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Volume 22, Issue 23

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Be Thankful: Science says gratitude is good for your health



Researchers are finding that gratitude doesn't just make you feel like a better person, it's actually good for your health.

If you need one more reason to be thankful, here it is.

More and more researchers are finding that gratitude doesn't just make you feel like a better person, it's actually good for your health. "Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person's life," said Robert A. Emmons, professor of psychology at UC Davis. "It can lower blood pressure, improve immune function and facilitate more efficient sleep."

One recent study from the University of California San Diego's School of Medicine found that people who were more grateful actually had better heart health, specifically less inflammation and healthier heart rhythms. "They showed a better well-being, a less depressed mood, less fatigue and they slept better," said the study's author, Paul J. Mills. "When I am more grateful, I feel more connected with myself and with my environment. That's the opposite of what stress does."

Another study found that gratitude can boost your immune system. Researchers at the universities of Utah and Kentucky observed that stressed-out law students who characterized themselves as optimistic actually had more disease-fighting cells in their bodies. But Emmons said there's even more evidence. People who keep a gratitude journal have a reduced dietary fat intake — as much as 25% lower. Stress hormones like cortisol are 23% lower in grateful people. And having a daily gratitude practice could actually reduce the effects of aging to the brain.

How Santa's Elves Work



Being thankful has such a profound effect because of the feelings that go along with it, Emmons said. "Gratitude works because, as a way of perceiving and interpreting life, it recruits other positive emotions that have direct physical benefits, most likely through the immune system or endocrine system."

Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good.

But if you're still not feeling the love, experts say gratitude is something you can learn.

"Some people may not be grateful by nature but it is a habit you can get accustomed to," said Dr. Norman Rosenthal, a psychiatrist and author of "Winter Blues."

"One very good way is being aware of comparing up. It's a formula for unhappiness because you can always find a person who is more advantaged than you are."

Mills says all you have to do is think about being grateful and you'll become more grateful.

A good way to do that is by journaling.

"Some people say they don't have anything to be grateful for," Mills said. "If you take such a person to find one little thing to be grateful for and focus on that, you find over time that the feeling of gratitude can transform the way they see their lives."

DATA MASTER: Nikki Hamilton

THERE'S
always
SOMETHING
TO BE
thankful
FOR

Santa's elves are always hard at work, making toys for good little girls and boys.

Santa Claus gets a lot of attention during the holiday season. He deserves it -- rumor has it that he takes into account your wish list, helps you improve your behavior from naughty to nice and travels around the world in just one night to deliver all of those presents. But how could he do all of this by himself?

-As it turns out, Santa's not alone. According to folklore, working hard behind the scenes and under the big guy's shadow are Santa's elves. Typically underappreciated during the holidays, the amount of labor these tiny, mythical creatures clock in is pretty astounding. We have to assume that much like Rudolph and his red nose, without the help of the elves, Santa would have a lot more stress leading up to Christmas and wouldn't be nearly as jolly.

But have you ever wondered what the life of an elf is really like? Sure, there are a lot of stories and movies about Santa's elves -- they're featured in everything from "Rudolph the Red-nosed Reindeer" in 1964 to Will Ferrell's "Elf" in 2004. And although there are some basic similarities between stories, each account offers its own unique take on elf life and customs.

So what do elves look like? Do elves just make toys, or do they have other duties? Do they work just during the months leading up to Christmas Eve, or do they work all year long? Do they get health insurance and vacation time?

Although no one may ever know for sure just how elves operate we do know that they are a BIG help for Santa.

DATA MASTER: Doug WM Stone

Faith in Humanity Restored When Florida Teens Return Wallet and Refuse Reward



After Chris Person lost his wallet outside a Publix store, he searched the area multiple times. After his 72-year-old mother scoured the parking lot and looked at surveillance footage with the store manager, but came up empty, he'd completely given up hope.

The wallet contained his drivers license, Covid vaccination card, credit cards, plenty of cash, and even a gift card that could easily be redeemed by anyone.

The next day three strangers showed up to his home in Palmetto Bay, Florida.

15-year-old Lucas Perry had found the wallet in the parking lot, which had fallen out of Chris's pocket, and with his father and sister decided to drive to Chris's address to personally hand deliver it.

Chris became impressed with the values that Eduardo Perry had obviously instilled in his children. Especially because every dollar of the more than \$100 in cash was still in the wallet.

"They all refused my offer to keep the money that was inside it, they only wanted to do the right thing—and they did," Chris told GNN. "Eduardo was adamant about teaching his children the impact of a selfless, honest act, but I have a strong feeling these two teens would have done it anyway."

Chris was also impressed by the respectful attitude of Lucas and his 17-year-old sister Maya.

While they talked about everything from Jimi Hendrix to Lucas' artwork, the two teens "never even looked down at their phones".

"We found we had so many commonalities between us—especially a love of classic rock,"

"I'm fortunate to know this wonderful, gifted, and talented family—I know that because we spent a good amount of time listening to Maya play my guitar and sing Let it Be with her beautiful sweet voice."

The following weekend Chris and his wife got a new TV and decided they didn't need their souped-up surround sound system anymore. Chris remembered Eduardo is very much into quality audio, so he called him up and asked if he wanted it—and he was thrilled by the offer.

"So, interestingly, one Sunday they are dropping off my wallet at my house, and the next Sunday they are back at my house to pick up a surround sound system," Chris exclaimed. "I can't wait to see what the future holds."

"I made three new friends today. What an amazing experience!"

DATA MASTER: Becca Thornton



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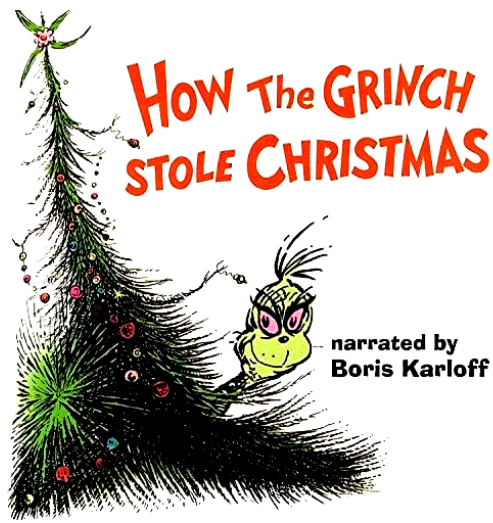
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(Verse 1)

You're a mean one, Mr. Grinch
 You really are a heel
 You're as cuddly as a cactus, you're as charming as an
 eel, Mr. Grinch
 You're a bad banana with a greasy black peel!

(Verse 2)

You're a monster, Mr. Grinch
 Your heart's an empty hole
 Your brain is full of spiders, you've got garlic in your
 soul, Mr. Grinch
 I wouldn't touch you with a thirty-nine-and-a-half foot
 pole!

(Verse 3)

You're a vile one, Mr. Grinch
 You have termites in your smile
 You have all the tender sweetness of a seasick crocodile,
 Mr. Grinch
 Given a choice between the two of you I'd take the sea-
 sick crocodile!

(Verse 4)

You're a foul one, Mr. Grinch
 You're a nasty-wasty skunk
 Your heart is full of unwashed socks, your soul is full of
 gunk, Mr. Grinch
 The three words that best describe you are as follows,
 and I quote "Stink, stank, stunk!"

(Verse 5)

You're a rotter, Mr. Grinch
 You're the king of sinful sots
 Your heart's a dead tomato splashed with moldy purple
 spots, Mr. Grinch
 Your soul is an appalling dump heap overflowing with
 the most disgraceful
 assortment of deplorable rubbish imaginable, mangled
 up in tangled up knots!

(Verse 6)

You nauseate me, Mr. Grinch
 With a nauseous super "naus"!
 You're a crooked dirty jockey and you drive a crooked
 hoss, Mr. Grinch
 You're a three decker sauerkraut and toadstool sandwich
 with arsenic sauce!

Definition of "Grinch"



A grumpy person who spoils the pleasure of others:
 KILLJOY, SPOILSPORT

Did you know?

When Theodor Geisel, better known as Dr. Seuss, wrote the children's book "How the Grinch Stole Christmas" in 1957, he probably had no idea that in 20 years "grinch" would enter the general lexicon of English. Like Charles Dickens' Ebenezer Scrooge (whose name has become synonymous with "miser"), the Grinch changes his ways by the story's end, but it's the unreformed character who "hated Christmas! The whole Christmas season!" who sticks in our minds. The ill-natured Grinch, with his heart "two sizes too small," provides us with a lively symbol of someone we love to hate, and his name has thus come to refer to any disgruntled grump who ruins the pleasure of others.

DATA MASTER: Steven Burdick



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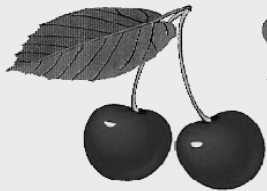
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'Such a goosebump moment': Parents adopt their son's best friend



52 friends and family members lined the courtroom on adoption day.

When Rita Marlow and Seth Lentchner of Bensalem, Pennsylvania, heard there was a child in need on their son's soccer team, they didn't think twice about offering a helping hand. Now, that boy is their son.

"We are still a little in shock," Rita Marlow told TODAY Parents. "We keep saying, 'It's for real?'"

Marlow and Lentchner met Nate, now 16, for the first time about nine years ago when he played soccer with their son, Zachary. The young boys forged a close bond and the families became familiar with one another.

"As the years went on, we found out the family's struggles," Marlow explained. "We would pick Nate up on Friday, (and) he would hang out for the weekend. As they got older, we saw him a lot more and he spent a lot more time at our house."

During a soccer tournament in 2016, Marlow and Lentchner received news that would change their lives.

