

# Don't flush your wipes! They can clog your pipes!

Your wipe package may read "flushable", but they can still clog your pipes! Throw them in the trash, not the toilet!



Remember the

**3 P's ONLY** 

in the toilet! Pee, Poop & Paper\* \*(toilet paper)









**NO Cotton Balls/Swabs** 





Hi I'm Flo the sink! I love water! Please don't feed me or my disposal anything from the list to the right! It could make me very sick! (clogged)



### 10 things you should **NEVER put down the drain or disposal! Expandable**

**Foods** Grease **Egg Shells Coffee Grounds** Flour 4131

**Produce Stickers** 

**Paper Products** 

Flushable or Non-Flushable **Wet Wipes** 

**Paint and** Cleaning **Products** 

**Medications** 

**Environmental Division 901.636.8118** 

When in doubt, trash it!

### HEY FRIENDS!

Wow, October was fun! So many of my family and friends had birthdays. When is your birthday? Write to me and tell me all about everything! (see pg 6)

It's November now and my mom's birthday month! It's also the month of my favorite food holiday, THANKSGIVING! In my house, almost everything on the table is a once a year dish. What's your favorite dish? Mine is Italian spinach dressing! It's an old, Italian, Thanksgiving recipe that my family has passed down many generations. It's so yummy! I get to help pick the ingredients at the grocery, then prep the food and grate the cheese. I also help with dishes so we can relax. I think learning to cook is FUN! It's VERY important for children of all ages to learn about food and cooking. Parents and teachers, check out "Cooking Safety Rules for Kids". (pg 11) Throughout this issue, you'll find plenty of fun and colorful fall and Thanksgiving themed activities, easy to print on  $8.5 \times 11$  paper.

Jabberblabber is now available to print for everyone, everywhere...and it's FREE thanks to the family-friendly SPONSORS you see throughout this E-Zine. As you scroll through, please remember to show your "appreciation" (see pg 19) the next time your family needs the services they offer. Just click anywhere on their logo and it will take you to their website. They're really nice, local people with families just like ours, and who share our mission: "Helping Children Live Healthy and Happy."

Say "THANK YOU" a LOT every day and watch how HAPPY it makes you feel! :-)

Happy Thanksgiving!

Peace and love, Jabberblabber

"BE GREEN LIKE ME" and turn off the light when you leave an empty room.

Jabberblabber just bought some fresh beets to roast! They are hidden in this E-Zine somewhere. See if you can help him find them!





Creators / Editors, Theresa Andreuccetti, and Nikki Schroeder with Meme and Jabberblabber.

# Helping Children Live Healthy & Happy!

Jabberblabber is published monthly by Jabberblabber, Inc.
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"Be My Pen Pal" (see page 5), is a popular and regular feature in Jabberblabber E-Zine. Children from all over the Mid-South write letters to Jabberblabber, and he writes EVERYONE back! This fun exercise helps children with letter writing, handwriting and communication skills and gives them an opportunity to send and receive mail through the United States Postal Service (USPS).

### Dear Jabberblabber,

This is what my costume is going to be Halloween...a cat witch.

The reason I picked it was...I love cats and witches.

My favorite candy is...Skittles and KitKats.

I want to tell you about myself...I have 2 sisters and 1 brother. I'm 10. I like to ride my bike. My bff is Gracie.

My question for you is...do you dress up for Halloween? Sincerely,

Emma Alexander, Atoka, TN

### Dear Jabberblabber,

This is what my costume is going to be Halloween...Daniel Tiger.

The reason I picked it was...he's my fave.

My favorite candy is...Yum Yum Pops.

I want to tell you about myself...I am 3 and a half and learning to read and write. My mom wrote this for me and dictated it while she pointed to the words. I was in her lap and followed along.

My question for you is...are you a dinosaur?

Sincerely,

Ellis McMahon, Collierville, TN

### Dear Jabberblabber,

This is what my costume is going to be Halloween...a vampire.

