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## CELEBRATING WITH A BANG! MAINTAINING SAFETY ON OUR NATION'S BIRTHDAY

It's here: America's birthday! That means it's time for barbecues, parties, parades, celebrations, time spent with family and friends, and of course, fireworks to end the day! As with anything, there's a safe way and a wrong way to go about something, and as an associate attorney and having previously sold fireworks in my younger years, I am here to advise you to please err on the side of caution and safety this Fourth of July!

Here in Texas, each county is different in terms of laws surrounding the use of fireworks and the types that are legal. One thing to keep in mind is that many times, vendors that sell fireworks must receive clearance to do so and while most are licensed to sell them, it doesn't mean they are able to be lit in the county where you live. Thus, it's important to check to see what is and is not allowed within your county.

***"THIS FOURTH OF JULY, LET'S CELEBRATE OUR INDEPENDENCE WITH A BANG — BUT LET'S KEEP IT A SAFE BANG! "***

Also, fireworks and droughts do not go hand in hand and can be a serious recipe for disaster. Depending on how the weather has been and what no-burn laws are in effect, you may or may not be restricted from lighting fireworks in your area. Check with your county this time of year for current laws and regulations in effect to keep everyone safe.

According to the National Fire Protection Association, fireworks are responsible for more than 19,000 fires, and each year roughly 9,000

people wind up in the emergency room as a result of the use of fireworks. It's important to practice safety when using them, and if fireworks are safe to be lit in your area, I have some tips to share:

- Be sure to never allow children to handle fireworks on their own. Parental supervision is a MUST!
- An easily overlooked step in using fireworks is following the instructions on each package. Be sure to read the instructions for each firework you light.
- Never try to create your own fireworks or combine fireworks for a "better display." Each firework is carefully designed and the explosives are measured to a tee. Mixing fireworks is dangerous!
- If a firework doesn't go off once it is lit, do not approach it to relight it.
- Always wear protective eyewear when using fireworks.
- Have a hose or water source nearby in case of fire.
- If an injury occurs, immediately call the paramedics!

In most cases, injuries that result from fireworks stem from the negligence of the person utilizing them, thus, it's essential to be smart and aware of your surroundings. This Fourth of July, let's celebrate our independence with a BANG — but let's make it a safe bang!

Happy Fourth of July!

*-Logi Hamonld*

# HOW TO TROUBLESHOOT A MALFUNCTIONING A/C

## TAKE THESE STEPS BEFORE CALLING THE PROS

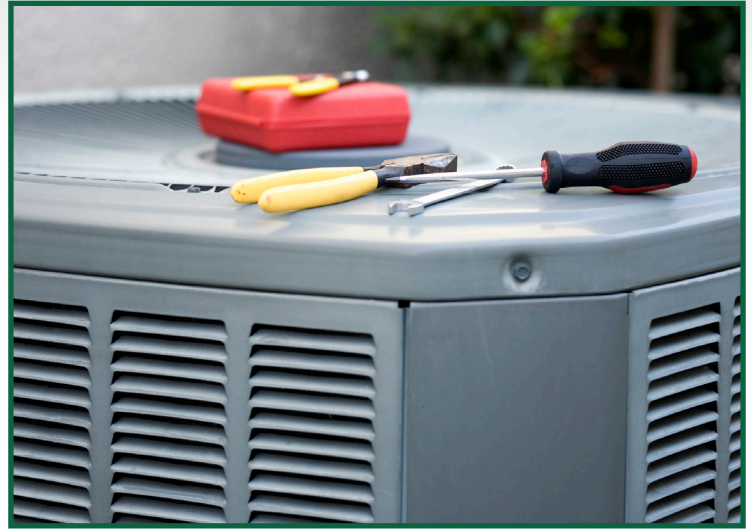
It's 100 degrees F outside. The sun is pounding relentlessly on the sidewalk. Vegetation is wilting. Meanwhile, you're huddled indoors, basking in the A/C ... until it rattles to a stop.

This stomach-dropping scenario happens to hundreds of people every summer. A/C units across America are overstressed right now, and when you run your unit at full blast, it's more prone to malfunctioning. Fortunately, you don't have to call in the pros for every little issue. Here are a few DIY ways to fix an A/C problem.