"We got a phone call that Nate had been removed from his home and they wanted to know if we could keep him connected to soccer," Marlow explained.

Just a few days later, Nate's case manager asked whether the family would consider becoming foster parents.

"This wasn't something we had ever considered," Marlow told TODAY. "They said the reason they were asking is that Nate asked to come live at our house."

Marlow said the first person she asked was her son, Zach.

"I said, 'Zach, Nate needs our help, but you're going to have to share a room,'" Marlow explained. "He said, 'Absolutely. We need to help Nate.'"

Marlow said she was initially a little nervous about how the family would make financial ends meet, but fellow soccer moms, family members and friends donated everything from gift cards to bunk beds.

"I was so worried, because we didn't want to fail him," Marlow said. "But everybody immediately stepped up — and that's why I sound so cliché about saying 'our village' — just to make sure this kid was going to succeed. That's how it's always been for five years. We provided the roof, but along the way, so many people have been here."

At 13, after being in Marlow's care for about a year and a half, Nate decided he wanted to stay with the family for good.

"He decided our home was where he wanted to be," Marlow said. "We had started the adoption process and then all of a sudden we stopped and it went back to being reunited (with his birth mother). Every time that happened, it was kind of defeating. (It felt like) he was never going to get what he wanted. He just wanted that piece of paper that said he was going to be adopted."

Finally, in November 2020, the family received a call from Nate's case manager.

"They said, 'It's happening,'" Marlow explained. "It was the best Thanksgiving ever."

On July 13, 2021, after 1,758 days — or nearly five years — of foster care, Nate officially became Marlow and Lentchner's son. But the excitement didn't end there.

"Initially we were told six people could be in court," Marlow said, adding that among their own family — which includes siblings JT, Kari and Cameron — they were going to have to choose who could attend. "But we got a phone call the Thursday before saying there was no limit, so Seth had extended the invitation to the soccer family to come out."

The family didn't expect to see 52 supportive adults and kids in matching blue shirts fill the Bucks County courtroom for the hearing.

"We started filing in and I'm facing the judge and with every single person that walked in, his smile just kept getting bigger and bigger," Marlow explained. "It was such a goosebump moment to see all these people who have supported Nate be there on that day."

When it was time for Nate to speak to the judge, Marlow said she could tell the 16-year-old was beginning to feel nervous.

"Zach put his hand on Nate's shoulder, looked at the judge and said, 'Nate is a great student, a great soccer player and a great friend,'" Marlow said. "I was so afraid we were going to get in trouble, because initially they said only the three of us could talk."

Marlow said the judge simply replied, "Now that's a real brother."

At home, Nedra McCormac, whose son plays soccer with Nate, had rallied friends and community members for one last surprise.

"Our goal was to just decorate their front yard," McCormac told TODAY Parents. "I reached out to a few people and it went from a few people to 120 people in this group."

A combination of generous donations from community members and businesses allowed McCormac not only to decorate the yard, but to present Nate with more than \$1,000 worth of gifts cards.

"There are lots of memories from how it all began to becoming the family they are today," McCormac said. Added Marlow, "Everybody being there to share in this joy ... it's almost like they have all been through this with us."

DATA MASTER: Becca Thornton



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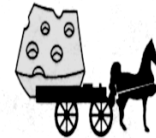


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Lifeboat Volunteers Rushed From Crew Member's Wedding to Rescue Six People in 7 Minutes



Lifeboat volunteers in the UK rushed from their crew member's wedding to rescue six people—and took just seven minutes to get from venue to boat.

The lifesavers were lined up the aisle creating an arch for newlyweds Ashley Witcombe, a shorecrew volunteer, and his wife Cheryl.

Moments later their pagers went off, and they raced to rescue a group stranded on a small beach near Ilfracombe in Devon.

Wedding photographer 39-year-old Becky Payne said, “They’d literally just got married.

“We went outside and just after we took a couple of pictures they had to run. It was pretty exciting.”

Royal National Lifeboat Institution lifeboatman Leigh Hanks said, “We hope the pagers didn’t disrupt Ashley and Cheryl’s special day too much, although I’m sure it’s something they’re both used to.

“It’s not the first time the pagers have gone off at a crew wedding, and I’m sure it won’t be the last.”

Leigh added that the conditions for the rescue were “challenging” but the crew rescued all three adults and three children, who got stranded on a paddleboarding trip in the southwest of England.

The group were uninjured and taken back to the shore following the rescue on October 28.

Later in the afternoon, the lifeboat crew drove past the seaside wedding venue again while on a training exercise—and were pictured giving a wave to the newlywed couple. Here at GNN, we’re so glad the day worked out for everyone.

DATA MASTER: Steven Burdick

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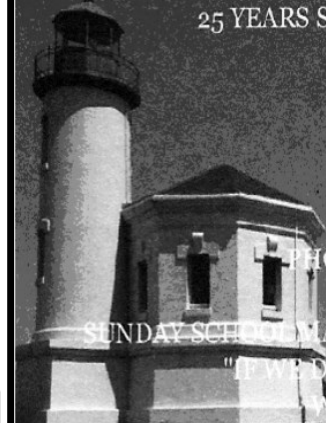
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9 Fun DIY Christmas Projects for the Family

There's always something magical about Christmas. The spirit of giving is in the air, families spend precious time together, friends wish each other good will- it's the best season to be jolly, indeed. But celebrating Christmas need not be expensive to be enjoyable. What better way to express your joy this season than by creating homemade Christmas projects with your loved ones? As we all know, homemade always trumps anything that is store-bought. Not only are you able to make objects which you can treasure for many Christmases to come, you also get to spend valuable time with your family and friends.

1. Candy Sleighs

These festive candy sleighs make for great giveaways to friends and neighbors! Though they might look a bit complicated, these sleds are actually very easy to construct. The needed materials are a glue gun, candy canes, candies and wrapped chocolates (recommended are flat bars like KitKats and Hershey's chocolates).



2. Fun Snowman From Plastic Cups

No need for snow to make this quirky snowman! This ornament can be done no matter what time of the year it is. All you need is some cheap white plastic cups (there's no reason to buy new ones- used ones will do, just clean them properly beforehand), a stapler, glue gun, colored paper, plus a little bit of creative flair.



3. Peppermint Christmas Ornament Candies

Peppermint is a flavor that most people associate with the holiday season. While stores stock the usual candy canes, you can create your own Christmas-themed peppermint candies, which can also double as ornaments for your Christmas tree or as fun giveaways for neighbors and friends.



4. Salt Dough Handprint Ornaments

For a truly unique Christmas project, try making these handprint ornaments made from salt dough. As the name suggests, these cute things are made from a mixture of flour, salt, and water, then decorated with acrylic paint and covered with a sealant. You can decorate them with handprints or with some other designs of your own.



5. No Cook Cinnamon Ornaments

Want a project that is kid-friendly and super easy to make? These cinnamon scented ornaments require no cooking of any sort and is only made out of four ingredients: flour, salt, water, and cinnamon. Not only do these look great once you've finished decorating them, they also give out an awesome cinnamon-y scent too.



6. Handmade Hoop Ornaments

These handmade hoop ornaments are some of the best-looking DIY Christmas projects that you can make this season. While the design possibilities for these ornaments are endless (you can decorate them with traditional Christmas designs or personalize them with names and other season-neutral artwork), these things require a little bit of stitching and embroidery skill.



7. Painted or Filled DIY Ball Ornaments

Store-bought ball ornaments are the usual go-to Christmas tree ornaments- but wouldn't it be cooler if you can make your own? These ball ornaments are made from clear glass ball ornaments, which are further customized by filling them with paint, flocking powder, or candy sprinkles.



8. Salt Dough Footprint Heart

This project is perfect for mommies. Children grow up too fast and we want something that can serve as everlasting reminders of their happy childhoods. These decorations are very easy to make; you just need a basic salt dough recipe, acrylic paint to decorate the finished ornament with, plus sealant (if you want to display it outside).



9. DIY Christmas Tree Garlands

If you have a lot of extra cupcake cases lying around (from all that holiday baking), then you can string them through some twine and turn them into fun Christmas tree garlands. This project is very easy to do and is something which you can do with kids. All you need to do is glue together some cupcake cases to form "trees" and then attach them to twine to complete your garland.



DATA MASTER: Nikki Hamilton



— WANDS FOR — WILDLIFE

Inspiring people to help wildlife and the environment through re-purposing discarded mascara wands.

Wands for Wildlife is a nonprofit inspiring people to help wildlife and the environment through re-purposing discarded mascara wands. The organization engages people in ways to support wildlife caregivers and encourages greater mindfulness of the impact from human activities, including the use of plastics, on the environment. While we do not work directly with the animals, our programs provide wands and support to help wildlife partners and caregivers in the treatment and care of wild animals.

What started as a program at Appalachian Wildlife Refuge, is now a separate nonprofit organization helping more wildlife caregivers and animals than we ever dreamed possible.



Now, with the large number of wands received, the initiative has expanded to include a Wand Art program.

Wands for Wildlife activities:

Wandraisers – 'Wanders' (individuals and groups) collect used mascara wands.

Wildlife Caregiver Resources – Wands and best practices shared with wildlife caregivers.

Wand Art – Creative reuse of surplus wands turning them into art.

THE TEAM

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DATA MASTER: Nikki Hamilton

Claremore Skilled Nursing & Therapy

The Employee Of The Month



Rachel Dewitt was born on a July 15th in Claremore. She is an Evening Charge Nurse. This September she will celebrate her 20th Anniversary with this Facility. In August she will start RN School. She has been married for 30 years and has 2 fur babies. Her hobbies are reading, cross-stitch, candle making, soap making and is now learning to knit. We all know how much she loves Christmas but did not know she has to have her M&Ms separated by color before she can eat them. Says she loves the residents the most and how much love that they show the staff.

