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How To Let Go Of Old Traditions During The Holidays

. Dianne Harman

Let's face it, it's hard to let go of the old traditions. We established them and they worked for so many years. But the time comes when our children need to establish traditions of their own. It's one of the best gifts we can give our children and grandchildren. After all, why should our tradition be the only one that should be observed? It may have worked for us for years, but what about our new in-laws? And what about blended families? If you insist on doing things as you always have, often it's going to offend someone who's struggling to establish their own traditions.

Our grandson's birthday fell on Thanksgiving this year. He wanted chicken drumsticks, guacamole, and mo-mo's (yeah, who knew?). A balanced healthy meal? Probably not. A change in years of turkey tradition? Yes. But allowing him to feel special on his

birthday and have what he wanted to eat trumped tradition. So we had the turkey and all the trimmings a few days later. And it was as good as it's always been, just a little different!

We have what would probably be considered a "modern" family by today's standards. Ages range from 72 to 4. Degrees range from a high school diploma to a Masters in Law. There is no way one tradition would work for all of the family members. One size fits all? Think not!

We can get so locked into traditions that we forget what's the most important thing of all during holiday seasons -- being with loved ones. The first time my husband and I visited our son and daughter-in-law for Thanksgiving in Seattle, we ate Thanksgiving Dinner at 2:00 in the afternoon. When I was a child and later when everyone came to our house for Thanksgiving Dinner we ate



at 6:00. It was a change and yet one we really enjoyed. There was even time to digest the huge dinner before we went to bed. Actually, we probably felt a lot better for having eaten earlier.

Christmas presents another challenge. As we get older, we often find less is more. We may not decorate the house to the extent we did when the children were younger. And if the tree isn't decorated quite the way it always was, so be it. I remember my first Christmas as a bride in California celebrating the day with my husband's family. Their tradition was to have the Christmas gift giving on Christmas Eve. The horror of it! My family had always celebrated Christmas gift-giving on Christmas Day and surely that was the way it was supposed to be. What were they thinking? I can even remember having some rather uncharitable thoughts about my mother-in-law -- that maybe she didn't want the mess of wrapping paper and bows to interfere with the Christmas feast she was preparing. So my husband and I compromised. We decided to



How To Let Go Of Old Traditions During The Holidays (Cont)

start our own tradition of exchanging one gift on Christmas Eve and the rest of the gifts on Christmas Day.

Now that's changed as our children formed their own traditions. Our son and his wife don't exchange big Christmas presents, but they spend time and money filling each other's stockings. My daughter and her family come to our house on Christmas Eve for gift exchanges and dinner. Christmas Day they and the children have made a tradition of spending a lazy day, letting the children enjoy all of their new gifts. And truth be, rather imagine the children enjoy it more than they would having to get dressed up to go to dinner at the grandparents' home and

eating Christmas dinner with people they didn't even know. We've always asked whoever didn't have a place to land on Christmas to come to our home for dinner.

The traditions we've established were probably done so for a good reason. But have we become rigid about sticking with these traditions? And really, what's to be gained from insisting on observing a tradition which has become obsolete, but a lot of animosity from in-laws? New situations demand that new traditions be established. Often children have several sets of parents, step-parents, in-laws, etc. Trying to please all of them can be a nightmare. Not only that, a day that should be joyous



becomes stress-filled, often to the point where people dread it. Those who can, often travel to warm weather destinations. I suspect it's not only for the warm weather, but an avoidance of family conflicts. A friend of mine with a blended family wanted to have everyone come to her house for Thanksgiving and establish that tradition. It didn't work. Her son-in-law wanted to spend the day with his parents. Her

husband's son wanted to spend the day with his mother. Her husband wanted to spend the day with his cousin. And on and on. Fortunately, she was gracious enough to recognize that by trying to insist that Thanksgiving be spent at her house, she would alienate just about everyone in her family. The price was too high!

Bottom line. Embrace changing traditions. You might even find that you enjoy them!

— Brrrrr-itos!
 — Chimney-changas!
 — Because snow would melt in Africa!
 — A F-rose!
 — North Polish!
 — A flake rake!
 — Rude-olph!
 — The glove compartment!
 — Elf S. Presley!

1. What nationality is Santa Claus?
2. What do you call a reindeer with a red nose and an attitude problem?
3. What kind of flower grows at the North Pole?
4. Which of Santa's elves was a rock'n'roll star?
5. What do the elves order at the North Pole's Mexican restaurant?
6. What does the gardener elf use to keep Santa's yard neat?
7. What does Santa order at the North Pole's Mexican restaurant?
8. Why does it snow at the North Pole?
9. What part of the car keeps your hands warm when driving in the North Pole?

