

Help Kids Unplug From Devices

Do you worry that your children are spending too much time on computers, iPads, game consoles, and other electronic devices? You're not alone. Therapist Elaine Fogel Schneider, author of *Seven Strategies for Raising Calm, Inspired & Successful Children* (Crescendo Publishing LLC) offers this advice to parents for helping children cut the virtual cord:

- **Set rules.** Limit the amount of time your child can spend on an electronic device and be consistent in enforcing your rule. This way your child knows that when you say he or she only has two minutes left, he or she really has only two minutes left, not five or 10.
- **Use a timer.** A timer can take the blame away from you when you're limiting your child's time on the device. Use a timer that measures down the time your child is spending on the tablet, smartphone, and/or technological game so he or she won't be surprised when time is up. Have your child select a tone on the smartphone that he or she likes.
- **Be ready with another activity.** Plan something to engage your child when time is up to take his or her mind off the electronic device. Describe what you have in mind so the child can start thinking about something else that he or she enjoys.
- **Use these tips in your home first.** Children may resist these tactics at first with tantrums, tears, meltdowns, and even depression. Try them in your home before using them in public. In time, your child will learn what's expected and be able to disconnect from a smartphone, tablet, or other electronic device without a fight.

December Events

December 1st	Eat A Red Apple Day
December 3rd	Bartender Appreciation Day
December 7th	Pearl Harbor Day
December 12th	Poinsettia Day
December 18th	Bake Cookies Day
December 20th	Go Caroling Day
December 25th	Christmas Day



Control The Holiday Glow

Candles are a popular holiday decoration, but they're also one of the most dangerous. Follow these precautions to prevent a fire in your home or fireplace:

- ★ Never leave a lighted candle unattended.
- ★ Always put candles in a metal or ceramic holder. Never place them in combustible containers or ones that can melt.
- ★ Put out candles once they get within two inches of their holders or decorations.
- ★ Keep wicks trimmed to a quarter-inch.
- ★ Never burn candles near things that can catch fire, like trees or curtains.



Get Into These Healthy Habits At Work

Staying healthy at work depends on quitting some bad habits and learning a few new ones. Here's how to cultivate a healthier lifestyle on the job:

- ❖ **Get out of your chair.** Stand up once every 30 minutes or so, and walk around every 90 minutes.
- ❖ **Take the stairs.** If you're only going up or down a few floors, skip the elevator and walk.
- ❖ **Don't eat and work.** You'll make better food choices when you're thinking about what you eat.
- ❖ **Clean up the clutter.** Paperwork piled on your desk can accumulate dust and dust mites. A cleaner desk can improve air quality your stress levels.



This time of year brings to mind those things in life that are most important. It reminds us to focus on all the good things around us and to take the time to slow down and enjoy the simple things.

Here's to You! It is with your support we can continue to help others in our community and touch the hearts of all throughout the coming year. May the spirit of the holidays fill your life with joy, love, and peace.

*Joe, Cindi, Nate, Laura, Mary Lou,
Ryan D, Nik, Ryan K, Justin & Dylan*

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Youngsters Have Some Good And Creative Ideas

Children are naturally creative and inventive because they don't know what's impossible. Try checking out these inventions created by kids across the years:

- * **Trampoline.** Sixteen-year-old George Nissen was captivated by the sight of trapeze artists dropping into nets at the finish of their shows in the 1930s. In his parents' garage he developed the "bouncing rig," a metal frame with canvas stretched over it. Years later he switched out the canvas for nylon and came up with a new name, "trampoline," adding the letter e to the Spanish word for "diving board."
- * **Popsicle.** One cold night in San Francisco in 1905, 11-year-old Frank Epperson mixed up a concoction of soda water powder and water and left it outside all night. In the morning he looked at the frozen mixture with the stirring stick still inside and realized it might be fun to eat. He began giving them out as treats, and as an adult patented the product with the name "Eppsicle", later changing it to "Popsicle" after his own children started calling it by that name.
- * **Earmuffs.** At age 15, Chester Greenwood's ears grew painfully cold while ice skating. A scarf around his head didn't help, so he went home, built a wire frame, and asked his grandmother to sew some beaverskin pads to it. Greenwood patented his earmuffs in 1877 and eventually sold them to soldiers fighting in World War I.