1. **Replace your air filter.** The experts recommend changing the filter in your A/C system every month. If you don't do this, it can get clogged and cause your A/C to turn off! Replacing the filter could kick start a nonfunctioning A/C.
2. **Double-check your thermostat.** We know it sounds basic, but your A/C might have turned off because your spouse reset the temperature, the kids flipped the thermostat from "heat" to "cool," or the device's batteries died. Don't rule these silly problems out without checking them!
3. **Clean your condenser coils.** Dust, dirt, and pet hair can clog your A/C's condenser coils and limit the unit's function. If you're careful and handy, you can use compressed air or a shop vacuum to clean the copper tubing and aluminum fins composing the coils, which typically form the side walls of your outdoor A/C unit.
4. **Test your circuit breaker.** It's possible that the entire circuit covering your A/C has been tripped, turning the A/C off with it. To test this, turn your thermostat off and head to your breaker box and look

for any switch in the neutral position. If you find one, push it to off (right) then on (left). Wait 30 minutes, then turn your thermostat back on and set it to cool.

These four steps may be the only ones you need to fix your A/C problem! If you try them with no success, then it's time to call in the experts. Of course, you can also make that call from the get-go if you're not comfortable DIYing your household systems. We promise they won't judge you! It's always better to be cautious than accidentally worsen the problem.



"I have used the services from Herrman & Herrman twice. Both times I was treated with kindness and respect. The paralegal and attorney who worked on my cases were very knowledgeable. They were very concerned with my and my children's well-being. I highly recommend them."

*-Mayra R.*

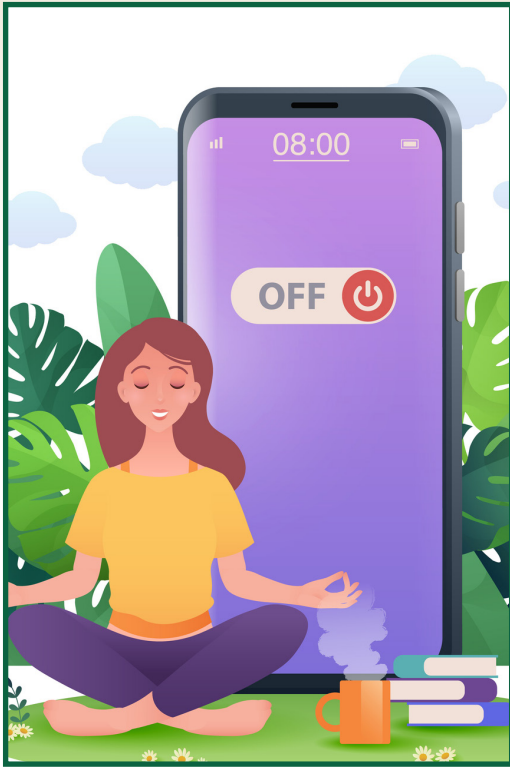
"The best law firm in Corpus Christi! Definitely recommend them!"

*-Savannah F.*

"Excellent experience will use again. Thank you, guys, for all your help."

*-Manuel G.*

# IS IT TIME FOR A DIGITAL DETOX?



When you need a break from your busy life, you probably look at your cellphone. And when you need a break from your cellphone, you might watch TV or browse social media on your other devices. This cycle of never-ending screens can be taxing on your mental health. Everyone hits their breaking point at a different time, and you may not even realize when you've reached your limit. If you find yourself getting angry or upset at posted content, consistently comparing yourself to others, or feeling depressed, it may be time for a digital detox.

But what *is* a digital detox? It's taking a break from electronic devices, such as your cellphone or tablet mindlessly scrolling through social media or news stories.

Now that you know what it is, how can you detox yourself?

- \* **Schedule a break from your devices.** Even if it's just for a half-hour, use the time to do other activities, such as exercise, household chores, or even gardening.

- \* **Turn off notifications.** Constant notifications can be incredibly distracting, so silencing them allows us to focus more on our surroundings.
- \* **Disconnect before bedtime.** Turn off all electronics an hour before you go to sleep to relax your body and mind.

Another benefit is that you'll feel less stressed, especially if you compare yourself to others on social media or get lost in negative news cycles.

Perhaps the most notable benefit of a digital detox is reclaiming your own time. Checking your cellphone and scrolling through social media can quickly become a subconscious habit. Before you know it, an hour or two has passed. Even watching television can take up huge chunks of your day. With a digital detox, you get that time back, and you can reallocate it to healthier activities.

If you feel like you need a break from your electronic devices, take one. It could lead to a healthier and happier life.