The reason I picked it was...vampires are cool.

My favorite candy is...Reese's cups.

I want to tell you about myself...I'm in 6th grade, I live in Memphis and I like to play basketball with my friends.

My question for you is...are you a he, she, they or it? Sincerely,

Brody, Memphis, TN

### Dear Jabberblabber,

This is what my costume is going to be Halloween...Mirabel Isabela Pepa The reason I picked it was...she's pretty and nice.

My favorite candy is...Paleta Payaso. (clown lollipop)

I want to tell you about myself...I'm 8 years old and I love to read.

My question for you is...how old are you?

Sincerely,

Maria Ramirez, Bartlett, TN





- 1. Turn it up or down 2 degrees! Turn your heat down 2 degrees in the winter & your air conditioner up 2 degrees in the summer.
- 2. Turn it off! When you're the last one to leave the room, ALWAYS turn off the lights!
- 3. Unplug It! Reduce your home energy bill 10% by unplugging your cell phone charger, TV, stereo, and computer when you're not using them.
- 4. Say NO to plastic bags! Bring your own bag when you go shopping. Plastic is bad for land & animals!
- **5. Shop Locally!** Support local farmers & local businesses who produce here at home.
- **6.** Don't Idle! If you are going to be parked more than 10 seconds, turn it off! Idling cars produce 25% of all Co2 emissions.
- 7. Recycle! Cans, bottles, cardboard and plastic. Donate unwanted clothes, toys & furniture.
- 8. Reuse! Get a washable, reusable and refillable water bottle.
- Conserve Water! Turn off the faucet while brushing your teeth and take a short shower rather than a bath.
- Can it! Trash on the ground is unsightly & can end up in our rivers and oceans.
   Always throw trash in the trash can.

# What you need:

- The template on the next page or a piece of paper.
- 2 envelopes 2 stamps Pen or Pencil

# Step 1:

Answer the questions in the template or write me a letter. Then fold it and place it in one of the envelopes.

# Step 2:

Address this envelope to me:
Jabberblabber
415 S. Front St #114
Memphis Tn 38103
Place a stamp in the top right corner of the envelope.

city, state and zip code

415 South Front #114 Memphis, TN 38103

> your name your address city, state and zip code

Jabberblabber Magazine 415 South Front #114 Memphis, TN 38103

# Step 3:

Address the other envelope to yourself: Your name your address your zip code. Place a stamp in the top right corner. Fold and place in the other envelope with your letter.

# Step 4:

MAIL IT! Place in 'OUTGOING MAIL" box at your home or various locations of the United States Post Office (USPS).

You will receive a reply and a BE GREEN LIKE ME bumper sticker in the mail in the next few weeks.

All letters submitted are eligible for copy/reprint in a future issue of Jabberblabber Family E-Zine.

	Dear Jabberblabber,
	My favorite thing I've done so far in school is
	My favorite vegetable is
	My favorite fruit is
	My favorite thing our family cooks for dinner is
	My question for you is
	Sincerely
	your name: your age:
	your address:
	city, state and zip code:
<b>6</b> )	I pledge to practice the "10 ways to be GREEN"
$lue{}$	<u> </u>

# WIN

a Jabberblabber bookmark, folder, sticker &

# ART CENTER GIFT CERTIFICATE FOR \$25

Fill in your info and mail to:

Jabberblabber | 415 South Front, #114 | Memphis, TN 38103

OR photograph your colored page and email to jabberblabberlovesu@gmail.com

Name	
Address	
City	
State	

\_ (No age limit!)

# PRINT, COLOR & SEND us your masterpiece for the UCOLORIT random drawing!

JCOTOBIT



# I SPY Dental Puzzle!

How many do you see of each of these teeth?

Write the number you count, in the box next to each tooth.





?