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Texas
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Brownwood
Chamber of
Commerce**



This Months Employee All Stars



Russell
LPT
2 Years



Shirley
HHA
2 Years



Vicky G.
PTA
5 Years



Vicky D.
HHA
26 Years



Kasey
RN
5 Years



Amy
2 Years



Lisa
Administrator
28 Years

Christmas Carol Cryptogram

Here is a list of 18 Christmas Carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZI NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'O IXRWOFUT QJ W DSNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYA
12. YFNMYR IXBOORX MQV
13. TQI XNAN VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD OQOOV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYA
17. SWER VQBXYRJ W ORXXV YFNMYR PSXFANOWA
18. Q PSXFANOWA NXRR



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1. O come all ye faithful
2. Silent night, holy night
3. Deck the halls with boughs of holly
4. Hark the angels sing
5. The first Noel
6. We wish you a merry Christmas
7. It came upon the midnight clear
8. I'm dreaming of a white Christmas
9. Away in the manger
10. Santa Claus is coming to town
11. Silver bells
12. Little drummer boy
13. God rest ye merry gentlemen
14. Rudolph the red nosed reindeer
15. I saw mommy kissing Santa Claus
16. Jingle bells
17. Have yourself a merry little Christmas
18. O Christmas tree



Merry Christmas



From Our Family To Yours!

Dealing With Grief During The Holiday Season

Amy Goyer

Grieving the loss of a loved one is a deep and difficult challenge at any time. But the holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of the absence of a loved one. At the same time, they can also be comforting rituals where you spend time with family and friends, focusing on good memories and trying to recapture your sense of joy. If

you are mourning a loss of a loved one this year, here are some important things to keep in mind.

Family gatherings can be painful reminders of the absence of a loved one.

Only do what feels right. It's up to you to decide which activities, traditions or events you can handle. Don't feel obligated to participate in anything that doesn't feel doable. Grieving takes time. You are very vulnerable right now, so all you need to do is get

through the day or week or season — in a healthy way. Try not to think much beyond that.

Accept your feelings — whatever they might be. Everyone takes his or her own path in grief and mourning. Some may try to avoid sad feelings; others will be bathed in tears. Some feel bad that they aren't up for enjoying a holiday; others feel guilt because they are feeling joy. However you feel, accept it. And accept the in-

evitable ups and downs: You may feel peaceful one moment and gut-wrenchingly sad the next. Try to stay in tune with your own highest truth and you will know how to get through the holiday without judging yourself or others.

Call on your family and friends. Talk with loved ones about your emotions. Be honest about how you'd like to do things this year — if you want to talk about those who have passed, then do so, and let others know it's OK. Take a buddy to events for support and create an "escape plan" together in case you need to bow out quickly. Read books about getting through the holidays after loss, and seek out support groups, lectures or faith-community events. Seek professional support from a therapist. Stay in touch with others who are grieving via online groups and connections with friends.

