The heroic efforts of Alsup saved the lives of many animals, but it wasn’t Tony Alsup considered the potential devastation of Hurricane Florence as along the coast, Alsup rescued over 60 cats and dogs in both North and school bus he’d bought and set off to South Carolina with one goal in mind: the first time he’d rushed into danger for a good cause. He’d originally to save as many animals as possible. Stopping by every shelter he found back and watch, the truck driver by trade packed up an out-of-commission he sat comfortably in his home in Greeneville, Tennessee. Rather than sit into our brains so that we can survive dangerous situations. It’s said that character is defined by the way someone acts when no one is watching. Many people heard of Alsup’s bravery after the devastation of Florence, but as news stories turned to sports, politics, and business, we contribute in many different ways throughout the year, it’s the holiday season that is especially important. This year, one of our big holiday initiatives is working with The Open Arms Agency (OpenArmsAgency.org). This Corpus Christi-based agency helps connect children with foster families. They do what they can to give children stability amid an otherwise tough situation. To help during the holidays, we collect toys at our Corpus Christi office. Then, we bring the toys to the agency, where they are given to children. It’s another way of adding stability — not to mention joy — to the lives of local kids who may otherwise struggle to find it. These two organizations provide crucial services for our community. They’re great causes, and they make a huge difference every single day. We’re more than happy to be a part of that. If you can contribute this holiday season, we encourage you to do your part — whether you join us in giving back to one of our favorite causes or choose one of your own.

As a busy year comes to an end, many folks are thinking about the holidays. Families gather for dinner, exchange gifts, and simply spend time with one another. It’s an exciting and joyous season as so many people celebrate the good things in life.

While there is a lot of joy during this season, not everyone is as fortunate. At Herman & Herrman, we love our community, and we certainly don’t keep that a secret. Every year, you’ll find our team giving back. Though we contribute in many different ways throughout the year, it’s the holiday season that is especially important.

When you’re a child, there’s nothing quite like unwrapping a present on Christmas morning. We can’t imagine a child going without that moment. This is just one way we can make those memories happen.

Last year, we worked with the Women’s Shelter of South Texas (PurpleDoorTX.org), another agency based in Corpus Christi. We collected and donated gifts, clothes, and other much-needed items. Like The Open Arms Agency, they always welcome any help you can give.

As 2018 comes to an end, we’re excited to see where 2019 will take us. We have no doubt it will be another busy and eventful year. But until then, from everyone at Herman & Herrman, we wish you a joyous holiday season, a merry Christmas, and a wonderful new year!
**Healthy Food Faux Pas**

**Misleading Ingredients You Should Avoid**

**Homemade Caramel Apples**

Instagram models and fitness specialists flood social media feeds with nutrition tips and tricks, but amid the blurb of muscular selfies and misguided dieting advertisements, it’s hard to determine what is actually healthy. Arm yourself with the following knowledge about tricky food ingredients, and always question diet fads blasted on social media.

**Devious Drinks**

There’s actually no scientific evidence to suggest “performance-enhancing” drinks will make you a better athlete. If you drink sports drinks regularly, you’re actually filling your body with unnecessary sugars and additives. Furthermore, common fruit juices contain a lot of sugar, and skim or fat-free milk contains additives that eliminate the full feeling whole milk provides you.

**Sneaky Snacks**

Food marketing labels use the latest diet trends to twist consumers into thinking they’re making smart choices simply because something is labeled “organic” or “low-fat.” Next time you’re shopping for a quick snack, be mindful when grabbing trail mix, yogurt, granola, microwave popcorn, or protein bars. These items are often falsely advertised as healthy options, and while they may contain some nutrients, most people don’t adhere to the listed serving size. When you eat more than recommended, you could be offsetting the nutritional benefits.

