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Building Bridges Mentoring Program

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Read and enjoy!

<http://www.primarygames.com/holidays/christmas/games.htm>

CHECK OUT THIS WEBSITE



9 ways to turn that frown upside down!! E> :)

1.) Be less virtual, more 3-D. "If there's one thing that separates happy people from ridiculously happy people, it's the quality of their Social relationship," says psychologist Todd Kashdan of George Mason University. If you sit at a computer all day, get up and indulge in some human contact instead. Even time with strangers ramps up your sense of well-being, says Kashdan. "You laugh much harder when you're with other people in a theater than when you watch a movie at home."

2.) 4,6,8... who do we appreciate? Making a list of things you're grateful for may seem silly, but it's been proven to work. In fact, counting your blessings may be the single most helpful thing you can do for your happiness quotient, say experts.

3.) Rack 'em up. Think of every positive experience during the day as a bead on a string, and see how they add up. This simple exercise makes you focus on even the smallest positive moments, like a fellow driver waving you to go first at a four-way stop, or an e-mail from a friend in a spam-filled inbox.

4.) think memorable, not material. If you have to choose between, say, a new car and a family vacation, pack your bags. Even the sexiest sport car becomes routine over time. But the memory of a good time with friends and loved ones will last forever.

5.) Go to the funny side. "humor is like salt on meat," observes psychologist Martin Seligman, PhD." It amplifies everything." Watch reruns of classical shows that never fail to make you laugh. Try to smile at the absurdities of life.

6.) Escape to your stress-free zone. Think of a place where you always feel calm and happy. Then, when you're tense and miserable, call it up mentally, with as much detail as possible. Smell the suntan lotion. Feel the sun. Hear the sea. Play this video in your mind when your spirits slump.

7.) See the glass as half full. Whenever possible, try to look at the bright side. You might be feeling like your life right now is one giant down-hill slope. But if you stop and assess it honestly, you'll actually have it pretty good. And if things truly are against you, see no.8.

8.) Find your inner artist. Think back to when you had time for creative expression. Were you in a rock band? Did you write poetry? Did you love tinkering with cars? Remember feeling so engaged that you lost track of time? Why not pick up that Fender again? Joyful expression can bring happiness.

9.) Do good. Acts of kindness, however small, deliver as much pleasure to the giver as to the gettner. For example, a real paper-and-pen letter, telling someone who's helped you how much it meant to you, is a surefire cheer-upper. So is giving time, money or both to a good cause.

10.) Seize the moment. Rather than waiting to celebrate a big event, why not do it today? Bake a cake just because. Take someone out to lunch. Buy pink nail polish. Raise a toast to a good day. Go ahead, be happier!!!!!!

THINGS TO DO:

GRANVILLE: Dec. 5th (rain date Dec. 6th) 6pm

"Hometown Holiday Festival" In Veteran's Park Tree lighting & Nativity Scene,, Santa, refreshments. FREE

CAMBRIDGE: Dec. 5-7th Friday at 6pm parade, tree lighting, etc.

Sat: 10am-2pm, Christmas Goodies at United Presbyterian Church and Craft & Christmas Sale at Cambridge Central School

Sun: 3pm Christmas Concert at Embury United Methodist Church.

Glens Falls [Hometown Holiday Week Long Celebration!](#)

Dec. 6 : Winter Wonderland at City Hall - complete with Santa and holiday music performed by Ryan Engelbrecht. ***Horse and Carriage rides in front of City Hall. 1-3pm Downtown, FREE

See enclosed sheet for more!!

Picture your dreams !



Christmas Recipes

Having a tough time envisioning your goals? Create a treasure map, a collage of words and pictures that represent what you want. "Putting your hopes on paper where you can see them keeps your mind focused on what you want, so you're more likely to go after it." Try these three easy steps to keep your dreams in sight.

1.) Flip through magazines and cut out images and ideas that represent your objectives, whether they're material things (your dream house), personal goals (a woman exercising) or inspirational words ("success").

2.) paste your clippings onto 10"x14" posterboard.

3.) Hang your creation in a place where you'll be able to look at it every morning and night to remind yourself of your goals.



The children always look forward to receiving gifts, while grown-ups probably look forward to preparing and eating Christmas food the most. As it is, we all exert much effort to plan and prepare good food during Christmas. All recipes must be tasty and there must be enough of everything.

During Christmas, a whole nation eats the same food. People cook according to the same Christmas recipes and end up with the same table decorations. It is, after all, a time for observing traditions. In the USA, they serve turkey and/or ham. It is placed in the middle of table; thus, it also functions as an amazing table decor. Many people in England do the same. **However, even though** traditions with regards to Christmas recipes are great, they are not the same across States.

- Hawaii blesses us with Turkey Teriyaki marinated and cooked in an outdoor pit.
- New England has Lumberjack Pie (a mashed potato crust filled with meat, onion, and cinnamon)
- Pennsylvania Dutch serves Sand Tarts (thin, crisp sugar cookies)
- Louisiana's treat is Creole Gumbo. It can include ham, veal, chicken, shrimp, oysters, and crabmeat.
- North Carolina features Moravian Love-Feast Buns (faintly sweet bread of flour and mashed potatoes)
- Baltimore serves Sauerkraut with their Turkey (which includes apples, onions, and carrots)
- Southern states have Hominy Grits Soufflé and Whiskey Cake (with one cup of 100-proof whiskey.)
- New Mexico has Empanaditas -- little beef pies with applesauce, pine nuts, and raisins
- Virginia gives us oyster and ham pie

At the same time, each family often has its own personal Christmas recipe which all members prefer. Sometimes, the turkey is stuffed with something very special or the potatoes need to be prepared in a special way on this particular day. You will see the big differences if you examine what the different nations eat for Xmas. In Mexico, the menu mostly consists of fruits, nuts, and salad. In the Czech Republic, they eat carp, and in France, the Christmas recipes consist of both foie gras and lobster.



Cumberland Farms accepting scholarship

Glens Falls— Cumberland Farms has announced the application period for the third year of its Believe and achieve Scholarships opens October 15. The program provides individual \$1,000 scholarships to graduating high school seniors bound for college. The believe and Achieve scholarship program is open to students who live within 30 miles of any Cumberland farms outlet. The scholarship program is also open to children of Cumberland Farms employees. While the initiative takes academic performance into account, the award also considers the student's financial need. Applications can be submitted online through: www.CumberlandFarms.com and will be open until December 15. Eligible high school seniors are encouraged to apply as soon as the application period opens. Information about the Believe and Achieve scholarship, including entry criteria and deadlines, is available online at: www.cumberlandfarms.com, as well as in all Cumberland Farms' store locations.

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