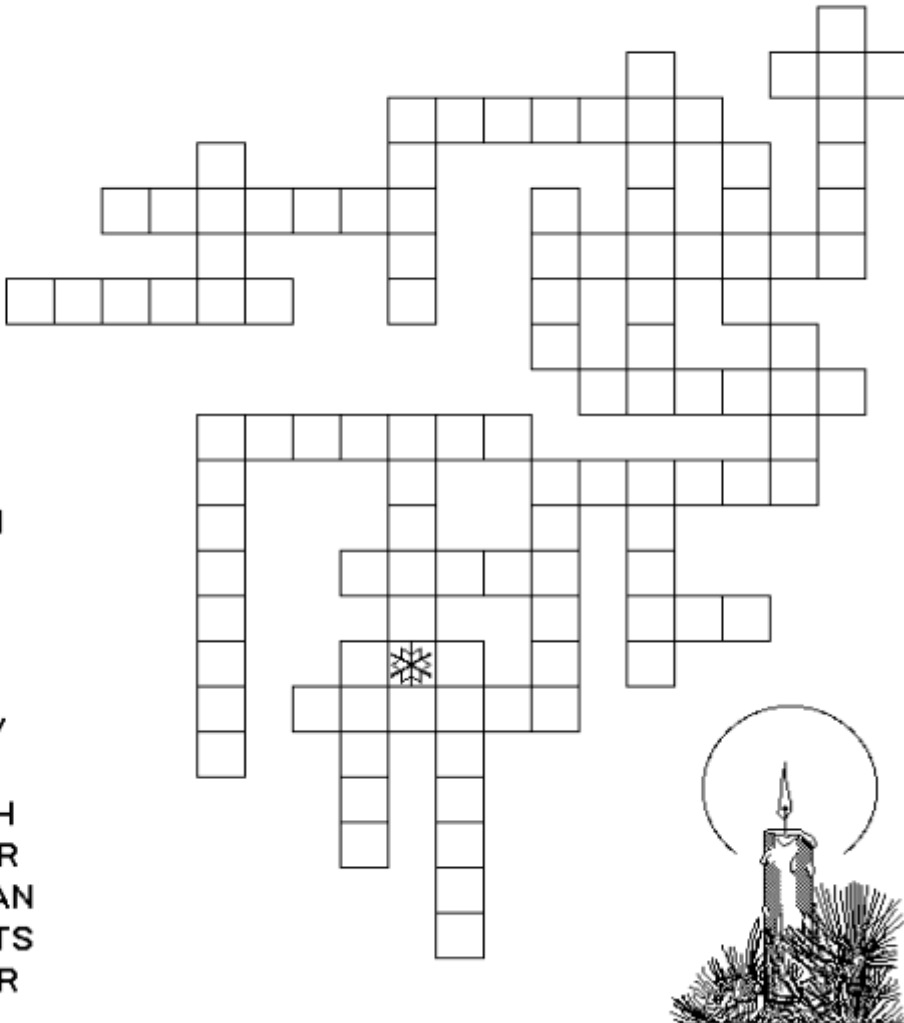
Focus on the kids. Many holidays place special attention on children, and it often helps to focus on their needs. Realize that your choices around getting through the holidays may affect the children in your family. If you withdraw, they may not understand why you don't want to join family festivities. Perhaps you can participate in the family rituals or gatherings that are most important to the kids, and excuse yourself when you reach your limit.

Plan ahead. Sometimes the anticipation is worse than the actual holiday. Create comforting activities in the weeks approaching a holiday so that you have something to look forward to rather than building up a dread of the pain the holiday could bring. New activities might be easier, but familiar traditions might be comforting as well

Christmas Crossword

Make all the words fit into this crossword.
Each word is only used once.

ELF
TOY
GIFT
BELL
TREE
STAR
SANTA
COMET
CUPID
VIXEN
CANDY
FROSTY
WREATH
DASHER
DONNER
SLEIGH
DANCER
CHIMNEY
BLITZEN
RUDOLPH
PRANCER
SNOWMAN
PRESENTS
REINDEER



Dealing With Grief During The Holiday Season

— do what feels best for you. Surrounding yourself with positivity can be very helpful.

Scale back. If the thought of many holiday activities feels painful, overwhelming or inappropriate this year, cutting back may help. For example, you might opt for minimal decorations at home and take a break from sending holiday greetings, or try e-greetings instead of the more time-consuming task of mailing greeting cards. You could limit holiday parties to small gatherings with your closest friends and family. Do whatever feels safe and comfortable to you. Create realistic expectations for yourself and others, but above all be gentle with yourself.

It's amazing how in times of grief, sometimes the biggest comfort is to give to others. We often feel paralyzed by the sheer emotion — sadness, feelings of helpless or hopelessness. In times of loss, we often want to do something that will make a difference. Consider these options:

- If you've lost a loved one, gift-giving at holiday times may be a challenge. Shopping for gifts and seeing the perfect gift for someone you know you will never be able to give a gift to again can be devastating. Shopping online may be a better option for you.
- You might purchase something that symbolizes the person or time before your loss and donate it to a needy family. Or make a donation in a loved one's name to a charity or

cause he or she cherished.

- Negative circumstances may surround the loss you have experienced, and it's so easy to fall into a focus on the sadness, horror or anger. Try channeling your energies in positive ways to create good in the world, rather than perpetuate the negative. Volunteer to help people in some way that is related to that which has caused such anguish. Give of your time and talents or make a donation to a related charity.

Acknowledge those who have passed on.

When we are grieving a loss of someone very close to us, it can be helpful to participate in a related holiday ritual in his or her memory. Some ideas: lighting candles for them, talking about them, buying children's toys or books to donate in their name, dedicating a service to them, planting a tree, making a card or writing a letter, displaying their picture or placing an item of theirs among holiday decorations.

Do something different. Acknowledge that things have changed; indeed, the holiday will not be the same as it was ever again. Accepting this will help manage expectations. Plan new activities, especially the first year after the loss. Go to a new location for family celebrations, change the menu or go out to eat, volunteer, invite friends over, attend the theater, travel ... create new memories. Many families return to their usual routines and rituals after the first

year, but some enjoy incorporating their new experiences permanently.