# DID YOU KNOW?

- No two teeth in your mouth are the same.
- A mouth produces an average of 10,000 gallons of spit during a lifetime. Now that is a funny dental fact! And kind of gross too!
- Before modern toothbrushes were invented, people used to chew on frayed twigs to clean their teeth.

sponsored by our favorite GREEN dentist

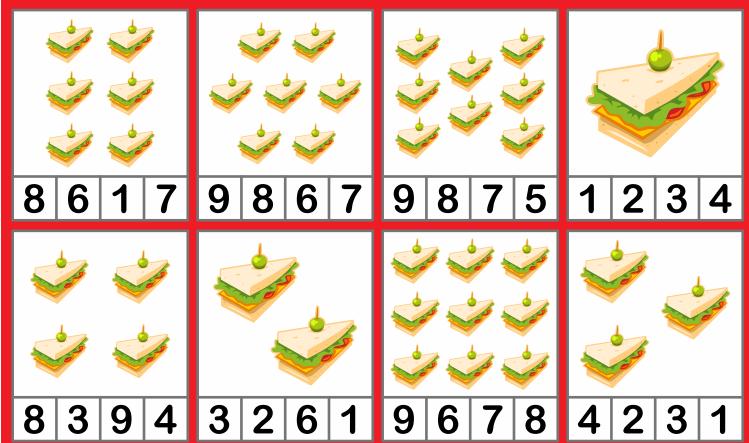


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# Jason's deli®



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1199 Ridgeway Rd - Memphis
1585 Chickering Lane - Cordova, TN
6A Stonebridge - Jackson, TN
We Cater and Deliver
www. jasonsdeli.com



Count the sandwiches in each box and circle the correct number.

# WHY WE DON'T USE STYROFOAM!

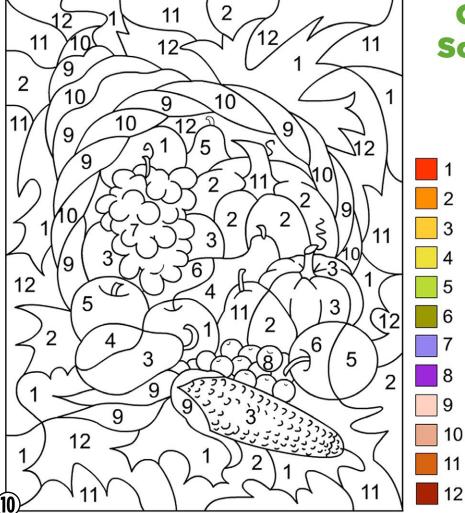
Styrofoam appears to last forever, as it is resistant to photolysis (the breaking down of materials by photons originating from a light source). This, combined with the fact that Styrofoam is lightweight and therefore floats, means that over time, a great deal of polystyrene has accumulated along coasts and waterways around the world. It is now considered the main component of marine debris.

When Styrofoam containers are used for food, chemicals can leach into the food, affecting human health and the reproductive system. This is accentuated if people reheat the food while still in the container.

# **GET CREATIVE INDOORS!**



### **COLOR BY NUMBER**



# Origami | Puzzles Sculpey | Paint Sets Markers

Visit our KID section to make your own Art Creations.



# Jabor Dabor PARENITS PAGES

# Cooking Safety Rules for Kids by Ashley Kim

A registered dietitian shares helpful tips for cooking with kids in the kitchen

When you involve children in the cooking process, they not only become familiar with different foods and how to cook them, they also learn age-appropriate developmental skills. "Incorporating cooking activities at a young age gives children exposure to a variety of foods and supports a healthy relationship with food," says Ashley Kim, a registered dietitian with the Get up & Go program by Children's Health. "Begin by teaching your children to measure and mix ingredients as well as tackle basic tasks like washing produce."

Ashley shares ways to get children involved in preparing family meals while keeping kitchen safety top of mind.