If you would like to join, "Rachel Dewitt" as a Certified Nurse Aide, please apply in person. Now taking applications for Certified Nurse Aides both days and nights. Must pass a background check. New pay scale for CNA's.

"They may forget your name, but they will never forget how you made them feel."

Maya Angelou

Claremore Skilled Nursing & Therapy
920 E. 16th St.
Claremore, Ok. 74017
918-341-1717



We love working with all ages

- Extractions
- Root Canals
- Nitrous Oxide Sedation
- Night Guards
- Digital X-Rays
- Teeth Cleaning
- Teeth Whitening
- Natural Tooth Colored Fillings
- Veneers
- Crowns

Claremore 918-341-6900
900 E Will Rogers Blvd A,
Claremore, OK 74017
Skiatook 918-396-7766
5265 W C Rogers Blvd,
Skiatook, OK 74070

ACCEPTING
**MOST MAJOR
INSURANCE PLANS**
INCLUDING
SOONERCARE & MEDICAID



- Implant Retained Crowns
- Bridges
- Partials
- Dentures
- Implant Retained Dentures

10 FESTIVE FACTS YOU DIDN'T KNOW ABOUT CHRISTMAS



1. Christmas day isn't Christ's birthday

There is no mention of December 25th anywhere in the Bible, in fact there is no mention of when Jesus was born at all. There was much debate amongst early Christians and it wasn't until the fourth century AD in the Roman Empire that Jesus' birthday was celebrated on December 25th. The most popular theory as to why this date was settled on is that it was borrowed from pagan traditions that already occurred on that day.



2. Boxing Day is actually about boxes

Multiple theories abound as to how this bank holiday received its name, the most popular theory suggests it was traditionally a day when servants had the day off to visit their families. Their employees would send them home with "Christmas boxes" containing money, gifts or food to thank them for their reliable service throughout the past year.



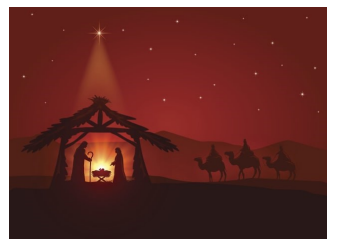
3. Christmas trees have pagan roots

During the time of the winter solstice, pagan homes would be decorated with evergreen branches in the hope of scaring away evil spirits and to remind the occupants that spring was just around the corner. This tradition survived the conversion to Christianity and during the 16th Century in Germany devout Christians began bringing Christmas trees into their homes. The practice was made fashionable in the UK during the mid 19th Century, when popular Queen Victoria, German Prince Albert and their children were drawn in The Illustrated London News standing around the main Christmas tree at Windsor Castle.



4. Xmas doesn't take Christ out of Christmas

In fact "X" comes from the Greek letter "chi" which happens to be the first letter of the Greek word for Christ (Χριστός), and Greek was the original language of the New Testament. The word was simply created as an abbreviation and was first used in the mid 1500s.



5. Santa doesn't wear red because of Coca-Cola

Contrary to popular belief, Father Christmas's red coat was not the creation of a clever Coca-Cola advertising campaign. Before the company had even been invented, St Nick was being depicted in multiple books and illustrations wearing a scarlet coat. From the 1930's onwards Coca-Cola did, however, help shape the image of Santa as a jolly old man.



6. Turkeys replaced peacocks on the Christmas table

Before turkeys were brought into this country over 500 years ago people used to eat geese, boars' head and even peacocks during the festive season! Henry VIII was the first English king to enjoy a turkey on Christmas Day and the bird was still regarded as a luxury up until the 1950s, with many choosing goose instead. Thanks to the invention of the fridge and the ability of the large turkey to feed a whole family, it soon took top spot on many Christmas tables.



7. Mince pies did originally contain meat

Medieval people during the 16th century believed that if you ate a mince pie every day from Christmas to Twelfth Night (5th January), you'd have happiness for the next 12 months. These pies were known as Christmas Pyes, and contained anything from rabbit to mutton, pigeon to pheasant! They were larger than their modern creations and made into an oval shape, which was said to represent Jesus' crib.



8. Rudolph was created by an advertising copywriter

The red-nosed reindeer was created in 1939 by Robert L. May, an advertising copywriter for Montgomery Ward department store based in Chicago. Every year the store would give away free colouring books as holiday gifts to the children who visited the store Father Christmas. Rudolph's story sold 2.4 million copies in its first year of publication. The famous song was released in 1949 becoming one of the best-selling songs of all time.



9. A crackling log fire is the reason we pull Christmas crackers

During the late 1840s, a London sweet maker named Tom Smith sat by a crackling log fire and imagined how fun it would be if his wrapped sweets made the same sound when opened. A short time later, 'Cosaques', a log shaped sweet package with a surprise crackle element inside, were put on the market. The public came to know them as crackers and by the early 20th century, hats, jokes and various trinkets had replaced the sweets inside them. Soon they were adopted as a traditional festive custom and the rest they say is history.



10. Mistletoe has been revered for thousands of years

From the Ancient Greeks to Norse mythology, mistletoe has been a symbolic herb for centuries. Many customs have linked it to love, fertility and new life. In some way these beliefs eventually led to the custom of kissing under the mistletoe during the Christmas period. This tradition became increasingly popular in Victorian England, when men would look to steal a kiss from any woman seen lingering beneath a sprig of mistletoe. A refusal was seen as bad luck.



DATA MASTER: Karen Deffenbaugh

Heroic Dog Gets Award for Saving Over 100 Koalas From Australia's Bushfires



An intrepid 6-year-old dog helped rescue over 100 injured koalas from the Australian bush fires in 2019–2020.

Now, the Australian Koolie named Bear has been named a hero, winning an award from the International Fund for Animal Welfare (IFAW).

Bear was trained in Australia at the University of the Sunshine Coast, where their Detection Dogs for Conservation team taught the former rescue dog to use his heightened sense of smell to hunt out the injured koalas among the ashes.

Research Fellow Dr Romane Cristescu, who leads the USC team, said Bear received “extra pats and extra play” after he was honored via video during the IFAW Animal Action Awards event in London’s House of Lords.

She said Bear’s sense of smell, along with his enthusiasm for play, made him ideal for research projects such as recognizing the scent of koala fur in the bush.

IFAW, which sponsors Bear, said the dog had been “a ray of hope” as he searched burned habitat to help the USC/IFAW team and their partners to rescue over 100 koalas.

His heroics earned him worldwide renown via his Instagram page, BearTheKoalaDog.

Previously, he had found himself in an animal shelter after his former owners gave him up due to behavior issues caused by his “boundless energy and obsessive enthusiasm for play.”

Dr Cristescu, an ecologist and former veterinarian, said the USC/IFAW koala detection dog is continuing to contribute to wildlife rescues and research with the team’s other canine colleagues.

“Bear and our team are studying the effects of the 2019-20 bushfires on koala health and habitat density in collaboration with IFAW,” she said.

In addition, Bear has an ongoing day job of locating koalas for welfare rescue missions, in collaboration with local rescue groups.

“He is always happy to give a paw to find koalas as part of the Detection Dogs for Conservation’s other research activities.”



DATA MASTER: Becca Thornton



(918) 783-5793
Fax: (918) 783-5786

NEWS RELEASE

.Remembering Residents Who Live in Long-Term Care Facilities

On behalf of the Long-Term Care Ombudsman Supervisors, we would like to wish a Merry Christmas and a Happy and Safe Holiday Season to all of the long-term care residents, loved ones and caregivers. While this can be a great time of family, friends, and joy for many of us, it can also be a time of sadness and despair for residents who are suffering with loss, medical issues and loneliness during this time of year and on top of the pandemic. Please take this time to contact a long-term care facility and see what their visitation policy is and work with staff to set up an appointment to visit with your loved one and participate in an activity if possible. Contact the facility staff to see how you can stay connected with your loved one and make this Holiday as special as it can be. The Holiday season can be a great opportunity to provide residents with needed items such as books, personal items, and warm, comfortable clothing.

Along with the Holiday cheer and festivities, this time of year can also bring some cold and dreadful weather. Please make sure that your loved ones and the elder citizens are prepared for the winter season. Warm socks or gloves and an adequate supply of basic necessities can make a huge difference. It is also a good idea to speak with facility staff, especially administrators, regarding their disaster emergency plans. In addition, if you have elderly or disabled friends, families, or neighbors, make a point to check on them during inclement weather and during this pandemic. Here's wishing all of you a Merry Christmas and Happy New year. Share the joy and spirit of the season with friends and loved ones. We want to take this time to THANK all of the caregivers, providers, long-term staff who take care of others year-round and sacrifice time with their families during the Holiday and especially through this time of the pandemic.

If you have any questions or concerns regarding long-term care issues, feel free to contact your Long-Term Care Ombudsman, Lahona Young, Ext. 220 or Shelly Ferris, Ext. 226 at 1-800-482-4594. The Long-Term Ombudsman Program is in the process of rebuilding the Volunteer Program. If you are interested in being a volunteer to advocate for the quality care and life for residents who live in a long-term facility, contact us to get your name on the list for further training information lyoung@grandgateway.org; sferris@grandgateway.org

Funding for this is provided in part by state and Older Americans Act funds from Grand Gateway AAA and DHS Aging Services. Grand Gateway AAA serves all individuals who are eligible for its programs without regard to race, national origin, ancestry, color, religion, sex, age or disability.