Skip it. If you feel that it will be too much for you and you'd like to simply

opt out of participation in a holiday, let family and friends know. But plan alternative comforting activities for yourself and let someone know what you will be doing. It's a good idea to make sure someone checks in with you on that day.





Christmas Tree Maze

Can you find your way from the base of the Christmas tree all the way to the star?



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The Small White Envelope

Author Unknown

It's just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past 10 years or so.

It all began because my husband Mike hated Christmas---oh, not the true meaning of Christmas, but the commercial aspects of it - overspending... the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma---the gifts given in desperation be-

cause you couldn't think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way.

Our son Kevin, who was 12 that year, was wrestling at the junior level at the school he attended; and shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church, mostly black. These youngsters, dressed in

sneakers so ragged that shoestrings seemed to be the only thing holding them together, presented a sharp contrast to our boys in their spiffy blue and gold uniforms and sparkling new wrestling shoes.

As the match began, I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler's ears. It was a luxury the ragtag team obviously could not afford. Well, we ended up walloping them. We took every weight class. And as each of their boys got up from the mat, he swaggered around in his tatters with false bravado, a kind of street pride that couldn't acknowledge defeat.

Mike, seated beside me, shook his head sadly, "I wish just one of them could have won," he said. "They have a lot of potential, but losing like this could take the heart right out of them."

Mike loved kids--all kids--and he knew them, having coached little league football, baseball and lacrosse. That's when the idea for his present came. That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes and sent them anonymously to the inner-city church. On Christmas Eve, I placed the envelope on the tree, the note inside telling Mike what I had done and that this was his gift

from me. His smile was the brightest thing about Christmas that year and in succeeding years. For each Christmas, I followed the tradition---one year sending a group of mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on and on.

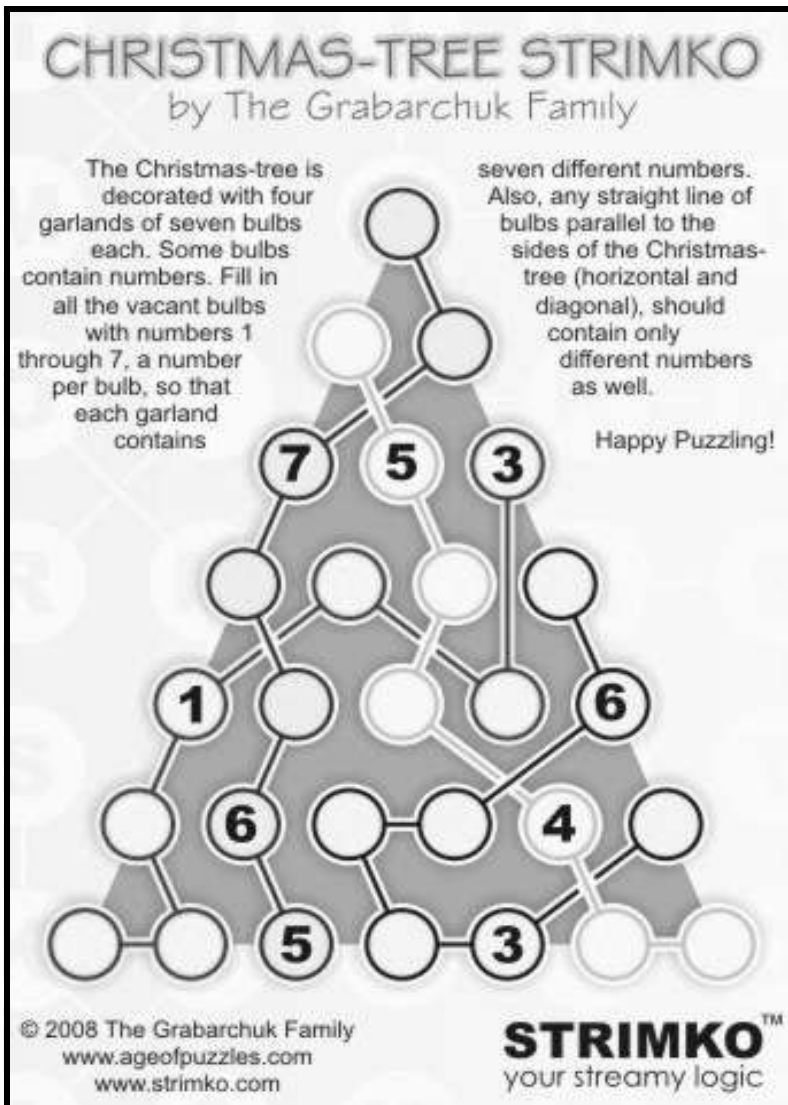
The envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning and our children, ignoring their new toys, would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents.