### Cooking tips for kids in the kitchen

Here are some age-appropriate tasks to get children of all ages involved in the kitchen:

### Preschool (2 to 5 years)

Stirring
Rinsing fruits and vegetables
Snapping green beans
Measuring ingredients
Mashing soft foods
Cutting with a blunt knife

### Early elementary (6 to 8 years)

Grating cheese
Forming cookies and patties
Peeling onions and garlic
Breaking eggs
Kneading dough
Light chopping with round-end steak knife

### Preteens (9 to 12 years)

Planning and preparing basic lunches, meals and snacks Cooking soup Using a food processor Using a chef's knife Putting foods in the oven and removing them Baking quick breads and muffins

### Teenagers (13 to 16 years)

Using all kitchen appliances, including outdoor grills
Developing knife skills to chop, dice and mince
Driving to the store and buying groceries
Marinating foods
Sautéing and pan-frying foods



# Click HERE for full article.

### Kitchen safety tips for children

Remember to discuss safety rules in the kitchen before any of these other skills are taught. Teach your children how to wash their hands before handling foods and explain ways to avoid cross-contamination from raw meats. Help them implement safe knife-handling skills and how to navigate hot surfaces. Always supervise young children in the kitchen, and establish a rule to ask permission before cooking in the kitchen.





# **NOVEMBER TOPIC:**

**COVID** vaccine boosters

By Gerard J. Billmeier, Jr., M.D., FAAP

Children ages 5-11 years are now eligible for a bivalent COVID-19 vaccine booster.

Leaders of the Food and Drug Administration (FDA) and Centers for Disease Control and Prevention (CDC) signed off on the updated boosters for children today. The AAP supports administration of all COVID vaccine primary series and booster doses recommended by the CDC.

The Pfizer-BioNTech bivalent booster emergency use authorization that includes people 12 years and older has been expanded to include children ages 5-11 years. The Moderna bivalent booster authorization for those 18 and older has been expanded to include children and adolescents ages 6-17 years.

"Since children have gone back to school in person and people are resuming pre-pandemic behaviors and activities, there is the potential for increased risk of exposure to the virus that causes COVID-19," FDA Center for Biologics Evaluation and Research Director Peter Marks, M.D., Ph.D., said in a press release. "Vaccination remains the most effective measure to prevent the severe consequences of COVID-19, including hospitalization and death."

He noted even mild COVID cases in children have the potential to cause long-term effects.

The bivalent boosters were created to combat a possible fall/winter virus surge and contain both the original SARS-CoV-2 strain and the omicron BA.4/5 spike protein. About 79% of the circulating strains are BA.5, and the rest are other omicron variants, according to the CDC.

Children as young as 5 years who have completed a primary series are eligible for a single bivalent booster two months after previous doses. About 61% of adolescents ages 12-17 years and 32% of children 5-11 years have completed a primary series. Children can receive a bivalent booster with a different brand than their primary series.

The Pfizer-BioNTech bivalent booster dose for children ages 5-11 years is 10 micrograms (µg). Moderna's bivalent booster dose is 50 µg for adolescents ages 12-17 years and 25 µg for children ages 6-11 years.



FDA authorization was based on immune response and safety data from clinical studies in adults of a bivalent booster containing the original SARS-CoV-2 strain and an omicron BA.1 strain. Officials also considered data from clinical studies on monovalent boosters in children.

As with people ages 12 and older, monovalent boosters no longer are allowed for children ages 5-11 years now that a bivalent booster has been authorized. **Click HERE** 

for full article.



References: 2022 American Academy of Pediatrics

This is Gurgle the storm drain. He's only supposed to drink rain. Can you circle 5 things (other than rain) that may go down the storm drain? Read the comic strip below to learn about rain in a city and where it flows.

Meet Gurgle!



**Enter the 2022-2023 Lil' Pollution Preventer Art Contest!** For PK- 5th grade students in Memphis City limits

Marlene won last year!



