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KEEPING OUR TEXAS MOTORCYCLISTS SAFE LET'S TALK MOTORCYCLE SAFETY WITH LOGI HAMOR

Texas is in the top three when it comes to states that see the most motorcycle fatalities. In fact, according to the Texas Department of Transportation, roughly one motorcyclist loses their life every day in the state. In 2020, 482 motorcyclists died and 1,856 were seriously injured in accidents. Texas is an extremely popular place for motorcyclists to ride, especially in the summertime!

While I don't personally ride motorcycles, my brother does, and having represented a good amount of motorcycle crash victims at the firm, I'm constantly reminding him to always practice safety. Motorcycle safety involves so much more than obeying the rules of the road and checking blind spots twice; drivers and motorcyclists both need to do their part to help keep bikers safe.

Drivers must ensure that when they are driving, their attention is fully on the road and that they are aware of road conditions at all times. They should always check mirrors and blind spots while maintaining a safe following distance behind all vehicles, even motorcycles.

Bikers are able to take personal safety into their own hands. While accidents can sometimes happen at the fault of others, wearing bright colors and proper protective clothing as well as a helmet are just some ways riders can protect themselves. They should only travel on roads they are familiar with and avoid heading out if it's raining or expected to rain. Safety courses are important, especially if they only ride occasionally, to understand the fundamentals of riding a motorcycle.

"YOU CAN NEVER ANTICIPATE THAT DRIVERS ARE AWARE AND COGNIZANT OF THEIR SURROUNDINGS ON THE ROAD."

Investing in a motorcycle helmet dash camera is a wise decision. It helps protect you in every situation and will be beneficial, especially if inconsistencies arise, in cases and claims. It's a good idea to have it



recording the entire time you're riding. After all, you never know what you may encounter out on the road! If you're involved in an accident, never admit anything to other parties, but let the dash camera speak for itself while police officers conduct their unbiased investigation.

Lastly, as a motorcyclist, don't ever assume that another driver on the road sees you. Having lived in Houston all my life, I always give way to motorcyclists. But just because I do that doesn't mean the next person does. You can never anticipate that drivers are aware and cognizant of their surroundings on the road. The best practice is to always assume you are in their blind spot and to never take risks.

Herrman & Herrman represents many motorcycle crashes every year and the seriousness of them is always severe and unfortunate. This month, during Motorcycle Safety Awareness Month, and every month, it's important to take the necessary precautions and steps to keep motorcyclists, and everyone else sharing the roadways, safe. Share the road: Look twice for motorcycles.

- Logi Hamor

THE ART OF QUIETING YOUR MIND BEFORE BED

All day long, thoughts run through your mind, and by the end of the day, your head is probably ready to explode. After all, it's estimated that in 24 hours you can have between 60,000–80,000 thoughts. At some point, your brain needs a break, and that's especially true before you try to go to bed. Here are some ways to quiet your mind, so you can get a full night's sleep!

Keep your bed for sleeping.

If you aren't sleeping, get out of bed! Getting in the habit of scrolling through your phone, watching TV, reading, working, or even eating in bed teaches your brain that your bed is for things other than sleeping! If you find yourself tossing and turning, get out of bed and try a relaxing activity such as reading, journaling, listening to music, or meditating. When you get tired, try getting back in bed.

Breathe deeply.

Breathing exercises can not only help calm your mind and spirit, but they can lower your heart rate, which is especially beneficial in relieving stress or anxiety when things are upsetting you.

Write it down.

Instead of letting thoughts fill your mind right before bed (such as the next day's tasks or any worries you have), set aside time before bed to write it out. Whether you are a fan of journaling, writing letters, or simply just listing out your problems, goals, and thoughts, grab a pen and paper and make it a nightly routine. This way, your thoughts will be freed before your head hits the pillow.

Try a light snack.

When you can't sleep, the last thing that you want to do is eat something heavy. In fact, when you eat a large meal right before bed, your digestive system can become overwhelmed. But, studies have shown that eating a light carbohydrate snack such as crackers or popcorn when you can't sleep may be helpful.

Turn your room into a sleep haven.

Keeping your bedroom neat, relaxing, and calm can help improve your sleep! Keep all televisions, computers, and screens out of the bedroom and furnish it with soft colors and textures that are tranquil and soothing to you.

Pumping the brakes on worrisome thoughts racing through your mind can be tough, but trying these tips and tricks may earn you some relief and much needed sleep.



"Hands down the easiest and most communicative injury attorney out there to work with. They were helpful and very in-depth with everything that was going on. I strongly recommend Herrman & Herrman to anyone who needs an injury attorney."

-Joseph G.

"If you are in need of a personal injury lawyer in the Coastal Bend area, I would highly recommend Herrman & Herrman — where they always put YOU first!"