As the children grew, the toys gave way to more practical presents, but the envelope never lost its allure. The story doesn't end there.

You see, we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree, and in the morning, it was joined by three more.

Each of our children, unbeknownst to the others, had placed an envelope on the tree for their dad. The tradition has grown and someday will expand even further with our grandchildren standing around the tree with wide-eyed anticipation watching as their fathers take down the envelope. Mike's spirit, like the Christmas spirit, will always be with us.

May we all remember Christ, who is the reason for the season, and the true Christmas spirit this year and always, God Bless.



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 checked patients for pain**

100.0%

**How often patients' wounds im-
 proved or healed after an operation**

97.2%

**How often the home health team
 began their patients' care in a
 timely manner**

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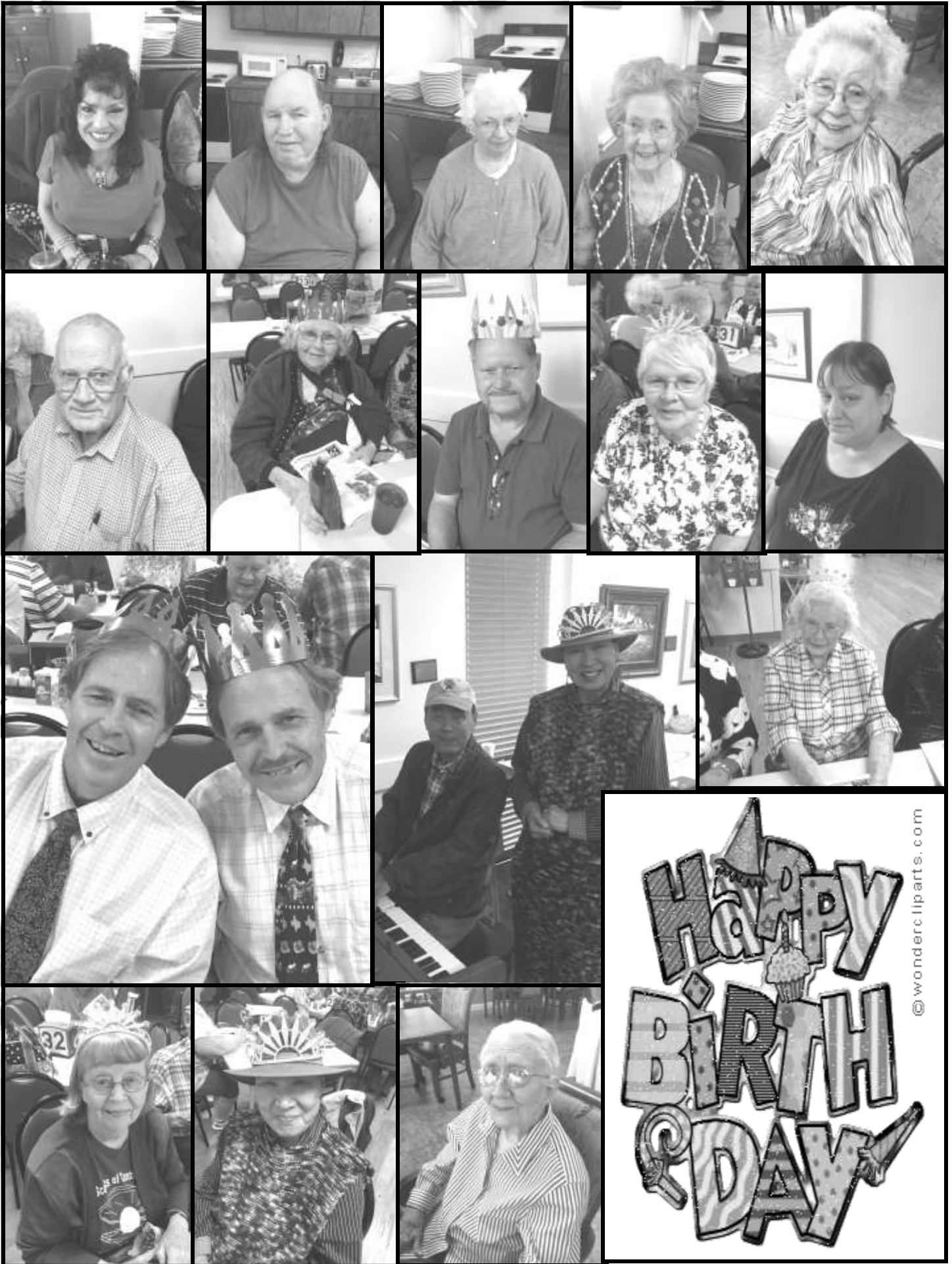
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How To Stay Healthy When Literally Everyone Around You Is Sick

Amy Marturana / SELF

Welcome to cold and flu season, the time of year where not only do you have to drag yourself out of bed while it's dark and foreboding outside, but you also have to sit in an office listening to a chorus of coughing and sneezing all day long. It's only a matter of time until you catch that bug making its way from one end of your workplace to the other. But luckily, whether or not you get sick doesn't have to be left completely up to chance. There are some things you can do to help keep you from suffering the same snotty fate as your co-workers—though, you can never be 100 percent in the clear.