Deadline is

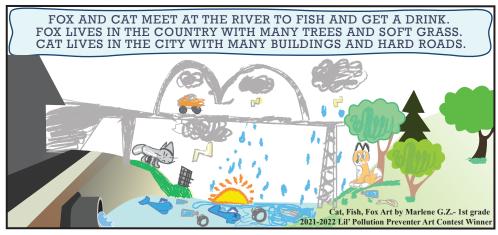
March 10, 2023.

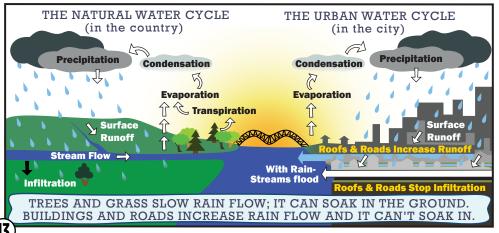




See Marlene's character below in our new comic strip! YOU COULD BE NEXT!





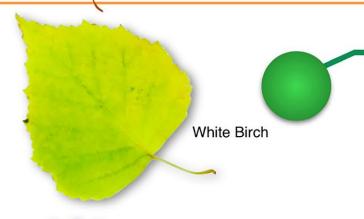






## Why do leaves change color in the Autumn?

Most of the spectacular colors of autumn have actually been in the leaves all summer, however they were "covered up" by the dominant green of the chlorophyl. As weather cools, and shorter days settle in, the chlorophyl begins to break down, revealing new and varied color pigments. The brightest colors are seen when late summer is dry, and autumn has bright sunny days and cool nights.



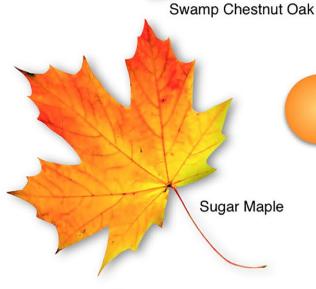
# GREEN - Chlorophyl

Chlorophyl is responsible for helping trees and plants turn sunlight into food. For most months, it is the dominant color seen in most leaves until it fades away. As many trees shut down their food production, they turn to stored sugars to survive the winter.



# **RED - Anthocyanin**

Unlike other leaf colors that always exist in the leaf, anthocyanins are produced as the chlorophyl is broken down. The anthocyanins are often seen in leaves named for their autumn splash of red including Red Maples, Scarlet Oaks, and Red Sumacs.



Aspen

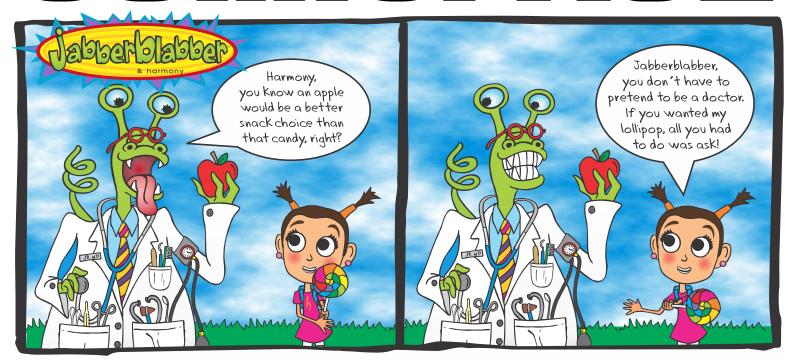
# **ORANGE - Carotene**

Sugar Maples may be one of the best examples of carotene in action. Their bright signature orange fills many hills and country roads throughout the northern US. Sassafras leaves also turn a slightly more muted orange. As its name implies, Carotenes are also the chemical responsible for giving carrots their unique coloring.



Xanthophyll can be seen throughout the fall in trees including beeches, ashes, birches, aspens, and some oaks. It also contributes its bright yellow color to autumn squash and corn.

# COMICPACE

















- 1. Who helps the little pumpkins cross the road safely?
- 2. What key won't open any doors?
- 3. What's the best dance to do on Thanksgiving?
- 4. What does a one-legged turkey say?
- 5. April showers bring May flowers. So what do May flowers bring?