333 S. Oak Street, P.O. Drawer B, Big Cabin, OK 74332

Up-coming Events

TOPS #570 We meet 9am to 11am Monday morning at Mt. Olive Lutheran Church in Miami 2337 N. Main St. "Taking off pounds sensibly!"

TOPS #506 in Miami Heavenly Winds Worship Center meet every 6pm Thursday evening. For more info call Susan Walls at 918-540-0570

Every 4th Saturday of the month Veteran's Support Group: Veterans for Veterans. Have you served in the military? Are you struggling with readjustment? Anxious about the future? Struggling to connect with friends and family? Struggling with school? WE CAN HELP! Free veterans support group at 10am every 4th Saturday of the month. The Landing 502 West Corner Fairland, Ok. For more information call Cindy (918) 676-3228.

Food Truck Wednesdays —Every Wednesday, grab some tasty eats and gather on the grounds of Guthrie Green. During Food Truck Wednesdays, lunchtime transforms into a community-wide affair, with roaming food trucks posting up at this Tulsa park. While you dine on delicious food, be sure to enjoy the live music and fresh air. Guthrie Green 111 E Brady St Tulsa, OK 74103 Phone: 918-574-2421

Big Cabin Senior Exercise Program—Fitness program for seniors held at the Big Cabin Baptist Church gym three times a week, Monday, Wednesday and Friday, from 10 to 11 a.m.

American Legion Post 178 in Grove, OK – Bingo every Saturday evening at 6pm. Family atmosphere. Contact Lee Cathy for any questions at: 901-487-9060

PRYOR DANCE—Every 1st. and 3rd. Thursday of the month. 6:15 pm—9 pm—Cost is \$5.00 per person, Double H Band will be playing. Cookies and Coffee will be serving. It's for seniors but all ages are welcome. Mayes County Nutrition Center 851 SE 9th Pryor (just east of 9th and Elliott intersection)

Oct 15, 2021 - Dec 31, 2021 The Woolaroc Retrospective Exhibit & Sale - If you love art or just have a great appreciation for wildlife and nature, you won't want to miss out on this exciting exhibit on display at Bartlesville's Woolaroc Museum this fall. Bringing together nine acclaimed landscape and wildlife artists from across the country, "The Woolaroc Retrospective Exhibit." Hours: Opening weekend is October 18–20. Woolaroc Museum & Wildlife Preserve, 1925 Woolaroc Ranch Rd. Bartlesville, OK 74006. Phone: 918-336-0307.

SUDOKU PUZZLES

Fill in the grid with digits in such a manner that every row, every column and every 3X3 box accommodates the digits 1-9, without repeating any.

	5			6			1	
6	7							4
2		8	7	4			3	
		3						
	6	9	3	2	7	1	8	
						3		
	1			3	5	4		9
9							2	3
	3			8			5	

Hardship level: Moderate

		5					9	1
					6			3
					2	4		
	4	2		9	5			7
9	5		3		7		8	4
7			8	2		5	1	
		8	4					
1			6					
6	9					7		

Nov 12, 2021 - Jan 3, 2022 BA Ice Rink - The BA Ice Rink returns for its sixth season at the Rose District in downtown Broken Arrow. Join in for another great winter of outdoor ice skating on 4,100 square feet of real ice. In addition to ice skating, grab some warm drinks from Rise Grind & Ride Espresso Cafe. Hours: Monday-Thursday 3:00 pm - 9:00 pm, Friday: 3:00 pm - 10:00 pm Saturday: 12:00 pm - 10:00 pm, Sunday: 12:00 pm - 9:00 pm. Extended Hours: Dec 19 - Jan 3: Open daily from 12-10 pm. Special Hours: Nov 21 - 26: 12-10pm, Christmas Eve: 12-5pm, Christmas: 12-10pm New Year's Eve: 12-10pm, New Year's Day: 12-10pm. 418 S Main St. Broken Arrow, OK 74012.

Nov 13, 2021 - Dec 31, 2021 Festival of Lights - Enjoy one of the state's oldest and biggest nighttime holiday events during the Festival of Lights in Sand Springs. Throughout November and December, Sand Springs will host a number of festivities for all ages. The fun kicks off on November 13 with holiday shopping specials across town. On December 1, attend the Candlelight Sing-Along & Tree Lighting in Charles Page Triangle Park. Hours: Starts at 7pm. Downtown 100 Broadway St. Sand Springs, OK 74063. Phone: 918-245-3221.

Nov 19, 2021 - Jan 3, 2022 Winterfest - Downtown Tulsa is transformed into a festive wonderland during Winterfest, an annual holiday tradition. Bring friends and family together for holiday festivities and share the joyful spirit of the season. Experience the thrill of outdoor ice skating, take a ride in a horse-drawn carriage, listen to live entertainment and browse beautiful holiday light displays. Downtown- Tulsa, OK 74103. Phone: 918-894-4520.

Nov 20, 2021 - Jan 2, 2022 Bixby's Winter Wonderland - The whole family is invited to experience Bixby's Winter Wonderland. Stroll through the illuminated Charley Young Event Park, decorated with holiday light displays. Then, lace on a pair of skates for a few laps around the ice skating rink. For a variety of magical holiday festivities, bring the family, friends and kids to Bixby's Winter Wonderland. Hours: Monday, Tuesday and Thursday 5:30 pm - 9:00 pm, Wednesday: 5:00 pm - 9:00 pm, Friday: 4:00 pm - 9:00 pm Saturday & Sunday 2:00 pm - 9:00 pm, Charley Young Event Park, 50 West Dawes, Bixby, OK 74008.

Nov 20, 2021 - Dec 30, 2021 Fantasy Land of Lights - Bring the family out for this drive-through Christmas light show at Johnstone Park in Bartlesville. Enjoy the music, synchronized lighted tunnel, animated displays and thousands of lights decorating the park each night that Fantasy Land of Lights is open. You'll be dazzled by the different colors and shapes coming together for a park full of Christmas cheer. Johnstone Park, Bartlesville, OK 74003. Phone: 918-914-1530.

Nov 24, 2021 - Jan 2, 2022 Rhema Christmas Lights - Join thousands of annual visitors at the Rhema Christmas Lights and witness over two million shimmering lights synchronized to Christmas music. This much-loved lights display in Broken Arrow began in 1982 and has been attracting visitors ever since. Experience the wonder of illuminated festive figures like a gingerbread family with lollipops and gumdrops, Noah's ark with animals, 3D angels and reindeer, a Christmas tree forest, a 50-figure nativity scene and more. Hours: Wednesday, November 24: 6-11:30pm. Thursday, November 25 - Sunday, January 2: 5:30-11:30pm. Rhema Bible Church, 1025 W Kenosha St. Broken Arrow, OK 74012. Phone: 918-258-1588.

Nov 25, 2021 - Jan 1, 2022 Winter Wonderland Christmas Light Tour - Celebrate the beauty of winter at Pine Lodge Resort in Ketchum. Enjoy a spectacular old-fashioned Christmas light display featuring over 500,000 lights Winter Wonderland Christmas Light Tour. Step into a festive world of illuminated log cabins, antique cars and woodland animals all aglow. Hours 5-10pm nightly. Pine Lodge Resort, Ketchum, OK 74349. Phone: 918-782-1400.

Dec 3, 2021 - Jan 2, 2022 Christmas in the Ville - Bring the whole family to Bartlesville for the Christmas in the Ville celebration. Guests can bundle up and ice skate at the Historic Train Depot and take advantage of photo backdrops like the 12-foot lighted ornament, a 28-foot Christmas tree and a sleigh. Santa and Mrs. Claus will even be available every Saturday from 1-3pm for visits while sitting in the big red sleigh. 201 Keeler Ave. Bartlesville, OK 74006. Phone: 918-336-8708.

Dec 9, 2021 - Dec 11, 2021 Living Nativity at Shepherd's Cross - Come to this Living Nativity event at Shepherd's Cross, a working farm and Christian mission, to walk through a living, interactive nativity depicting the birth of Jesus Christ. Come, take a peaceful stroll back in time and enjoy live character portrayals, including over one hundred costumed participants. Hours: Thursday—Saturday 10:00 am - 8:00 pm *Final manger scene begins at 7:30pm.* Shepherd's Cross, 16792 E 450 Rd. Claremore, OK 74017. Phone: 918-342-5911 or 918-231-6947, Office Fax: 918-342-5911.

Dec 10, 2021 - Dec 19, 2021 Tulsa Ballet presents: The Nutcracker - A winter holiday tradition since 2003, Tulsa Ballet presents "The Nutcracker" at the Tulsa Performing Arts Center. With fresh choreography, spectacular new sets and dazzling costumes, get ready for an all-new blockbuster production of "The Nutcracker" in 2021. Taking audiences back to the original setting of 19th century Germany, this larger-than-life ballet brings the Victorian era to life with lavish visuals to tell the story of a young girl's magical journey on Christmas Eve. Hours: 21 December 10: 7pm, December 11: 2pm & 7pm, December 12: 2pm, December 17: 7pm, December 18: 2pm &

7pm, December 19: 2pm. Tulsa Performing Arts Center, 110 E 2nd St. Tulsa, OK 74103. Phone:918-749-6030.

Dec 11, 2021 Tulsa Christmas Parade - Welcome the holiday season with the Tulsa Christmas Parade. This festive celebration includes floats, bands, drill teams, dancers and giant balloons. Crowd favorites among parade onlookers are the gigantic helium balloons escorted by teams of balloon wranglers. Watch as towering balloons float through the streets of downtown Tulsa along the parade route. Hours: Begins at 11am. Downtown, Tulsa, OK 74103. Phone: 918-732-9403.