**Lettuce Liars**

Yes, even salads can be misleading when it comes to dieting. Salad dressing is a yummy way to make a salad more exciting, but it should be doled out in limited quantities. Unfortunately, most prepackaged salads do not limit dressing portions. A pool of ranch dressing over lettuce will limit the benefits you’ll get from the healthy greens. Additionally, nuts, cheeses, and seeds can be healthy and tasty on your salad, but they should also be eaten in moderation.

**Dinnertime Deception**

Your California roll may be hiding more than you think. Sushi is usually rolled in sugar loaded and carbohydrate-heavy white rice. Aside from the white rice, the more intricate rolls often include toppings and condiments best savored in moderation. If you think you can avoid fried and greasy options by ordering a veggie burger, think again. These meat alternatives often contain another unhealthy dose of rice and are fried or baked in processed oils.

While this information may send you into a panic about finding healthy foods, remember to stick to natural, low-additive foods, monitor your portion sizes, and create homemade alternatives to toppings and condiments best savored in moderation. If you don’t have to compromise on taste to get the most nutrition out of your meals. Try cooking your favorite foods from scratch and avoid the consequences of misleading ingredients.

**Thank you, Lupe and Connie, for all the hard work. Thank you to Leni and Bonnie for your professionalism. If I ever need an attorney again I will be calling HERRMAN & HERRMAN!!**

—John V.

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—Angela A.

**Everyone knows how important it is to drive carefully on New Year’s Eve. It’s one of the most talked about holidays when it comes to dangerous driving, thanks to the many revelers who venture out to ring in the new year. What isn’t as obvious, however, is just how treacherous other seemingly mundane holidays can be. Here in Texas and around the country, revelers who celebrate with alcohol — no matter the holiday or occasion — put everyone else on the road at risk. This has become especially true as the prices of plane tickets have gone up and more people are relying on their cars to travel long distances to get together with family and friends. The deadliest holiday of the year, surprisingly, isn’t New Year’s Eve. It’s actually Thanksgiving. The reason for its danger comes down to a combination of factors: heightened road congestion, aggressive driving, and driver fatigue. Add in drinking and driving, and you’re left with huge potential for disaster. The Fourth of July, Memorial Day, and Labor Day are the next deadliest holiday weekends. New Year’s Eve and Halloween follow. When a holiday falls on a Friday or Saturday, that’s generally when more traffic-induced deaths occur. In fact, 30–60 percent more people die in car crashes on weekends than any other day of the week. For people whose holiday weekends are marred by injury or worse due to a vehicle crash, compensation for the damages they have incurred may be available. Accidents like these often lead to a perfect storm of medical bills and lost wages, as well as pain and suffering. It always pays to be extra careful when you head out on the road, whether it’s during your commute to work or while you’re on the way to enjoy a holiday weekend. But should the worst happen, you have rights and someone looking out for you at Herrman & Herrman.**

**THE MOST DANGEROUS HOLIDAYS CELEBRATIONS RANKED BY TRAVEL RISK**

**Buttery Roasted Chestnuts**

Whether or not you have an open fire, you can easily roast some chestnuts using this simple, delicious recipe.

**INGREDIENTS**

- 2 pounds fresh chestnuts, unpeeled
- 2–3 sprigs rosemary
- 1/2 cup unsalted butter, melted
- Freshly ground black pepper, to taste
- Pinch of freshly ground nutmeg, to taste

**DIRECTIONS**

1. Heat oven to 450°F.
2. Place a large sheet of foil on a rimmed baking sheet.
3. On a large, flat workspace, place chestnuts flat side down. Using a sharp knife, carve an X on the rounded side of each chestnut.
4. In a large bowl of hot water, soak chestnuts for 1 minute.
5. Pat dry and transfer to a medium bowl. Add rosemary, butter, salt, pepper, and nutmeg. Toss to coat and transfer to baking sheet. Arrange in a single layer. Gather the edges of the foil together, leaving an opening at the top.
6. Roast until peels curl up, about 30–45 minutes.
7. Transfer to a platter and serve while hot or warm.