-Carl J.

"Herrman & Herrman is really there when you need them. After my car accident, they took great care of me, kept me up to date on my case, and really went above and beyond for me as their client. Call them when you are in a tight spot. I guarantee you won't regret it."

-Kelani P.

INTERNATIONAL FEMALE RIDE DAY

CELEBRATING BIKER SISTERHOOD AND CAMARADERIE

Motorcycling offers a culture and a bond of like-minded people who enjoy riding motorcycles and the rush of hitting the open road. It's both a mode of transportation and a thrilling social hobby and activity.

International Female Ride Day brings together all women who enjoy getting behind the handlebars or hopping on the back of a motorcycle. This year, on May 7, the 16th International Female Ride Day will be celebrated with many events to raise awareness for female motorcyclists and to celebrate the community of women who have a passion for riding. Whether you enjoy riding solo or group riding, it's a great day to hit the road and embrace the sport.

On May 7, there are many local events taking place in celebration of International Female Ride Day, including "Just Ride!" at the Attache Cigar Lounge in Dallas, Texas, a synchronized women's ride. From May 6-8, at the Gruene Harley Davidson in New Braunfels, Texas, riders will be meeting for a group ride to Durant, Oklahoma, in honor of International Female Ride Day and a Texas & Oklahoma MeetUp. Also, at Stokers Dallas, female riders will be coming together on May 7 to celebrate sisterhood with music, food, vendors, and more!

In honor of both Motorcycle Safety Awareness Month and International Female Ride Day, be sure to always check twice for motorcycles and obey the rules of the road. Other drivers' and riders' lives depend on it!



MOTHER'S DAY BRUNCH RAINBOW FRITTATA

INGREDIENTS

- Nonstick cooking spray
- 1/4 cup sweet potato, diced
- 1/4 cup yellow pepper, diced
- 1/4 cup broccoli, chopped
- 8 eggs
- Basil, thyme, salt, and pepper, to taste
- 1/2 avocado, pitted, peeled, and thinly sliced
- Cherry tomatoes, halved
- Sriracha hot sauce (optional)

DIRECTIONS

1. Preheat oven to 350 F and coat a cast-iron skillet with nonstick cooking spray.
2. In the skillet over medium heat, cook sweet potatoes, yellow pepper, and broccoli until soft.
3. In a medium bowl, whisk together eggs, basil, thyme, salt, and pepper.
4. Pour egg mixture into skillet with vegetables. Don't stir but instead use a spatula to lift the edges of the egg mixture until it is evenly distributed.
5. Transfer mixture to oven. Bake for 5 minutes or until the dish sets.
6. Top with avocado and tomatoes. Drizzle Sriracha on top (if desired).

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**1201 3RD ST.
CORPUS CHRISTI, TX 78404**

MAKE YOUR KITCHEN CLEANER THAN EVER BEFORE WITH THESE 3 HACKS

You cook your meals, make your coffee, wash the dishes, and do so many other activities in your kitchen. It's no surprise that our kitchens are often the most trafficked rooms in our homes. Our kitchens are also commonly the messiest rooms in the house since they're used to cook meals.

Trying to keep your kitchen clean on a daily basis can be maddening. Every time you make a meal, there's another mess to clean up. It seems like there's no end to the kitchen cleaning process. Thankfully, there are a few hacks you can try that will lengthen your time between cleanings and ideally help your kitchen sparkle.

Garbage Disposal Cleaning

If your home has a garbage disposal, there's a good chance that it's one of the dirtiest appliances in your kitchen. It's also one of the hardest things to clean since it's located in your sink. But there is an easy trick to keep it fresh. Fill an ice cube tray with water and lemon wedges, then stick it in the freezer. Once it's frozen, crack the ice cubes free, and send them down the drain with the garbage disposal turned on. The lemons will improve the smell while the ice removes any excess grime and cleans the blades.

No Need for Auto Clean

How do you normally clean your oven? Do you press the auto-clean button and let it run? While this works, it will often leave your house with



a displeasing smell and can even set off your fire alarms. You can make a mixture of 1/3 cup water, 1/3 cup white vinegar, and 1/2 cup baking soda. Spray the inside of your oven with the mixture, but avoid the heating elements. After 8-12 hours, clean the oven with soapy water and dry it using a cloth. Your oven will be cleaner than you might've even imagined.

Quick Cabinet Cleaning

Your cabinets and pantry can get gross quickly and attract bugs if the items inside of them are open or spilled. If you try to clean your cabinets with a rag, you'll end up missing some of the crumbs and dirt. Instead, use your vacuum cleaner to capture any debris and ensure they are spotless. It's a quick and easy method to keep your cabinets clean.