Dec 12, 2021 Tulsa Toy Run - Thousands of bikers descend upon Tulsa Expo Square every winter just in time for the holidays. Bikers will take off at Tulsa Expo Square and ride over to Guthrie Green to make their festive donations and gather with fellow motorcycle enthusiasts. Hours: Begins at 10am. Kickstands up at 2pm. Tulsa Expo Square 4145 E 21st St. Tulsa, OK 74114. Phone: 918-691-8513.

Dec 12, 2021 Coleman Theatre presents: It's a Wonderful Life - Celebrate the holidays with a special showing of the classic 1946 film "It's a Wonderful Life" at the historic Coleman Theatre. Hours: Starts at 2:30pm. 103 N Main St. Miami, OK 74354. Phone: 918-540-2425.

Dec 12, 2021 Tulsa Theater presents: Elf on the Shelf - A Christmas Musical - This holiday season, the beloved tradition that has captured the hearts of families everywhere returns to the live stage at Tulsa Theater. "Elf on the Shelf: The Musical" is a thrilling spectacle of music and dance that transports audiences to the North Pole to glimpse the magical lives of Santa's Scout Elves. Hours: Starts at 2pm & 6pm. Tulsa Theater, 105 Reconciliation Way, Tulsa, OK 74103. Phone: 918-582-7239.

Nov 19, 2021 - Jan 3, 2022 Winterfest: Downtown Tulsa is transformed into a festive wonderland during Winterfest, an annual holiday tradition. Bring friends and family together for holiday festivities and share the joyful spirit of the season. Experience the thrill of outdoor ice skating, see Oklahoma's tallest outdoor Christmas tree, take a ride in a horse-drawn carriage, listen to live entertainment and browse beautiful holiday light displays. Downtown. Tulsa, OK 74103. Phone: 918-894-4520.

Do You have an event that you would like to share ?

Community Links of Chelsea

1100 Walnut/PO Box 85

Chelsea, OK. 74016

Ph: 918-789-2862

Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTER: Nikki Hamilton

Cheese Dip

This five-minute nacho cheese dip is perfect for game day, parties, or a fondue dinner. Make this cheese sauce to smother or dip some chips!



Ingredients

- 1 lb Velveeta Cheese
- 1/2 can diced tomatoes with green chiles
- 13 oz can diced green chiles

Instructions

1. Cut cheese into cubes and place in a microwave safe bowl.
2. Pour in tomatoes and green chiles, with juices.
3. Microwave on high 1 minute intervals until it's melted, stirring in between.
4. Serve warm with tortilla chips or fresh veggies.

Notes

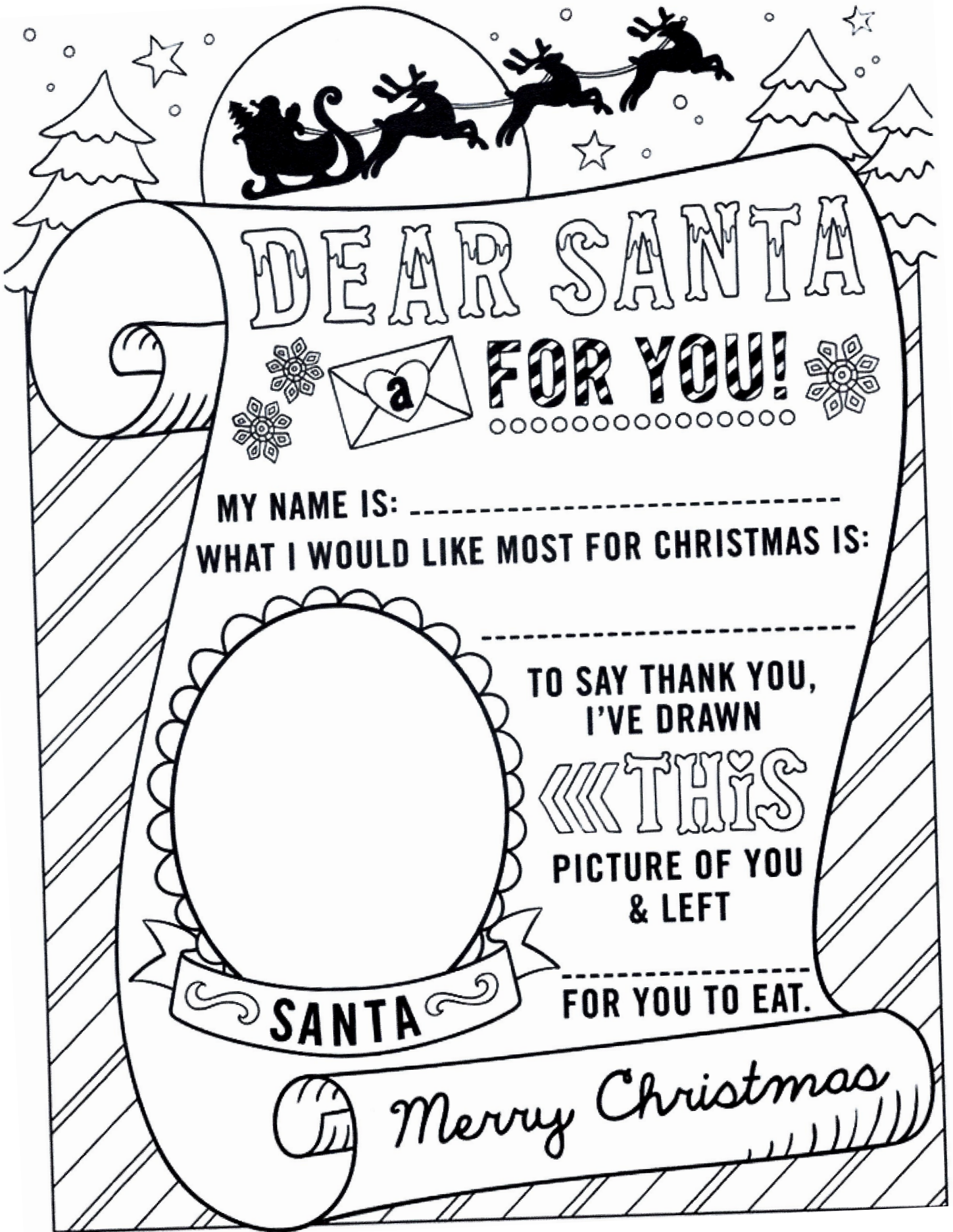
Slice the cheese into cubes for quicker and more even melting.

Make the cheese dip in a Crockpot for easy mixing and serving. The Crockpot will keep the sauce warm and fluid if you are serving for a party or a crowd.

If the dip gets over cooked, it can form clumps as well as oil pools. Make sure not to cook for too long and to use a low heat if you are keeping it warm for a party.

DATA MASTER: Doug WM Stone

**To share your story with us contact:
Ashley Schwarz @ 918-290-8224
or 918-789-2862 or email her at
links@links.community-options.net**



DEAR SANTA



FOR YOU!

MY NAME IS: _____

WHAT I WOULD LIKE MOST FOR CHRISTMAS IS: _____

TO SAY THANK YOU,
I'VE DRAWN

<<< THIS

PICTURE OF YOU
& LEFT

FOR YOU TO EAT. _____

SANTA



Merry Christmas





Getting to know the Lutherans

The Perfect Gift

Do family members find it difficult to buy gifts for you? Is it because you already have most everything you need? Maybe you are picky about certain colors – “I don’t look good in yellow or green.” Perhaps it’s hard to find something in your size.

At this time of the year, some people will make a Christmas “wish list,” indicating to the donor the size and color of any clothing items you need, a particular toy you want, a favorite author you like to read or any special CD or DVD you would like to have in your media library. It should not be difficult to buy a gift for you if people would just look at your list.

God made a “gift list” for you many years ago when he said to Joseph, “You shall call his name Jesus, for he will save his people from their sins.” What greater, more perfect gift could we receive than the One who is born to be “a Savior . . . who is Christ the Lord”?

