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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!**

**Get Ready The Smart Way For Your Thanksgiving Trip**

**By Joyce Jackson**

In a very short time Americans will be off in masses for family gatherings for the Thanksgiving holiday. While staying home is the best advice the reality is that this holiday is the most heavily traveled in the country. Regardless of the delays, exhaustion and memories of arguemetns from last year, we're all heading out to do it again.

You can get ready and be less stressed than last year with a few easy Thanksgiving travel tips.

Pack light. Carry one soft side bag. The one thig to count on at this time of year is long lines. Set your mind that delays will happen. If you pack light you can move around more easily while waiting for that late bus, train or plane.

Take a special book, magazine or DVD movie for those delay times. If you have something special to do while waiting the time goes much smoother. Pack low-sugar snacks and drinks. Travelers don't need a sugar rush while waiting or in cramped quarters.

Flying Arrive at the airport two hours prior to scheduled flight departure time, both on the outbound and inbound trips. This is once you get into the terminal. Build in extra time to park your car. Remember, lots and parking resources will be filled so making a reservation at an off site parking facility will help. Most of them take holiday reservations with a deposit.

Stay Informed. Stay in touch with real-time flight status on the airline's web before heading to the airport. If you have an e-ticket the kiosks and skip ticket counter lines. Most airlines have these now so use them. Consider full-service curbside check-in if you have ski, snowboard, golf or sporting equipment.

Expect to stand in long lines. Expect planes to be jammed. On board stowage space will be critically limited so again, take only one small soft side bag to slip under the seat. If you are taking a gift leave it unwrapped. Most security checkpoints will now require you to unwrap wrapped gifts. Better yet, mail it on ahead a few days before your plane flight.

## Get Ready The Smart Way For Your Thanksgiving Trip

Driving If you are hitting the road in your car and driving, make sure its in good working order. Check you oil, water, washer fluid and tire pressure. Make sure you pack emergency supplies in case you get stranded. Take fresh containers of drinking water. If you are in colder areas take blankets and warm jackets, tire chains de-icer.

Plan your trip so you do not return on Sunday. It' not recommended to drive on the SUnDay after Thanksgiving. It is the worst, most traffic-heavy day of the year. Try leaving Saturday or staying through Monday.

Take games. Better yet, if your vehicle or laptop has a DVD player, take movies. There's no shame in a quiet, fight-free ride on the way home.

See you on the road!

Joyce Jackson travels, writes and lectures extensively on simple, easy but great travel preparation so that you have a great trip each and every time with information, resources and articles on her website at

<http://www.travel-packing-tips.com>

### **Thanksgiving Holiday History**

**By Mrs. Party Gail Leino**

America celebrates Thanksgiving every year by festive family gatherings, traditional holiday meals and offering thanks for all good fortunes. The

Thanksgiving holiday

has a

history that dates back to early American settlers. These settlers were known as the Pilgrims and they were the first to have a

Thanksgiving Day party

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The Pilgrims came to America to escape religious persecution in England. They were granted free passage on the Mayflower on September 6th, 1620 as long as they would work in exchange for the next seven years. Unfortunately, the winter was so harsh that over half of the pilgrims didn't make it to the spring. Less than fifty Pilgrims survived the brutal winter out of 110, but poor health improved with the good spring to come.

## Get Ready The Smart Way For Your Thanksgiving Trip

The local native Americans taught the pilgrims about growing crops such as corn and what plants could be used for medicinal purposes. With The Native Americans help the Pilgrims had a good harvest in October. The Pilgrims invited local Native Americans and settlers to all feast in thanks for there bountiful harvest. They celebrated and feasted for three days and this became known as the first Thanksgiving in America.

President Lincoln would later declare Thanksgiving a National Holiday to be celebrated every fourth Thursday in November in 1863. We as Americans can all take pride and give thanks by enjoying this rich American tradition of a

Thanksgiving party

with all our family and friends.

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible

party

, using proper

etiquette and manners while also teaching organizational skills and fun facts.

Thanksgiving Holiday History

How to Become a Woman of Thanksgiving

Thankfulness In Times Of Trouble

Thanksgiving Traditions of Gratitude

Give Thanks

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101 tips to stay fit and live longer.

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