



THE HERRMAN HERALD

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DON'T LEARN SAFETY BY ACCIDENT

STAYING SAFE ON THE ROADS AND IN THE WORKPLACE

Safety is the cornerstone of everyone's lifestyle and behaviors, and if it isn't, it should be! June is National Safety Month, a time to raise awareness to best practices to protect ourselves and others to reduce some of the most common causes of injury and death.

As a personal injury attorney at Herrman & Herrman PLLC, I've taken on many cases involving a wide variety of injuries. The most common injuries I see, however, are soft tissue damage resulting from car accidents. While your seat belt is designed to save you from flying through the windshield when your car goes from 65 mph to a complete stop in the matter of a seconds upon impact, it can leave behind some serious bruising in the process. In no way am I saying not to wear a seat belt — you should always buckle up! Seat belts save lives.

One of the other most common injuries many of my clients endure is severe whiplash and neck, shoulder, and back injuries. Broken bones are obvious after an auto accident, but whiplash and other internal injuries sometimes go unnoticed until a few days afterward. That is why it's always important to get checked out by a medical professional! A few months ago, I was involved in a pretty serious accident and now, as a personal injury attorney myself, I'm going through the process. I sustained some pretty serious neck and knee injuries that have required a lot of medical attention.

While accidents happen, whether they be at work, at home, in recreational areas, or on the road, there are many preventive measures you can take to keep yourself and others safe. Here on Texas roads, I see so many people texting while driving or engaged in conversations via Bluetooth, and it always looks like they're talking to themselves in their vehicles! Even if the phone isn't held up to your ear, your mind may be elsewhere as you engage in conversation. Sometimes, technology can give us a false sense of security; that's why I always recommend keeping your focus on the road and both hands on the wheel at all times.

When it comes to injuries in the workplace, it's crucial to always be attentive to your surroundings. Know where your first-aid kits, the fire extinguishers, and the exits are. Just like when you're navigating the roads, pay attention when you're at work! When we think of work-related injuries, we often think of people who use large machinery or



do heavy lifting, but that's not always the case. At the office, we just had a receptionist hurt her back trying to carry a large ream of paper. Oftentimes, employees will trip, twist their ankle, or even take a nasty fall. Know your limitations and abide by them!

One thing I always point out to clients is to be aware of the advocacy that they have through their job if they're ever injured at work. In the event of injury, always seek treatment right away and make a report for documentation!

The bottom line is to stay aware, cognizant, and smart when at work, on the roads, or even just at home. Safety first!

- Amy Schadeewald

IT'S DAD'S DAY!

6 GIFTS DAD IS SURE TO LOVE

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

Apple Watch Strap

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.



A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

Tool Bucket Organizer

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

Bluetooth Headphones or Speakers

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.

JUNE TESTIMONIALS

GETTING THE BEST POSSIBLE RESULTS

"The staff members at Herrman & Herrman are awesome. Attorney Jason Adams was especially understanding and very helpful in explaining all my options and benefits. I appreciated his detailed explanation over every step we had to take in making sure my medical bills and my health needs were met. He was very fast and wanted to get the best results regarding the car accident I was in. He means business and is very knowledgeable in all his work. Thank you so much for doing your best."

-Celia B.

"Giselle Garcia was, without a doubt, so exceptional at handling her job. She got back to us in such a timely manner — which is rare nowadays. She's a very professional young lady, all while being so charismatic. I will definitely recommend Herrman & Herrman when asked for recommendations!"

-Brissa D.

"The team who took care of my accident case really took care of me. They put me first. I would recommend Herrman & Herrman to anyone!"

-Anonymous

JUNETEENTH: A CELEBRATION OF FREEDOM

COMMEMORATING THE END OF SLAVERY IN THE US



On June 19, 1865, freedom finally arrived as over 250,000 enslaved people were freed. This day is known as Juneteenth, a term merging June and Nineteenth, and it celebrates federal troops taking control of Galveston, Texas, and freeing the slaves. Two and a half years prior to this, the Emancipation Proclamation was issued by Abraham Lincoln during the Civil War, however it only ordered areas under Confederate control to free their slaves. The question of slavery had long divided the nation before the start of the Civil War, and even with the Emancipation Proclamation, border states and rebel areas under the Union's control still did not need to free their slaves.

In Texas, slavery still existed because it had not seen large-scale fighting or many Union troops. Some slave owners even moved to the Lone Star State. Then, after the Civil War drew to a close in 1865, General Granger, along with his troops, announced

the end of slavery. In some areas, the end wasn't immediate — in fact, some slave owners waited until after harvest season before complying with the order.

As early as a year later on June 19, 1866, many former slaves celebrated the great significance of Juneteenth with parties, barbecues, prayer services, and dances. Today, Juneteenth is considered to be the longest-running holiday and celebration for the African American community.

Texas declared Juneteenth, also known as Juneteenth National Independence Day, Emancipation Day, and Jubilee Day, to be a state holiday in 1980, and last year, on June 17, 2021, President Joe Biden signed a law stating that Juneteenth is now a federal holiday! The District of Columbia and almost all 50 states recognize Juneteenth as a state holiday. This June, we celebrate the emancipation of the slaves as the official end of slavery in the United States!



SWEET AND SPICY BBQ CHICKEN SKEWERS

INGREDIENTS

For the Marinade

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime
- 3/4 tsp smoked paprika
- 1/2 tsp salt

For the Skewers

- 2 lbs chicken breast, cut into bite-size cubes
- 1 small pineapple, cut into 1-inch cubes

DIRECTIONS

1. In a bowl, whisk together marinade ingredients.
2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
5. Grill the skewers for 3–4 minutes per side, brushing with the reserved marinade in the final minutes.
6. Serve over rice or with your favorite barbecue sides!

ARE you FEELING LUCKY?

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HAPPY

father's
DAY

FROM HERRMAN & HERRMAN, PLLC