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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Christmas Countdown

By Shannon Jarvies

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The holidays bring back such wonderful memories for me. But it's not the gifts I received that I remember so much, as the feelings of anticipation and excitement I felt waiting for the glorious day to arrive. Back then, I thought the presents under the tree is what made Christmas so magical. Now I know otherwise.

As I think about this, I want to teach my children to understand and recognize the true spirit of Christmas. I know they feel just as I did as a child and I want to make sure they realize that if those feelings of anticipation and wonderment are wrapped with love and service, they will have a magical Christmas every year.

This year I've decided to make a Christmas Countdown calendar. Any calendar will do: one that you are already using or a printed or hand-made December calendar. Anything that you can hang on your wall or even set on your Christmas tree will work.

I'm going to write fun ideas or scripture verses on each slip of paper and stick it to the calendar. Each night after dinner, I will have one of them choose the slip of paper for the day and read what is on it. Then we as a family will do the suggested activity. Here are a few ideas:

*Write a kind note for someone in your family and hide it for him or her to find it.

*Show your love for a brother, sister or friend by helping him or her in some way.

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- *Show your parents you love them by helping without being asked.
- *Sing Christmas songs with your family.
- *Write in your journal about how you feel about your family.
- *Work with your family to do something nice for a neighbor.
- *Ask your parents or grandparents to tell you about Christmases when they were young.
- *Write a note or draw a picture to thank someone who has helped you.
- *Make a list of blessings that make you happy and hang it in your bedroom.
- *Make Christmas cookies and goodies.
- *Deliver the goodies you made to friends, neighbors and elderly. If you want to make it really fun, deliver them anonymously as a "secret Santa."
- *Go caroling with your family.

These are just a few ideas that can be used. You will probably come up with more. Think of as many as you can and start your Christmas countdown according to the number of ideas you have (if you have ten ideas, start eleven days before Christmas). Try to save a special activity for Christmas Eve if you don't already have a traditional Christmas Eve activity planned.

Remember, the idea is to spend time as a family and teach your children the true spirit of Christmas.

Shannon Jarvies is a WAHM with four beautiful kids and a great husband. She is also "webmom" to a site that brings moms together to learn, laugh and enjoy! Visit now at <http://www.amomsjoy.com>. PLUS she has finally discovered the secret to supplementing her husband's income while staying at home with her kids. Find out how you can too at <http://www.talkfreeamericainc.com/forprofit> and contact her at kjarvies@amigo.net

INTERNET OFFERS HOLIDAY FUN FOR FAMILY, CO-WORKERS

By Maria Heckaman

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Whether you celebrate Christmas, Chanukah, or Santa Claus, the holiday season is the perfect time for having fun with family and co-workers.

Of course, the Internet proves to be a great resource for gathering recipes, crafts, songs, and interesting tidbits about the holidays.

Santa's Net and The Kids Domain are two of the best holiday Internet sites, both offering information for many beliefs.

Do you know what year the British Parliament officially abolished the celebration of Christmas? What about the date and location of the first printed reference to a Christmas Tree? How do you say "Merry Christmas" in Bohemian, Yoruba, and Chinese?

Santa's Net can help you find the answers to such questions, while filling you up with many more holiday facts and myths.

On its home page, visitors can countdown to Christmas and choose from many categories to browse, including carols and songs, Christmas traditions from other countries, recipes, toys, Christmas movies, bookmarks, and more.

Keeping with its world-holiday theme, the site also has posted recipes such as Amaretti from Italy, Billy Can Pudding from Australia, Christmas Lebkuchen from Egypt, and Kourabiethes from Greece.

The Kids Domain may sound like a place, well, just for kids, but the whole family can find something fun and interesting at the site.

It offers gift-making ideas, electronic greeting cards, crafts, games to download, holiday clipart, recipes, book suggestions for parents, music, stories and world traditions.

The site includes holiday variations for several

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countries and/or beliefs such as Kwanzaa and Ramadan. There also is the Grownups Place for parents.

Children have the opportunity to send Santa Claus a letter, provided in an easy-to-use form.

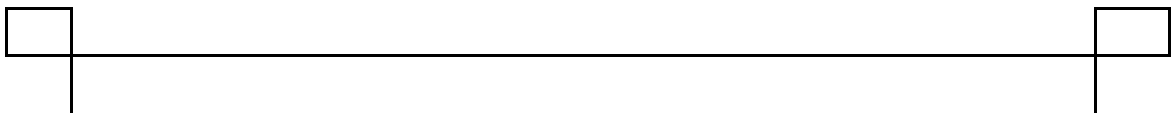
Other sites that offer letters to Santa are The North Pole's Christmas Mission, Claus.com, Santa at Home, Dear Santa Claus, Santa Claus Online, and The Christmas Pages.

Finally, children of all ages can track Santa Claus' travels on Christmas Eve at www.noradsanta.org.

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