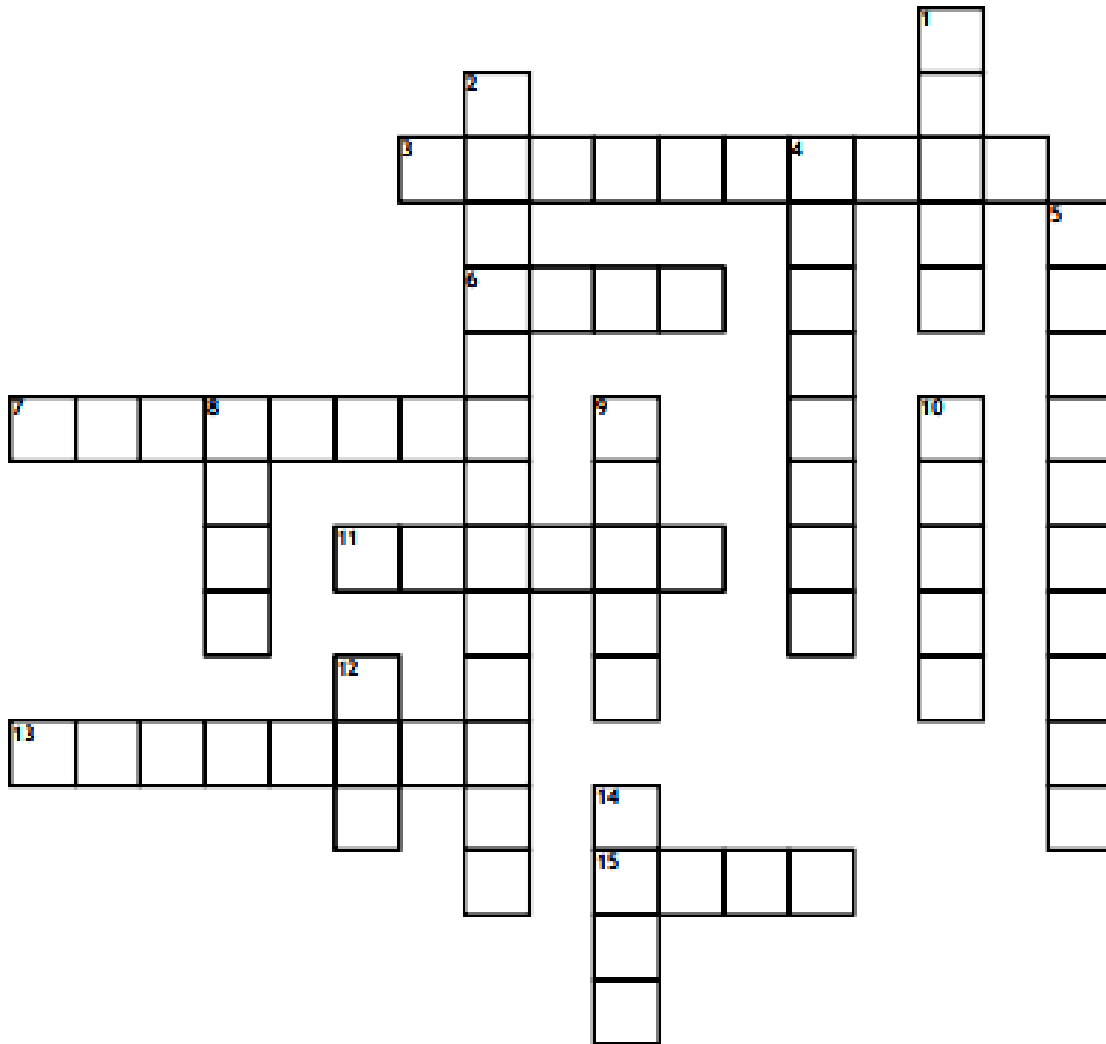
God sees what we need the most, so that we can have true peace and wholeness in our life again. Because of God’s love in sending us a Savior, we can join in singing with the angels, “Glory to God in the highest. . . .”

<p>Messiah Lutheran Church 460 N. Wilson, Vinita, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:00 a.m. 918-256-3223 Email: messiahvinita@aol.com</p>	<p>St. Paul Lutheran Church Washington and Pine, Fairland, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-676-3059 Email: stpaulluthch@aol.com</p>
<p>Bethlehem Lutheran Church 6911 West 380 Road, Adair, OK 74330 Worship 9:00 a.m. 918-785-2994 Sunday School and Bible Class 10:15 a.m.</p>	<p><u>Immanuel Lutheran Church</u> <u>706 Rockwood Drive, Grove, OK.</u> <u>Worship 9:30 a.m. https://lutheransonline.com/lo/Groveok</u> <u>918-786-4585</u> <u>Website: www.lutheransonline.com/lo/Groveok</u></p>
<p>Mt. Olive Lutheran Church 2337 North Main, Miami, OK 74354 Worship 2:00 p.m. (918) 542-4681 Sunday School and Bible Class 3:00 p.m. Email: mtolive@cablone.net</p>	<p>Redeemer Lutheran Church 220 N. Seminole, Claremore, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:30 a.m. 918-341-1429 Email: rluther@sbcglobal.net – Website www.rlcck.org</p>
<p>St. John Lutheran Church 607 South East 9th st. Pryor, OK 74361 Sunday School and Bible Class 9:00 am Worship 10:30 am (918) 825-1926 Email: stjohncpyor@yahoo.com</p>	

*Guests are always welcome.
See you Sunday at worship.*

Crossword Puzzle

Christmas Gifts



Across

- 3. What do you drink out of
- 6. what do you ride in the snow
- 7. what do females put in their ears
- 11. what instrument do you play that has strings
- 13. What do you wear around your neck
- 15. what do you ride on

Down

- 1. what pet do you get on Christmas
- 2. what do you wear on your feet
- 4. what do you type on
- 5. What do you jump on
- 8. what do you wear on you finger
- 9. what do you wear around your neck to keep warm
- 10. what do you wear around your wrist to tell time
- 12. what do you wear on your head
- 14. what do you play games on ?

Word Search Puzzle

Christmas Songs

G J I M I F I B D R G F R O S T Y I S I O R K P
 U V L U G K I A M D J Y 2 2 L S P J J R F A P L
 R U D O L P H F I G S I S L P A I D T H Y E I G
 P F G N A G S T K F J K N R L N I W P E E L B D
 T J H C L C I Y N W U V B G G F C R 2 C R C S J
 R C I M I L C H F J C F A L L J N U P E T T S P
 N B E D U N P O H T R C E W K E I M I D N H A S
 F J G U S B S S S E H B D S T 2 B N P O P G M P
 B J T C E I Y D N K E E A O D B 2 E J C J I S M
 W L L U W Y L F B L I M F A Y K G V L Y F N I 2
 S V F J C V V E L P P U Y I D M H I C L T D R G
 L D M 2 Y C S R N V I S V A R G E Y O F S I H A
 L E P L D B O B L T O V V M N S T F N E B M C U
 A O K A S C H D E F N O D K L 2 T V A P N A E 2
 H H U B K P E U C B I I P O L T N N A K A N T B
 E U 2 G U J L H A T Y D G I J I B M O W V O I K
 H T P D U F R B E E H J 2 H R F L D B E T P H Y
 T J O U U I R O E J B A P C T D K T G C L U W V
 K L P P S P G R A N D M A G O T R A N O V E R C
 C R H T 2 H W U W S T 2 C N I A L M S L C M P H
 E R M T E V P I N T J N V H U Y H R K W C A W Y
 D A T J D R G W G M I 2 I P S H E M L L I C F O
 S A M T S I R H C Y L L O J Y L L O H A T T U Y
 D I V B H V W I U J 2 I E J S W W P W J C I T S