# SUNDAY NOV 6 2022 9:30AM TO 4PM MEMPHIS BOTANIC GARDEN

A family-friendly experience of Japanese culture featuring food, entertainment, games, crafts and more! Admission includes the Memphis Japan Festival and Memphis Botanic Garden.

Visit www.memphisjapanfestival.org for details.

Presented by JAPAN-AMERICA SOCIETY OF TENNESSEE



Nov 1 | Tuesday | Author's Day

Nov 2 | Wednesday | Deviled Eggs Day

**Nov 3 | Thursday | Sandwich Day** 

**Nov 4 | Friday | Common Sense Day** 

**Nov 5 | Saturday | Pumpkin Destruction Day** 

Nov 6 | Sunday | Zero Tasking Day

Nov 7 | Monday | Bittersweet Chocolate with Almonds Day

**Nov 8 | Tuesday | Tongue Twister Day** 

Nov 9 | Wednesday | Chaos Never Dies Day

Nov 10 | Thursday | Vanilla Cupcake Day

Nov 11 | Friday | Origami Day

Nov 12 | Saturday | Happy Hour Day

Nov 13 | Sunday | World Kindness Day

Nov 14 | Monday | Pickle Day

**Nov 15 | Tuesday | Clean Out Your Refrigerator Day** 

Nov 16 | Wednesday | Fast Food Day

Nov 17 | Thursday | Take A Hike Day

Nov 18 | Friday | Apple Cider Day

Nov 19 | Saturday | Play Monopoly Day

**Nov 20 | Sunday | National Absurdity Day** 

Nov 21 | Monday | World Hello Day

Nov 22 | Tuesday | Go For a Ride Day

Nov 23 | Wednesday | Fibonacci Day

Nov 24 | Thursday | Thanksgiving

**Nov 25 | Friday | Shopping Reminder Day** 

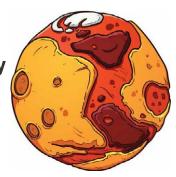
Nov 26 | Saturday | Cake Day

Nov 27 | Sunday | Pins and Needles Day

Nov 28 | Monday | Red Planet Day

Nov 29 | Tuesday | Electronic Greeting Card Day

**Nov 30 | Wednesday | Computer Security Day** 



# Jebocholeboer | N D T

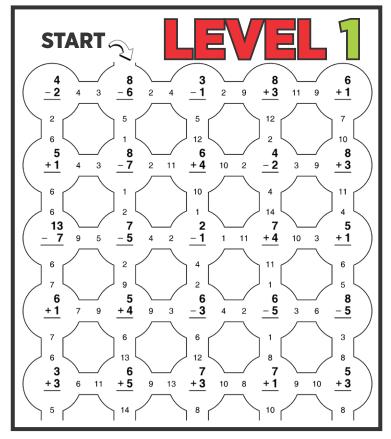
See if you can find the 10 differences in the two photos.





# MATHMAZES

Find your way from top to bottom by following the path of correct answers. You can only exit a cell if the number matches the answer to the problem.



LEVEL 2 START
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60 12 15 14 14 7 14 14 210 2 -12 3 42 × 7 52 140 × 10 66 210 49 144 56 72 210 × 14 210 2 -12 3 42 × 7 52 140 × 10

Answers on page 30

# WORDOFTHEMONTH

# appreciation

noun ap·pre·ci·a·tion

: a feeling or expression of admiration, approval, or gratitude

"Samantha is expressing appreciation to her teacher for helping her with math."

Use "appreciation" in your own sentence:



# **IDPARENTS PAGE** Celebrating our senior adults in the prime of their lives!



### **Grandparent of the Month** - Michael Gilbert

Michael Gilbert was born in Brooklyn, New York and moved to Kirby Pines from his previous home in Hendersonville, North Carolina. He has four children and seven grandchildren. His favorite thing about being a grandparent is sharing the joy they experience and watching them grow and mature.

