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# THE HERRMAN HERALD

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## EXPLAIN DIFFERENT HOLIDAY TRADITIONS TO YOUR KIDS

### CHECK OUT THESE CHILDREN'S BOOKS!

December is the ultimate cozy month, and if you have young kids, you know there's nothing better than curling up in a blanket and reading them a bedtime story during the holidays. Reading out loud to your kids is a great way to improve their literacy, but there's another benefit to doing it right now: Through the books you choose, you can help your children understand this special time of year and how it's celebrated by other people.

As we all know, the U.S. is a melting pot of different religions and ethnic groups. Yes, the radio pretty much only plays Christmas songs, but there are other traditions and celebrations going on too. As a parent, it's easy to raise your kids in a bubble of your own family's foods, decorations, and rituals, whether those are centered on Yule, Christmas, Hanukkah, or Kwanzaa. But studies show that exposing kids to cultures other than your own can help them grow up to be more empathetic, make friends with people from other backgrounds, feel more rooted in their identity, and better understand world events.

To open your kids' minds to new perspectives, try reading them bedtime stories that run the holiday gamut this month! Here are holiday children's books to check out, plus a few bonus recommendations for kids old enough to read on their own.

#### 'HANUKKAH: THE FESTIVAL OF LIGHTS' BY BONNIE BADER

This book is perfect for kids from ages 3-7 and explains both why and how people celebrate Hanukkah. It covers details ranging from dreidels to latkes and shares important history in a way that even preschoolers can understand. Plus, the illustrations are beautiful! For younger kids, check out "Elmo's Little Dreidel" by Naomi Kleinberg for a "Sesame Street" interpretation of the holiday. For teenage readers, the short story collection "Snow in Love" by Melissa de la Cruz, Nic Stone, Aimee Friedman, and Kasie West includes a fun story about a Hanukkah romance.

#### 'TOGETHER FOR KWANZAA' BY JUWANDA G. FORD

This is another book for preschoolers, and it follows the story of a little girl named Kayla who is worried that a snowstorm will stop her brother from

getting home for their family's Kwanzaa celebration. Penguin Random House calls the book, "A perfect introduction to Kwanzaa" that "will teach children all about the traditions and practices that make it a special winter holiday."

#### 'A CHARLIE BROWN CHRISTMAS' BY CHARLES M. SCHULTZ

In this adaptation of a classic children's cartoon, a young boy named Charlie Brown explores American Christmas traditions like ice skating, carols, and Christmas lights, and learns from a friend about the true meaning of the holiday. For older readers, Charles Dickens' "A Christmas Carol" is a classic Christmas novella.

#### 'THE SHORTEST DAY: CELEBRATING THE WINTER SOLSTICE' BY WENDY PFEFFER

The winter solstice (Dec. 21) is an important day in dozens of cultures to mark the changing of the seasons. This book explains why some days are shorter than others, how people have celebrated the winter solstice for the last 5,000 years, and how it has influenced Christmas and other common celebrations. The book is perfect for 6-9-year-old kids, and "The Winter Solstice" by Ellen Jackson is a great alternative for those a bit older.

#### 'T'WAS NOCHEBUENA' BY ROSEANNE GREENFIELD THONG

This book invites readers into a Latino family's Nochebuena celebration on Christmas Eve, which includes a midnight feast, special decorations, and traditional songs. In addition to learning about Latino culture, 3-5-year-old kids who don't know Spanish may pick up a few new words! "Feliz Navidad: Two Stories Celebrating Christmas" is another good read for school-aged kids.

Happy holidays and happy reading!

*-Greg Herrman*

# WAIT, WHY DO I NEED TO REPLACE MY FURNACE FILTER?

## READ THIS, AND YOU WON'T FORGET

It's easy to forget that the air quality in our home isn't just magically clean! Dust, contaminants, and allergens can easily circulate in your home.

Luckily, your furnace filter is your first line of defense — but it won't clean your home's air if you don't replace it often. A dirty filter can even cause expensive utility bills and damage your HVAC equipment.

### UNDERSTAND THE TRUTH ABOUT FURNACE FILTERS.

Furnace filters are designed to trap airborne contaminants to prevent them from entering your heating and cooling system! So, when you forget to change your filter, the delicate components of your heating and cooling equipment suffer.

For example, imagine your filter is dirty and clogged. Your HVAC system might continue to run, but air won't circulate properly. Your system has to expend more energy to operate, and you'll probably turn up the heat because it's not working as efficiently. Your equipment is working twice as hard for half the result.

Many other problems can occur when furnace filters aren't changed, including "short-cycling" your HVAC equipment. Dust-heavy filters can

cause your equipment to run at a higher temperature, and it might overheat and shut off. Even though it might cool down and start up again, the cycle will continue in the same short bursts, thus "short-cycling."

### CHANGE THE FILTER REGULARLY.

This varies from home to home. With more people living in the house, especially those with allergies, and a few furry friends, you may want to consider replacing your filter more often. However, a great way to determine how often to change it is to look at what type of filter you have, categorized by thickness:

*For 1-2-inch filters, replace them every 1-3 months.*

*For 3-4-inch filters, replace them every 6-9 months.*

*For 5-6-inch filters, replace them every 9-12 months.*

If you need more help, try calling your local HVAC professional and get their opinion! They may even give you further information and insights about keeping your home's air quality healthy.