First, you need to accept the reality of the situation: Germs spread like wild-fire in an office or other common space. "When people sneeze, cough or even talk, they are spreading little droplets that can contain influenza and other viruses,"

Romney M. Humphries, Ph.D., tells SELF. These droplets become airborne and then settle on surfaces. Depending on what virus or bacteria a person has, you may not even need to interact with them to catch their germs in a shared space. Some bacteria and viruses, like the flu, for example, can survive on hard surfaces for at least a day, Humphries says. "Other viruses and bacteria don't do well once they are outside the human body, and die quickly in the environment."

Instead of accepting that you'll just become sick and miserable, here are six things you can do to avoid getting sick when everyone you know is.

1. **Wash your hands more.** "This is the best way to remove germs, avoid getting sick, and prevent spread of germs to others," Humphries says. (Follow these steps to make sure you're doing

it effectively.) The goal is to kill any germs you touch before they make their way to your mucous membranes—eyes and nose—where they can set up shop and make you ill. If you can't get up and wash your hands easily throughout the day, "using an alcohol-based hand sanitizer is a good alternative," says Humphries.

2. **Avoid touching your face.** Specifically, your eyes and nose. Touching germs and then these areas gives said germs easy access into your body. So wash those hands and avoid the temptation to touch to make it harder for them to find an entry point.

3. **Wipe down your work surface.** "This will help prevent the buildup of germs and reduce the chances of you getting exposed," Humphries explains. Use a disinfecting wipe to clean off your workspace twice a day in the middle of flu season.

4. **Get vaccinated.** This only helps with the flu, not a cold or other random viruses. But the flu is kind of a big deal. "This is the easiest, most effective way to protect yourself against getting sick," Humphries says. "Flu vaccines cause your body to make antibodies against the flu. It's important to get vaccinated annually, because the flu viruses change a lot year-to-year, and last year's vaccine will not protect

you." It's still possible to get the flu if you've been vaccinated, but it's often much milder.

5. **Get more sleep.** Having a healthy immune system that helps your body fight off invading germs is another important way to stay healthy. "In general, trying to live a healthy lifestyle can improve your immune system and help prevent you from getting sick," Humphries says. One important part of that is getting enough sleep. "The number one thing you could be doing is getting enough sleep," Anthony Lyon, M.D., tells SELF. When you don't prioritize sleep and push yourself too hard, your body is less prepared to fight back against bacteria and viruses, and you get sick more easily. If you're a restless sleeper or have trouble winding down at night, Lyon suggests practicing deep-breathing meditation.

6. **And remember that healthy habits = healthy life.** Eating healthy and exercising regularly can also have a positive impact on your immune system and put you in the best position possible to stay healthy. So when everyone around you is ill, let that be a reminder to keep up with your fitness routine (yes, even when it's cold outside) and fueling your body for the good fight. Don't overdo it, though. Pushing yourself too hard can actually run down your immune system and make you more susceptible—so no two-a-days, OK?



Name That Christmas Song

A lyric from the song is given. In what song would you find the lyric?

