. It's an amazing achievement for a 15-year-old horse!

Of course, Peyo is far from the only animal visiting hospitals to bring people comfort. Here in the U.S., Johns Hopkins partners with more than 15 volunteer therapy dog teams that make patients smile, lower their blood pressure, improve their mood, and reduce their pain. At least 45 hospitals in the country have similar programs.

Want to know if your local hospital employs therapy animals? Visit their website to find out. You might be surprised by what you learn!

IT'S MORE THAN JUST TIDYING UP

4 HEALTH BENEFITS OF SPRING-CLEANING

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

Spring-cleaning reduces stress and depression.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home. Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

It prevents illnesses.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.

Spring-cleaning helps you breathe better.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When dust and pet dander build up in your home, your respiratory

system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

It keeps you more active.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!



TESTIMONIALS

OUR CLIENTS SAY
IT BEST!

"Herrman & Herrman is an amazing choice when it comes to picking an injury lawyer. Go with Mr. Jason Adams. He is very informative and is such a personable and astute attorney, the best around."

-Russell G.

"I appreciate this law firm being in touch with me regarding my case. They are really good with explaining the status of your case. I appreciate them calling and updating me. Very helpful and informative. I would recommend them to anyone."

-Bri D.

"Tom Landry was very professional and helped us all the way with his team at Herrman & Herrman! I highly recommend him! Thank you, Mr. Landry!! We will always look for your service as a great lawyer!"

-Juan L.



INGREDIENTS

- 2 lbs ground beef
- 2 16-oz cans diced tomatoes
- 2 tbsp chili powder
- 2 16-oz cans small red beans
- 1 tbsp Creole seasoning
- 2 8-oz cans tomato sauce
- 1 tsp ground cumin

DIRECTIONS

1. In a deep pot, brown the beef, stirring often.
2. Once beef is cooked, add chili powder, Creole seasoning, and cumin, cooking for 1 minute.
3. Stir in diced tomatoes, beans, and tomato sauce and bring the mixture to a boil.
4. After the mixture boils, reduce the heat to low and let chili simmer for 15 minutes.
5. Serve with toppings of choice, like cheese, sour cream, or chives.

Inspired by MyRecipes.com

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