"My experience with Herrman & Herrman was outstanding. Will Privette and his staff handled two separate cases for me and kept me informed every step of the way. I was given all the medical treatment I needed for injuries I sustained in a motor vehicle accident. At no time did they ever hold back any type of assistance or medical treatment. What made the experience better for me is that anytime I asked questions or wanted an update on my case, Mr. Privette or the case manager would take my calls and keep me informed on every aspect of my case. I also appreciated that they took the time to explain how the claim process works. I would highly recommend Herrman & Herrman to anyone who needs an honest and fair law firm."

— David G.

"My coworkers and I were rear-ended during our lunch hour, and it was a good thing I called Herrman & Herrman. I was in a doctor's office that day and in physical therapy for whiplash later that same week. Lupe Gonzalez was a great help to my three coworkers and me. We were well taken care of for the entirety of this unfortunate accident. Lupe even paid each of us a personal visit to ensure that we were being properly attended to. That's when I knew we made a good decision in choosing Herrman & Herrman. Herrman & Herrman was great in taking care of our medical expenses and dealing with the insurance companies. Thanks for everything."

— Vanessa A.

# SAFETY FIRST

## HOLIDAY ROAD TRIP TIPS

While safety on the road is important year-round, it's even more so during the holidays. Between increased alcohol intake at parties, more traffic, poor weather conditions, and traveling with kids, driving can become outright dangerous very quickly if you're not careful. If you are planning on heading out and hitting the road throughout the winter months, there are a few tips to consider to ensure safety for everyone.

### PLAN AHEAD.

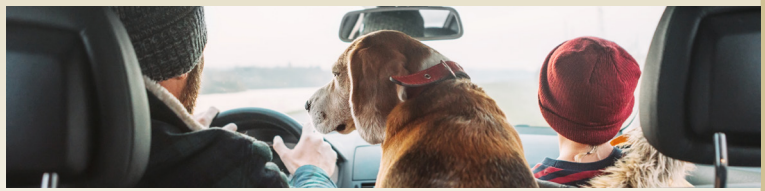
Before heading out on a road trip, take a look at your insurance policy and the coverages you currently carry. In the event that the unexpected occurs, you'll have peace of mind knowing that you are protected from an insurance standpoint.

### PAD YOUR TRAVEL TIME.

Allow yourself plenty of time to reach your destination. When you're running behind, your focus becomes compromised, and you may start to rush. Trying to speed or weave through cars in thick traffic or bad weather can compromise your safety and the safety of others.

### PRACTICE WINTER DRIVING.

Even if there is no snow on the road to your destination, winter can bring along some nasty weather. Before hitting the road, find an empty



parking lot and practice handling your vehicle. Every car drives differently in different weather conditions, and it's best to learn what your vehicle might do when the roads are bad.

### SERVICE YOUR VEHICLE.

Check and/or change your vehicle's oil, coolant, windshield wiper fluid, transmission fluid, and brake fluid. Make sure that your windshield wipers are still functioning properly, your tire tread is good, and your headlights and taillights illuminate during both day and night. Get a car wash or clean your windows and mirrors to promote good visibility.

### PLAN OUT BREAKS.

Sleepiness can lead to distraction and/or loss of control. If you're driving alone, plan out stops along your route to stretch your legs and take a quick nap. If you are traveling over the course of a few days, book a hotel for a good night's sleep in between driving. If possible, drive in shifts with another driver.

This holiday season, make safety a top priority when planning out your holiday road trip. Keep in mind that in the event that the unexpected occurs, our experienced car accident attorneys at Herrman & Herrman are here to help. We are just a phone call away!

## DIY HOLIDAY EGGNOG

*Making your own eggnog is easier than you think! This creamy, delicious drink will be a hit with your holiday guests.*

### INGREDIENTS

- 6 egg yolks
- 1/2 cup sugar
- 1 cup heavy whipping cream
- 2 cups milk
- 1/2 tsp nutmeg
- 1 pinch salt
- 1/4 tsp vanilla extract
- Cinnamon and whipped cream, for garnish

### DIRECTIONS

1. In a medium bowl, whisk the egg yolks and sugar until light and creamy. Set aside.
2. In a saucepan over medium heat, stir together the cream, milk, nutmeg, and salt. Bring to a simmer.
3. Add a spoonful of the milk mixture to the egg mixture. Whisk vigorously and repeat, one spoonful at a time.
4. When most of the milk is whisked in, add the egg mixture to the saucepan.
5. Whisk until the liquid thickens slightly or reaches 160 F. Remove from heat and add vanilla extract.
6. Pour the eggnog into a glass container and cover. Refrigerate.
7. When the eggnog has thickened, pour it into glasses, garnish, and enjoy!

Inspired by [TastesBetterFromScratch.com](https://tastesbetterfromscratch.com)

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# HAPPY HOLIDAYS!

## FROM HERRMAN & HERRMAN, PLLC