Quote

"If you can't change your fate, change your attitude."

- Amy Tan

Don't Miss These December Holidays

The celebrations and holidays of December come from many different countries and cultures. Here's a guide to what your friends and neighbors are up to this month:

- ◆ **Hanukkah, Dec. 24-Jan.1.** Hanukkah marks the rededication of the Temple of Jerusalem following the Jews' victory in the Maccabean Revolt in 165 B.C. According to the Talmud, the Jews had only enough olive oil to keep the eternal flame in the Temple burning for a single day—but miraculously, the oil continued to burn for eight days, during which time the Jews were able to produce and consecrate fresh oil for the flame. The eight-day Jewish holiday begins at sundown. Hanukkah is observed by the lighting of a nine-branched candelabrum, called a menorah. One candle is lit each of the eight nights, with a central candle lit each night to light the others.
- ◆ **Christmas, Dec. 25.** This Christian holiday celebrates the birth of Jesus, sometime between the years 7 and 2 B.C. The word "Christmas" comes from "Christ's Mass," a phrase first recorded in old English in 1038. Christmas began to be observed with feasts and celebrations in the Middle Ages—the online encyclopedia Wikipedia notes that King Richard II of England hosted a Christmas feast in 1377, with 28 oxen and 300 sheep eaten. The colonial Puritans of New England disapproved of Christmas celebrations, banning them during the 17th century. But other colonists observed the day with Christmas trees and nativity scenes. President Ulysses S. Grant signed the law making Christmas a federal holiday in 1870.
- ◆ **Kwanzaa, Dec. 26 to Jan. 1.** A seven-day celebration of African heritage and culture, Kwanzaa was created in 1966 by activist Maulana Karenga to provide African-Americans with a holiday that emphasized their shared history and experience. The name Kwanzaa derives from "matunda yakwanza," a Swahili phrase meaning "first fruits." Houses are decorated with African art and colorful cloth, and seven candles are placed in the kinara, a candleholder. The central candle in the kinara is black, with three red candles on the left and four green candles on the right. The candles represent the Seven Principles of Kwanzaa, which are contemplated each day as one is lit: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.



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"It is Christmas in the heart that puts Christmas in the air."

-W.T. Ellis



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-Joyce

Seeing Santa Claus

A grandmother took her grandson to the shopping mall in December to see Santa Claus. The young boy was very excited to sit on Santa's lap. "Now, little boy," Santa said, "tell Santa what you want for Christmas."

In a very loud voice, the boy said, "I want a NINTENDO, and a NEW BIKE, and some BOOKS, and—"

"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

The boy leaned forward and whispered, "No, but my grandma is."



**STAY POSITIVE!!
THREE POWERFUL AFFIRMATIONS**

Creative people are optimistic. They have to be, if they expect their ideas to succeed. But optimism isn't blind faith; it's a skill you can learn.



Author Martin E. P. Seligman explored how optimists explain negative events in their lives, and he found that they usually say these three statements to themselves:

- 1. This won't last forever.**
- 2. This doesn't affect every part of my life.**
- 3. I'm not necessarily to blame.**

Adopt these statements to maintain a positive, creative frame of mind.

Turing's Bicycle

According to a story, computer pioneer Alan Turing once owned a bicycle that had a problem with its chain, it would fall from the gears after a regular number of revolutions. Turing trained himself to count the revolutions of the gears as he was riding. When he got close to the time for the chain to derail, he'd get off the bike and adjust the chain.

This became trouble for long rides, so Turing rigged a mechanical device that would count the revolutions and readjust the chain itself. The problem challenged his mind so thoroughly that it apparently never occurred to him to just buy a new bicycle chain.

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What's Inside?

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- Money Saving Offers -
- & Much More!

What's The Answer?



Who Invented The Trampoline?

What Were The First Earmuffs Made With?

How Can You Cultivate A Healthier Lifestyle At Work?

Where Does The Word 'Christmas' Come From?



*The Answers To These And Many
More Questions Are Inside*