Grandma got Ran Over

Jingle Bell Rock

White Christmas

The first Noel

Deck the Halls

It Came Upon A Midnight Clear

12 Days Of Christmas

Frosty

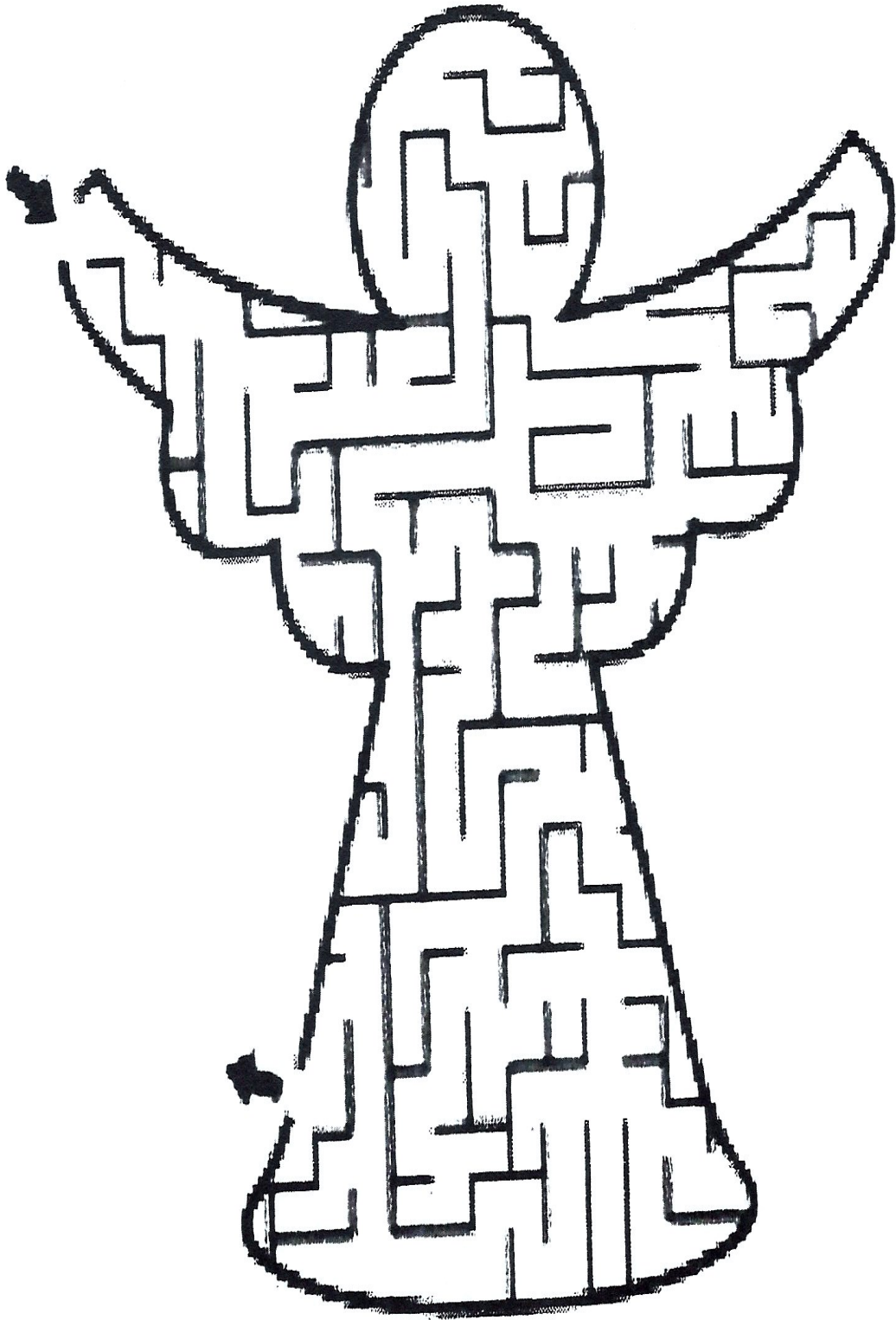
Rudolph

Holly Jolly Christmas

Jingle Bell's

Silent Night

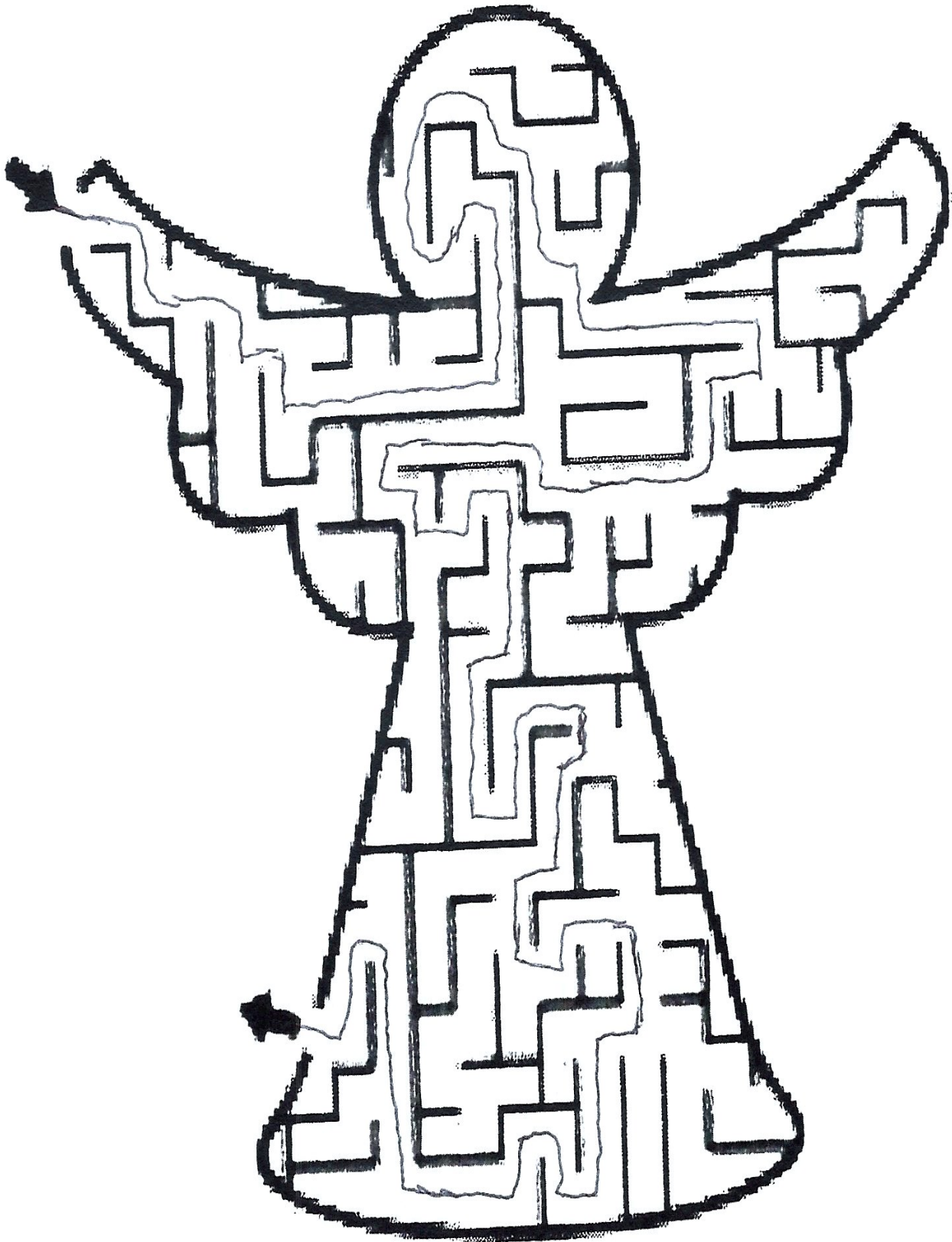
Maze Puzzle



Remember When...

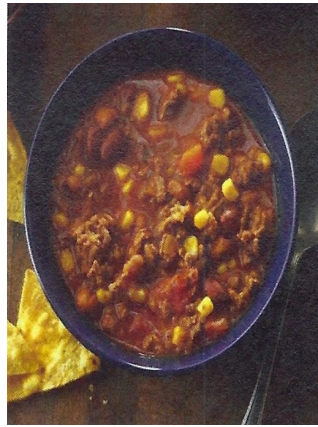


Maze Puzzle Solution



Simple Taco Soup

Total Time: Prep/Total
Time: 25 mins.
Yield: 8 Servings (about 2
quarts).



Ingredients

- 2 lbs ground beef
- 1 envelope taco seasoning
- 1 1/2 cups water
- 1 can (16 oz) mild chili beans, undrained
- 1 can (15 1/4 oz) who kernel corn, drained
- 1 can (15 oz) pinto beans, rinsed and drained
- 1 can (14 1/2 oz) stewed tomatoes
- 1 can (10 oz) diced tomatoes with green chiles
- 1 can (4 oz) chopped green chiles, optional
- 1 envelope ranch salad dressing mix

Directions

1. In a Dutch oven, cook beef over medium heat until no longer pink, breaking it into crumbles; drain
2. Add taco seasoning and mix well.
3. Stir in the remaining ingredients.
4. Bring to a boil.
5. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.
6. Eat & Enjoy!

DATA MASTER: Becca Thornton

yum!

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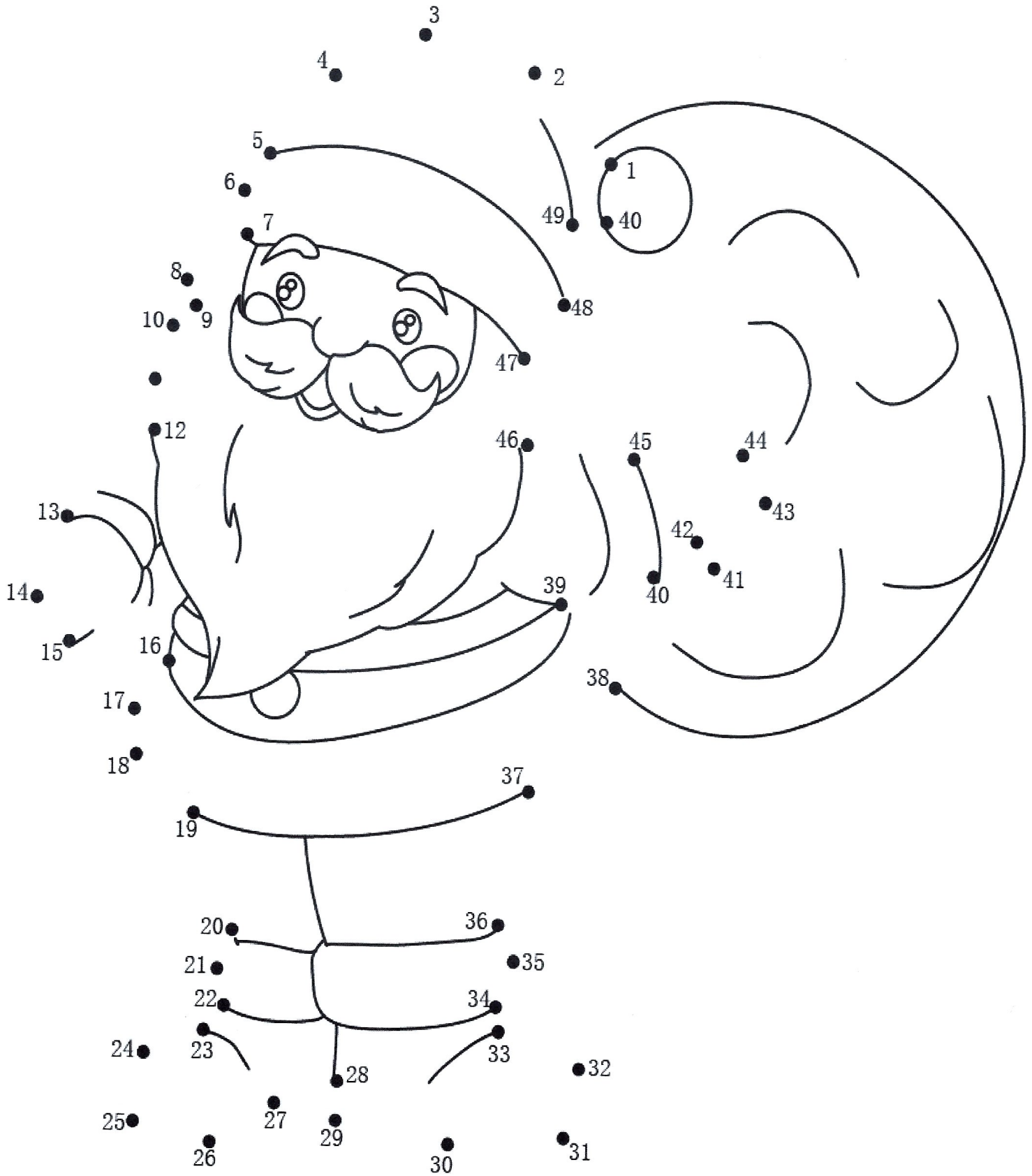
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Dot To Dot Picture Puzzle (Connect dots to complete the picture)





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Friday: 9am to 12pm & 1pm to 3pm
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Hours:

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Wednesday, Thursday & Friday: 10:00am to 4:00pm
Saturday: 9:00am to Noon Closed Sunday & Monday