## SUMMER CRAB AND LEMON CARBONARA

### INGREDIENTS

- 12 oz bucatini pasta
- 1/2 cup olive oil
- 2 tbsp garlic, finely chopped
- 1/4 cup drained and rinsed capers, chopped
- 1 tsp coarsely ground black pepper
- 6 large egg yolks, beaten
- 3 oz Pecorino Romano cheese, grated
- 1/2 cup fresh chives, thinly sliced
- 8 oz fresh crabmeat
- 1 tbsp grated lemon zest
- 1 tbsp fresh lemon juice
- Sea salt or kosher salt, to taste

### DIRECTIONS

1. In a pot of boiling water, cook pasta until not yet al dente. Drain and reserve 1 cup cooking liquid.
2. In a large skillet over medium heat, cook oil and garlic until lightly toasted. Add capers and black pepper, then stir for 2 minutes.
3. Add reserved cooking liquid to skillet and bring to a boil over medium heat. Stir in pasta and cook until al dente. Remove from heat.
4. Stirring constantly, pour egg yolks quickly into the mixture. Add cheese and chives, stirring well until sauce is creamy. Add crab, lemon zest, and lemon juice. Toss together and season with salt.

ARE you FEELING LUCKY?

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# A ROUND OF A-PAWS

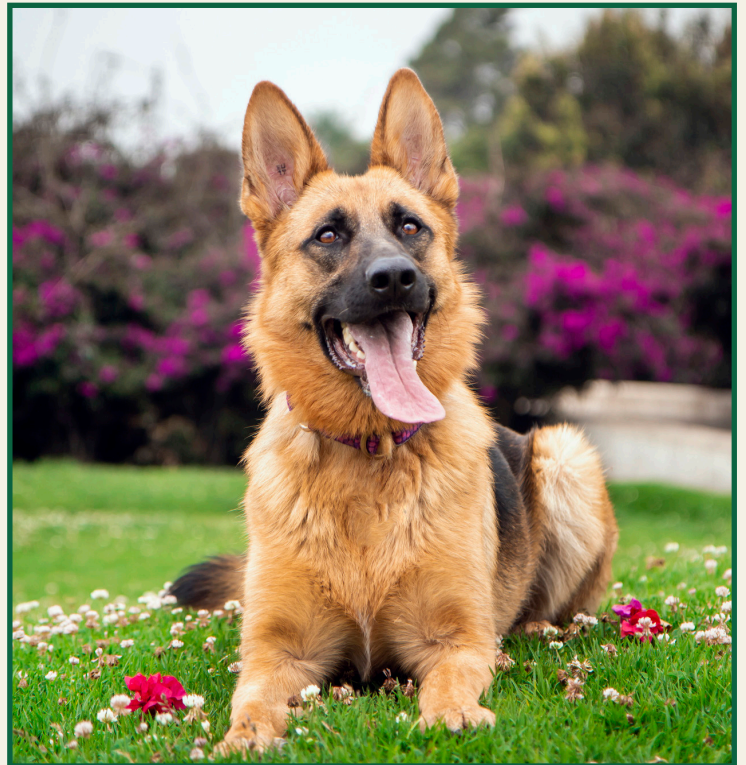
## THIS AMAZING PUP SAVES THE DAY — TWICE!

Heroes don't always wear capes or stand on two legs — and in a specific case with a German shepherd, this is exceptionally true! A dog noticed that one of his favorite tiny humans was in some serious danger, so he saved the day, two times!

A little boy and girl enjoyed the day, tossing a ball back and forth in their backyard. When the girl overthrew the ball, it unfortunately fell into a small pond behind the boy. The girl rushed inside the house to get help, but the boy stayed outside and even ended up leaning over the edge of the pond as he tried to retrieve the ball on his own. This is when a protective German shepherd, lying nearby in the grass, saw everything and immediately sprung into action.

The dog first looked into the pond to locate the ball. Then, knowing the boy was in danger as he teetered on the edge, the dog tugged on the little boy's vest with his teeth, pulling him backward to safety near the back patio of the home. Once the little boy was in a safe location, the dog located a pole net that had been leaning against the house and brought it over to the pond. While his tail wagged with pride, the dog fished the ball out of the pond.

The dog then put the net down on the ground near the pond and brought the ball over to the boy, who petted him with appreciation. This



German shepherd saved the day for this little boy and girl — and also saved the boy from injury and needing a dry set of clothes! What an amazing canine. He deserves a treat and a round of a-paws!