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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Multi-Cultural Holiday-Party Teaching Tip**

**By Freda J. Glatt, M.A.**

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Happy Holidays! At this time of year, why not plan a multi-cultural holiday party?

Have your children research the holiday customs of their family's heritage country. Depending upon their ages, your students may watch a video, read a book or article, research on the internet, or interview family members.

Have them make a collage or write a report of their findings.

Graph the number of students whose families come from different countries.

The day of the party, let them wear clothes, bring in food (labeled with name of the food and the country it represents), bring in music, and play games representing as many of the countries as possible.

Another way to have an international celebration is for each teacher on the team to be in charge of a different country. Make a passport for the children that needs to be stamped upon their visit to that country. At each stop, the teacher will present an activity for the country (s)he is representing...anything from a dance to a game to a cooking activity...the list is endless.

However you celebrate, have a festive, safe holiday!

Freda J. Glatt retired from teaching after a 34-year career in early childhood and elementary education. Her focus, now, is to reach out and help others reinforce reading comprehension and develop a love for reading. Visit her site at <http://www.sandralreading.com>. Reading is FUNdamental!

**Holiday Party Planning**

**By Mrs. Party Gail Leino**

## Holiday Party Planning by

... Gail Leino

### Holiday Party Planning

'Tis the season to have a party and invite all your family and friends to celebrate the holidays with you. Have a family day and decorate the entire house with

. Your family will enjoy how festive the home is before and after the holiday

party.

When decorating, make sure you have all the party supplies that you will need before the actual party day. Plan out the food and drinks you will be serving. Make a list of everything you need to purchase to help get you ready. If you are preparing any new dishes or appetizers, try them out in advance on your family and neighbors. You want to have all the quirks of any new recipes worked out before your party. It is a nice idea to give each of your guests

as a token of your appreciation

for them attending your party. Choosing the perfect favors for your party can be a way to cleverly tie in the

with your own individual touch.

Bring a festive holiday party atmosphere to your party with

and lights. For the

music, select a few of your favorite holiday albums to play so you can have some variety. It is fun to gather your guests together to sing old favorites. For the lighting, you can string lights on both the inside and outside of your home. You can also cluster some holiday scented candles together for a dramatic lighting effect.

Have the smell of holiday cheer in the air. Simmer cinnamon sticks on the stove to provide the holiday scent. These provide a pleasant holiday aroma to your home. Plan some

that will excite and engage all of your guests. You can have fun holiday party

prizes for the winners of the games.

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

, using proper

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

Holiday Party Planning

Party Favors Make The Occasion Memorable

Thanksgiving Holiday History

Make the Most of Your Mentoring Relationships

Selecting A Party Theme

Palmistry

Brew Your Own Beer

KEKOE'S MULTI-REPLACE

COCKTAILS - How to Make and Enjoy them

The Ultimate guide to a Multi-Orgasmic Male



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