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And 1:00pm to 5:00pm
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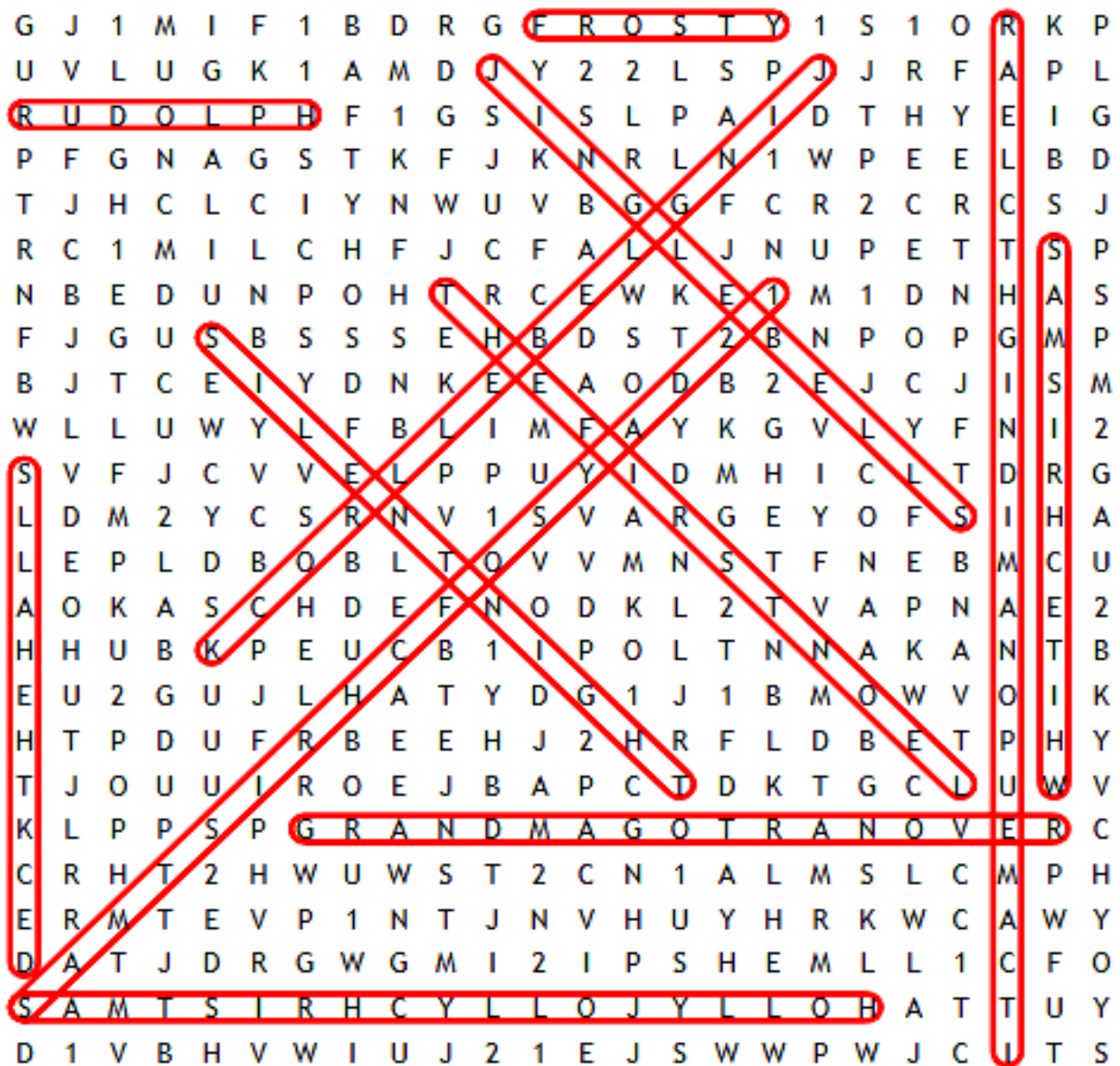
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Word Search Puzzle Solution

Christmas Songs



Grandma got Ran Over

Jingle Bell Rock

White Christmas

The first Noel

Deck the Halls

It Came Upon A Midnight Clear

12 Days Of Christmas

Frosty

Rudolph

Holly Jolly Christmas

Jingle Bell's

Silent Night

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Sudoku Puzzle Easy Solution

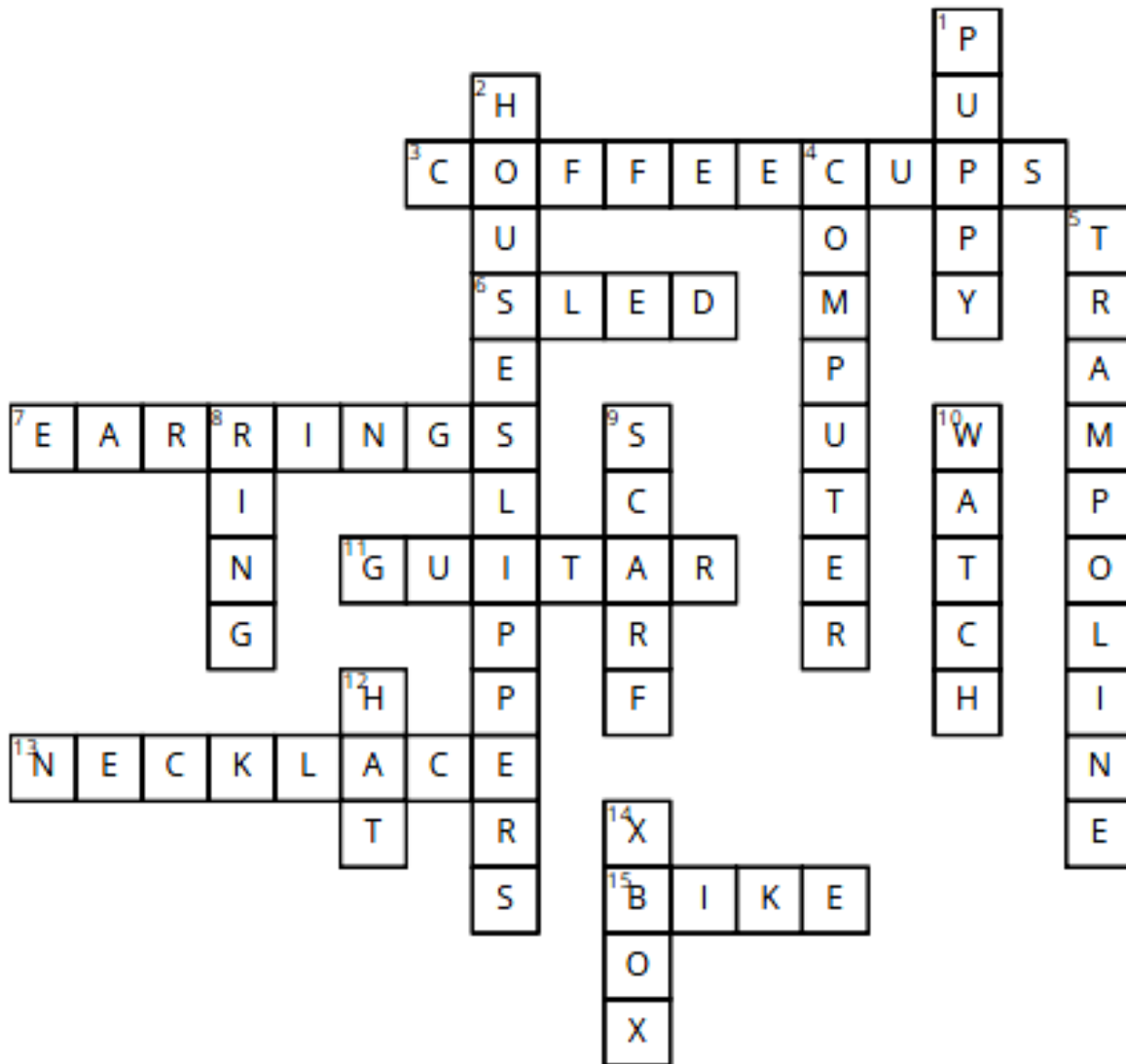
3	5	4	9	6	2	7	1	8
6	7	1	8	5	3	2	9	4
2	9	8	7	4	1	5	3	6
5	2	3	6	1	8	9	4	7
4	6	9	3	2	7	1	8	5
1	8	7	5	9	4	3	6	2
8	1	6	2	3	5	4	7	9
9	4	5	1	7	6	8	2	3
7	3	2	4	8	9	6	5	1

Sudoku Puzzle Moderate Solution

2	8	5	7	4	3	6	9	1
4	7	9	5	1	6	8	2	3
3	1	6	9	8	2	4	7	5
8	4	2	1	9	5	3	6	7
9	5	1	3	6	7	2	8	4
7	6	3	8	2	4	5	1	9
5	2	8	4	7	9	1	3	6
1	3	7	6	5	8	9	4	2
6	9	4	2	3	1	7	5	8

Crossword Puzzle Solution

Christmas Gifts



Across

3. What do you drink out of
6. what do you ride in the snow
7. what do females put in their ears
11. what instrument do you play that has strings
13. What do you wear around your neck
15. what do you ride on

Down

1. what pet do you get on Christmas
2. what do you wear on your feet
4. what do you type on
5. What do you jump on
8. what do you wear on you finger

9. what do you wear around your neck to keep warm
10. what do you wear around your wrist to tell time
12. what do you wear on your head
14. what do you play games on ?

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our website can be accessed at:
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Deadlines for ad submission:

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20th issue: 10th of the same month

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Contents of this paper is compiled from available original sources.



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