

Select Gifts that Create the Least Waste

Any gift has the potential of becoming waste if it isn't used by the receiver. However, some gifts are sure not to become garbage. If you carefully consider the normal activities of recipients, you are likely to select gifts that are compatible with their lifestyles. Many of the suggestions are not unusual or exciting. However, if you intend for gifts to bring some form of satisfaction and not become a burden to receivers because they have to be displayed, stored, cleaned or dusted routinely, take a close look at this list.

- Babies**
- Books
- Diaper service
- Lotion or other baby toiletries
- Savings bonds
- Children**
- Books
- Educational tapes/videos/movies
- Lessons (swimming, dancing, music, karate, art)
- New experiences (airplane ride, boat ride, bus trip, train ride)
- Play at local theater
- Meals at an ethnic restaurant
- Trip to an amusement park/casino
- Savings bonds
- Individuals and Families**
- A supply of favorite snacks (popcorn, peanuts, pecans, etc.)
- Home-baked bread in reused coffee cans
- Basic household tools (hammer, screwdriver, extension cords)
- Can crusher for recycling cans
- Books
- Less-to-go cleaning supplies
- Faucet aerator
- Fire extinguisher
- Rechargeable flashlight
- Restaurant gift certificates
- Health Care
- Dental Care
- Eye Exam
- Physical Exam
- Light bulbs
- Low-flow shower head
- Magazine subscriptions
- Door mat made from recycled materials
- Roll of postage stamps
- Smoke alarms
- Return-address stamp
- Gourmet foods

- Subscription to local newspaper
- Tickets to favorite sporting event
- Toothbrushes and toothpaste
- Unscented lotion
- Recycled paper
- A gift basket full of recycled products
- Wood or metal folding clothes dryer
- Especially for Senior Citizens**
- Spend time with person, doing something he or she likes
- Take person shopping for food
- Pay monthly premium for health care
- Pay for a routine prescription or health care item used with a chronic illness or disease (e.g. blood pressure pills, diabetic medications, rental fee for health care equipment)
- Pay a utility bill (water, cable,

- trash collection)
- Provide a month's supply of canned fruits or vegetables that the person likes
- Provide a service
- Clean hard-to-reach places (high windows, under beds, behind appliances)
- Clean out the refrigerator or freezer
- Do laundry
- Use his or her own recipe
- Maintain lawn for one month
- Make a household repair (e.g. leaky faucet)
- Rake leaves; sweep off the roof
- Take out the garbage for the month
- Bring in the mail.

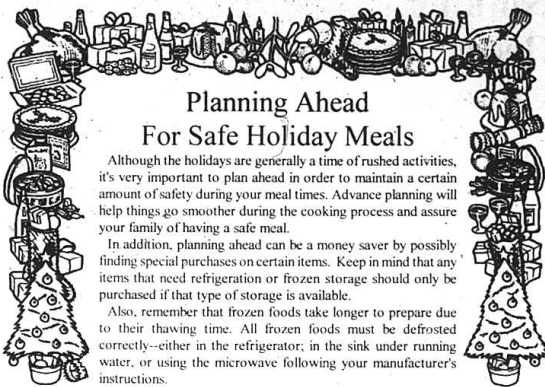
Christmas

Word Find

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E M F V D K C A R O L S H C S
M S U A L C A T N A S D H B L
I J N M O I U M A R Y R N Z E
N T G E G N Z M I D I E E P I
L R N H C T S J T S O H M R G
T F O E Y N G S T D M P E U H
A X E L M I I M E I F E S D R
E N L H L A A K S L D H I O R
I O G T H S N T N D S W L Y
H I E E S P L R I A O N C P M
J V B B L E E E O M R W A H L
R D H P T S R S P O Y F M C H
N W N O R T H P O L E I U A R
B D E C E M B E R J T P W Z N
    
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|--------------|------------|-------------|
| Angels | Holly | Reindeer |
| Bethlehem | Joseph | Rudolph |
| Candles | Mary | Saint Nick |
| Carols | Mistletoe | Santa Claus |
| Christmas | Myrrh | Shepherds |
| December | Noel | Sleigh |
| Frankincense | North Pole | Snowman |
| Gold | Ornament | Wisemen |
| | Poinsettia | |



Planning Ahead For Safe Holiday Meals

Although the holidays are generally a time of rushed activities, it's very important to plan ahead in order to maintain a certain amount of safety during your meal times. Advance planning will help things go smoother during the cooking process and assure your family of having a safe meal.

In addition, planning ahead can be a money saver by possibly finding special purchases on certain items. Keep in mind that any items that need refrigeration or frozen storage should only be purchased if that type of storage is available.

Also, remember that frozen foods take longer to prepare due to their thawing time. All frozen foods must be defrosted correctly—either in the refrigerator; in the sink under running water, or using the microwave following your manufacturer's instructions.

Plan ahead the number of people to invite to your get-together.

If it is a larger group than you normally prepare for, it will take extra thought and even help from some of the guests to ensure a safe, happy meal. However, if you do invite guests to bring a dish with them, make sure that if the dish is perishable it doesn't remain in the danger zone of between 40 to 140 degrees Fahrenheit for more than an hour or two. Remember, advance planning not only can save money but can also help to make your holiday meal a safe and happy one.

How to Find the Perfect Gift of Clothing for A Child

Clothing can help satisfy the physical, social and emotional needs of school-age children in positive ways. One important way that clothing meets a child's needs is by helping him or her to develop a positive sense of self-esteem.

When you are selecting gifts of clothing for a child, consider the child's needs and how clothing can fit those needs. Most children want to be like their friends or their heroes. Children don't like to

be teased or ridiculed. When selecting clothing gifts for children, think about what clothing means to the child.

Notice what other children are wearing when they are playing. Look at the kinds of clothes they are wearing to school—kids don't want to be too different from their friends. Listen to each child to learn what is important to that individual about his or her clothing.

Become more aware of products that are advertised on television.

videos and movies that your child is watching.

Talk to other parents about what kind of clothing their children are wanting or talking about. Make sure you understand any school dress codes if you intend to purchase clothing that can be worn to school.

Notice which garments children wear most frequently—the colors, the styles, the fabrics.

Ask them what kind of garments they like and want to wear.



From left: Tracey Abel, Mary Mathis, Agent and Kim Holcomb

May peace and joy come to you during this holy season.

MERRY CHRISTMAS

Cotton States Insurance Agency
 INSURANCE Auto • Life • Home
 Mary Mathis, Agent

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For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:16

Our thanks for the many kindnesses you've shown us through the year! We join with you in praying for a world filled with peace and joy.

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