1. "Round yon virgin mother and child"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll be Home for Christmas
 - d. We Three Kings
2. "And Heaven and nature sing"
 - a. Away in a Manger
 - b. Joy to the World
 - c. While Shepherds Watched
 - d. White Christmas
3. "'Tis the season to be jolly"
 - a. Jingle Bells
 - b. While Shepherds Watched
 - c. Deck the Halls
 - d. God Rest Ye Merry Gentlemen
4. "God and sinners reconciled"
 - a. O Come O Come Emmanuel
 - b. O come All Ye Faithful
 - c. Hark the Herald Angels
 - d. The First Noel
5. "Disperse the gloomy clouds of night"
 - a. O Come All Ye Faithful
 - b. O Come O Come Emmanuel
 - c. Hark the Herald Angels
 - d. The First Noel
6. "Joyful and triumphant"
 - a. O Come All Ye Faithful
 - b. Joy to the World
 - c. Deck the Halls
 - d. Ave Maria
7. "Looked down where he lay"
 - a. The First Noel
 - b. Little Town of Bethlehem
 - c. Joy to the World
 - d. Away in a Manger
8. "O tidings of comfort and joy"
 - a. God Rest Ye Merry Gentlemen
 - b. The First Noel
 - c. Ding Dong Merrily on High
 - d. Away in a Manger
9. "On a cold winter's night that was so deep"
 - a. Away in a Manger
 - b. The First Noel
 - c. Ave Maria
 - d. Deck the Halls
10. "Hang a shining star upon the highest bough"
 - a. O Come O Come Emmanuel
 - b. Have Yourself a Merry Little Christmas
 - c. Hark the Herald Angels
 - d. Frosty the Snowman
11. "City sidewalk, busy sidewalks, dressed in holiday style"
 - a. Joy to the World
 - b. Deck the Halls
 - c. Rudolf the Red Nosed Reindeer
 - d. Silver Bells
12. "Please have snow and mistletoe and presents under the tree"
 - a. Beginning to Look a Lot Like Christmas
 - b. Silent Night
 - c. I'll Be Home For Christmas
 - d. Jingle Bells
13. "Somebody snatched on me"
 - a. Bill's Christmas Treat
 - b. The First Noel
 - c. Nuttin' for Christmas
 - d. Deck the Halls
14. "Bearing gifts we traverse afar"
 - a. Jingle Bells
 - b. Silent Night
 - c. I'll Be Home for Christmas
 - d. We Three Kings
15. "Come on, it's lovely weather"
 - a. Deck the Halls
 - b. While Shepherds Watched
 - c. Jingle Bells
 - d. Sleigh Ride

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From 2pm To 4pm








Christmas Carol Picture Puzzle

Each numbered box contains pictures that are clues to its title.
Write the number next to the carol it matches.

Merry Christmas

- | | | |
|----------------------------------|---------------------------|--|
| ___ Angels We Have Heard on High | ___ O Holy Night | ___ I Heard the Bells on Christmas Day |
| ___ Caroling of the Bells | ___ Little Drummer Boy | ___ Do You Hear What I Hear? |
| ___ Away in a Manger | ___ Silent Night | ___ I Saw Three Ships |
| ___ While Shepherds Watched | ___ Mary, Did You Know? | ___ Go Tell It on the Mountain |
| ___ Joy to the World | ___ What Child is This? | ___ Hark the Herald Angels Sing |
| ___ O Little Town of Bethlehem | ___ The Holly and the Ivy | ___ We Three Kings of Orient Are |

1 	7 	13 
2 	8 	14 
3 	9 	15 
4 	10 	16 
5 	11 	17 
6 	12 	18 



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For More Information Contact Tina at 325-642-5305



What NOT To Give Grandkids This Christmas

Considering how parents might feel about certain gifts may be among the most compassionate of acts this Christmas season.

Lisa Carpenter / Grandparents.com

The Christmas my middle daughter was about 4 years old, she received the most adorable, soft-bodied baby doll. We called it "Laughing Baby," because when the doll's tummy was pressed, she'd let loose an infectious giggle that would set my daughter into giggle fits galore. It was precious—the first 320 times. Then it was simply obnoxious and in need of silencing.

One night while my daughter slept, I carefully ripped open Laughing Baby's seam, ripped out her laughing box, and quickly sewed her shut. I simply had to. Laughing Baby's laughter was driving me mad.

The Rule of Ls

The only person I had to blame for the madness was myself—I was the idiot who purchased Laughing Baby. Thankfully, as gift-giver I had the right to render the giggly doll silent. If Laughing Baby had been a gift from one of my daughter's grandparents, though, the guilt from surgically removing the giggle box would have been far too much for me. I'd have settled instead for a lifetime of loathing the gift giver for presenting my child with such a loud toy.

Before presenting my grandsons with a gift, I always keep Laughing Baby in mind and remember the Rule of Ls: Never give a gift that is **loud**, **large** or **luxurious** without asking for permission from the parents first. **Read on for seven gift**

-giving no-nos for grandkids.

- **Loud Gifts**

Sure, a granddaughter may pine for a drum set, a grandson a dinosaur that roars repeatedly, or a stuffed dog that sings "We Will Rock You" over and over and over. Mom and Dad may be perfectly pleased with such a gift for their little ones. But we all know what happens when we assume. Don't. Ask first.

- **Large Gifts**

That drum set is not only loud, it's large. Swing sets are large, too. So are some McMansion-size dollhouses, bicycles, inflatable bouncy houses, and more. Cumbersome gifts can be the bane of families living in limited space.