Michael graduated from Northwestern University with a BA Degree. He received his MAT from Emory University and his Ed D from The University of Georgia. He was a professor at Central Michigan University for 15 years.

As an educator, he is proud of his research and the publishing of his writings on interpersonal communication. He was selected to the International Listening Association Hall of Fame and also named one of the top 25 Michigan professors.

The list of destinations Michael has traveled to include Scotland (his favorite), Japan, Austria, Hungary, Portugal, and 45 of the 50 United States.

Golf and photography are Michael's favorite pastimes.

Congratulations Michael, for being Jabberblabber's Grandparent of the Month!

# GRANDPARENTS

# **Thanksgiving Side Dishes**

Find the words hidden in the grid of letters.









sponsored by



LifeStyle and LifeCare

kirbypines.com

B S Е Н Е S

**ASPARAGUS BEANS** BEETS **BISCUIT BRUSSEL SPROUTS CARROTS COLESLAW** 

CORN COUSCOUS **FRENCH FRIES FRUIT GREEN BEANS MUSHROOMS PASTA** 

**PEAS PEPPERS POTATO SALAD POTATOES QUINOA RICE ROLLS** 

SALAD SOUP **SQUASH STUFFING** TATER TOTS **ZUCCHINI** 



# Memphis Since 1958

5484 Summer Avenue | Memphis, TN 38134 901.386.2992 | puttputt.com/memphis-tn/

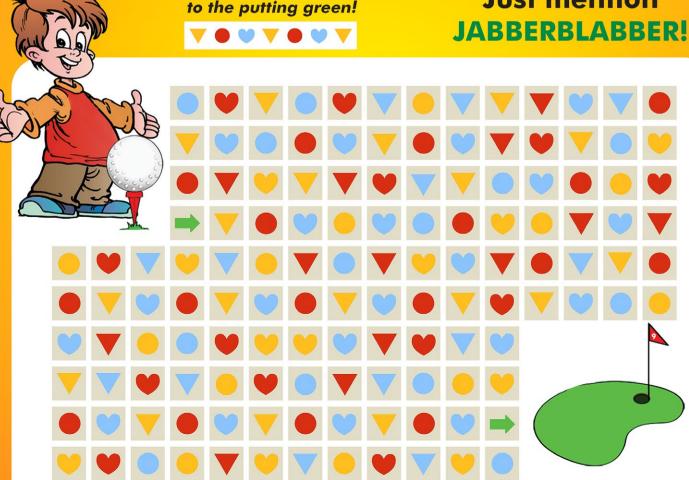
ARCADE | GO-KARTS | BUMPER CARS **BUMPER BOATS | BATTING CAGES DRIVING RANGE** 

> Use the order of the symbols below to help Tommy get thtough the maze to the putting green!



Buy 1 Get 1 **Putt-Putt Round** 

**Just mention** 

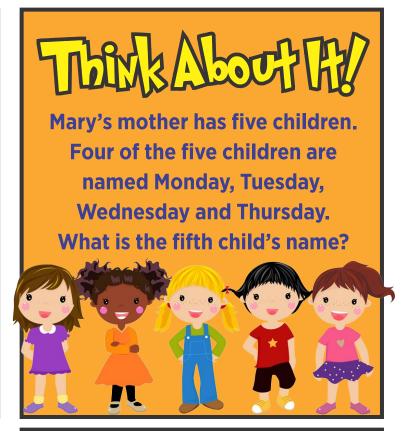


# THESE ARE TOUGH! TRY THEM, IF YOU DARE!

Answer on page 31

# FOR REAL????????

WHAT WORD
WRITTEN IN
CAPITAL LETTERS
IS THE SAME
FORWARDS,
BACKWARDS
& UPSIDE
DOWN?



# WORD PUZZLERS

Figure out the words or phrases from the word pictures below.

