



# MERRY CHRISTMAS

## Christmas Ideas

Christmas is just around the corner. Have you completed your Christmas shopping yet? I decided to make some homemade gifts this year and wanted to give you some examples of these easy, relatively cheap presents. For my mom: I had all members of my family give me an old article of their clothing. I cut them into strips and with a large crochet needle, knitted them together to make a throw rug. For my daughters: I have saved trinkets from places that we have gone or things that we have done (i.e. NY Broadway presentation "Hairspray", camping trip with entire family, OU baseball game ticket stubs, etc.) and created a 2008 scrapbook. For my granddaughter: I made a kids book of things that we have done together. One year I made a homemade Monopoly game specifically with information from my family. These are the type of presents that mean much more than a store bought present. A simple letter on what your parents have done for you will probably be the best Christmas present they will ever receive. I still have the handmade cards my kids have given me over the years..... I have many more ideas and would gladly share them with you. Heck, I will even meet with anyone who needs a quick class in how to crochet or sew. Just let me know!

## This month's poem!

Am I one person today and tomorrow another?  
Sometimes weary and empty, then at times full  
of unexplained energy.  
Yearning for kind words.  
Sometimes restless and longing, struggling to  
take a breath.  
Why do I uncontrollably laugh and cry?  
Will they like me?  
I pretend I am young again, remembering the  
comforts of my parents embrace.  
I worry that I will not be good enough.  
I worry that I cannot love or be loved.  
I am innocent yet mature beyond my age.  
I fear both failure and success.  
Do I see sunsets the same way as others see  
them?  
I want to let people know I'm scared.  
I am a person that matters....I am a teenager.



## You Asked For It!

**Question:** I am 17 and shy. I want to get to know people in my class, but I am too scared. What should I do?

**Answer:** Smile! Looking approachable is a step in the right direction to get to know people. Maybe there is an opportunity for you to work in groups on a project. Building relationships with other people takes some work, so don't be discouraged if you don't become best friends right away. Some people are hard to get to know or just very busy. Just keep trying....but don't be annoying.

### Parents Information:

Teens & The "Wrong Crowd" by Charles Wisbbelsman, MD

— His best friend is into motorcycles and cutting classes...her friends smoke and drink, or maybe you're disturbed by the way her friend dresses or talks. What can you do when you fear your teen is running with the "wrong crowd"?

Talk with your teen. Without attacking his friends personally, voice your concerns. Then give your teen a chance to share his thoughts. Perhaps together, you can come to a compromise about how much time he will spend with a friend, or what activities are permissible and which ones aren't. Resist, if at all possible, the urge to forbid your teen to see a certain friend, since this may make the friend more attractive than ever and make your teen feel that he has to choose sides.

Only if the friends are directly endangering your teen by urging the use of drugs, shoplifting, or other illegal activities, is it advisable to step in and forbid the friendships.

Try to offer your teen an alternative to make new friends at school, a special class or activity or hobby group.

## This Month's Upcoming Events

**5/7, 12/14, 19/21**

North Pole Nelsonville

\*Ice Skate on the outdoor skating ring or visit Santa's village at Nelson Commons Park

**22/23**

Play- A Christmas Carol

\*Arts West Phone 592-4315

**4, 11, 18<sup>th</sup>**

Spinning Turtle Yarn & Gifts, Nelsonville

\*Get free lessons from 5-8:00 PM

**9<sup>th</sup> at 7:00 PM**

Athens Public Library

\*Crunch! A History of the Great American Potato Chip. This is a lecture that uncovers the dark side of the potato chip history.

**\$\$\$\$SHOW ME THE MONEY\$\$\$\$**

I just wanted to let you know that you will be receiving a check for \_\_\_\_\_ for the month of November. Great job!



### From Kim....

I hope everyone has a GREAT Christmas. I am in the process of scheduling a CPR/First Aid class. I will be letting everyone know of the date and time as soon as I have it verified. As always, if there is anything you need help with or just want to talk.....never hesitate to give me a call!

Kim Hobbs

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