- **Luxurious Gifts**

There's nothing more uncomfortable during the holidays than being on the receiving end of a costly and unexpected gift. I take that back. There is something worse: When one's child receives something luxurious that may not be appreciated or taken care of in the manner the gift giver expects, leaving parents to pay a price in guilt and apologies for something they nor their children ever really wanted.

- **Top-of-the-List Gifts**

Parents often set out to please their children with at least one deeply-desired toy or tech device. Purchasing the No. 1 gift a grand-

child wants without first asking the parents could spoil the season for Mom and Dad. An offer to cover a coveted item may be sincerely appreciated or it may be perceived as stepping on the parents' toes.

- **Age-Inappropriate Gifts**

We grandparents know darn well our grandchildren are absolute geniuses and the recommended ages on toys and games mean nothing when it comes to their abilities. They do mean something, though, so follow them. Consider them, too, when there's a younger sibling. How many Lego sets remain hidden away in an older child's closet for fear a little brother might swallow the pieces? Perhaps Mom and Dad can formulate a plan to keep such gifts from being closet-bound and unused.

- **Parents-Required Gifts**

Nearly all gifts presented to grandkids require some outlay of time and talent on the

part of the parent, especially gifts given to younger children. The time that busy moms and dads must add to their overloaded schedules to ensure assembly and enjoyment of some games, crafts, even local venue memberships may lead parents to be even more stressed—and grandparents to feel unappreciated and disappointed. Grandparents who can't put in the time should ensure parents can.

- **Collectible Gifts**

Many grandparents—myself included—enjoy giving grandchildren a special ornament for the family tree each year. If the grandchildren are young, though, they likely want to play with the gift. They likely will break the gift. They likely will be very sad if they open a present from their Mee-Maw only to be told by their Mama "Do Not Touch!" because it will break. Consider age-appropriate ornaments.



Christmas Secret Shape

2009

Find all the listed words in this grid - they can run in any direction, even backwards or diagonally, but always in a straight line. Then colour in the left-over letter squares to discover a hidden shape!

T	B	P	F	E	S	S	R	A	T	S	C	T	O	G
N	A	E	C	I	F	C	A	R	D	A	S	U	N	M
E	P	S	L	E	D	M	A	N	H	C	R	I	B	M
S	D	V	E	L	U	Y	X	T	T	T	S	I	L	A
E	E	B	W	I	S	H	A	U	R	A	E	P	V	R
R	E	F	W	S	M	D	L	W	V	A	N	S	E	I
P	C	R	I	A	F	J	P	Y	D	N	I	G	H	T
D	O	A	T	R	W	G	A	A	B	P	N	E	V	E
E	W	T	N	O	T	R	P	D	R	A	K	F	W	W
C	E	E	I	D	O	I	E	I	M	W	U	T	O	A
E	L	T	X	B	Y	N	R	L	U	N	O	B	L	E
M	G	S	E	M	S	C	H	O	R	S	E	V	L	E
B	N	O	K	R	A	H	A	H	D	O	V	E	S	E
E	I	P	E	E	H	S	T	N	E	M	A	N	R	O
R	J	B	E	T	H	L	E	H	E	M	E	R	C	Y

AWE	NOBLE
BAUBLE	ORNAMENTS
BELLS	PAPER HAT
BETHLEHEM	PEAR
CANDY CANE	POST
CARD	PRESENT
CRIB	RITE
DECEMBER	ROBE
DOVES	SANTA
DRUM	SHEEP
ELVES	SILVER
EVE	SING
FAIR	SLED
FIR	STARS
FUN	SUN
GRINCH	TOP
HARK	TOYS
HOLIDAY	TRAYS
ICE	TREE
JINGLE	WISH
LIST	WRAP
MANGER	XMAS
MERCY	YULE
NIGHT	

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For more information Contact
Joan Countess 325-643-5820

Heart Of Texas Ostomy Support Group

**At Brownwood Regional
Medical Center**

Christmas Classic Movie Characters

Fill in the names of these famous movie characters under the appropriate movie.

Merry Christmas!

Miracle On 34th Street

A Christmas Story

George Bailey
Charlie Halloran
Randy Parker
Fred Gailey
Sam Wainwright
Jacob Marley
Uncle Billy
Schwartz
Zuzu
Kris Kringle
Dist. Atty Thomas Mara
Bob Cratchit
Fred
Susan Walker
Scut Farkus
Clarence
Ebenezer
Judge Henry X Harper
Violet Bick
Grover Dill
Ralphie
Mr. Granville M. Sawyer
Miss Shields
Doris Walker
Mr. Emil Gower
Mr. Potter
Mr. Gimble
Flick
Tiny Tim
Ernie Bishop

It's A Wonderful Life

A Christmas Carol





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