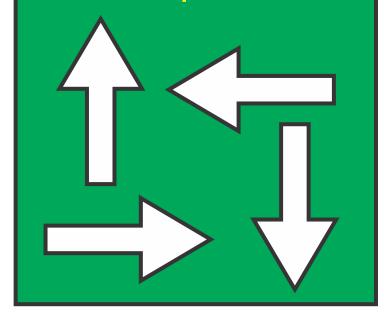
1

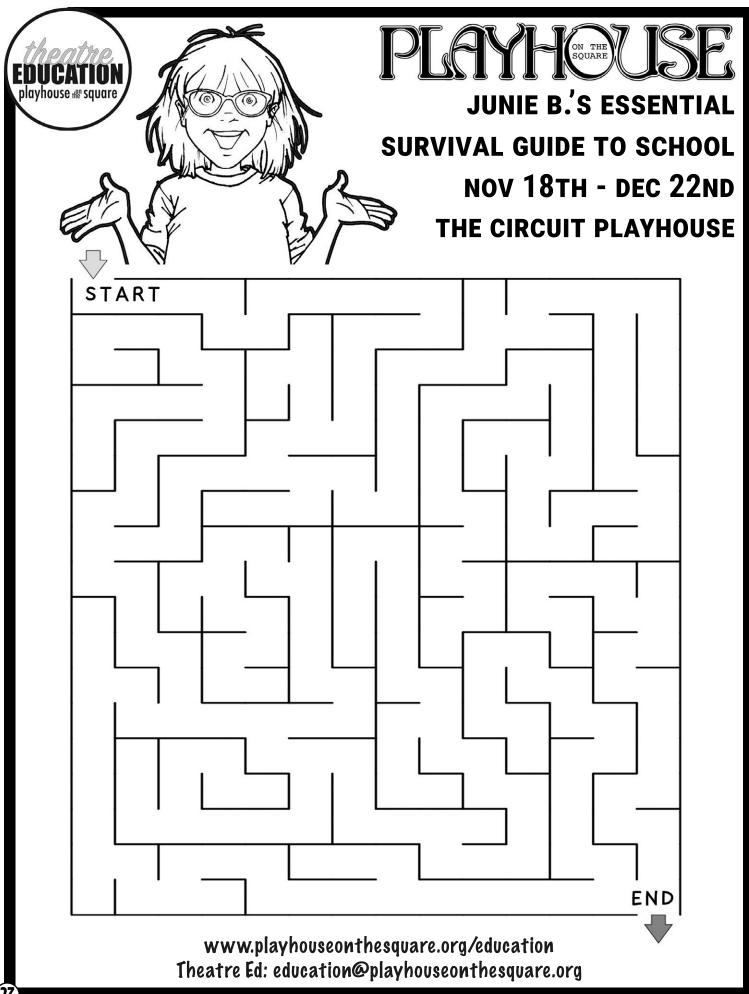
# go it it it it

lang4uage

# **Magic Arrows**

Can you redraw the four arrows below and end up with five arrows?





on Facebook and Instagram Answers to Jokes on pg 15:
1. The crossing gourd. 2. A tur-key! 3. The turkey trot! 4. Wobble wobble! 5. Pilgrims!

### **1ST Place | Piper Rose Bennett** Fulton, MS | age 10



Devender Keys | age 15



Lecia | age 8



Ellie Purius | age 9



Cailey Strickland | age 6

# **UCOLORITCONTEST**

# **OCTOBER WINNERS**

### **ADDITIONAL PRIZE WINNERS**



Levi Fowler | age 11



Ben Romine | age 8



Adam Villem | age 10



Londyn Fuller | age 6



Anzleigh Walls | age 9



Clarence Dennis IV | age 9



You can do it!

**26**)

Finish
drawing
Unice
the Unicorn
by connecting
the dots!

with Quick Draw Drew Use the cartoon to the right for color reference 7. or do your own thing! 8• 9. 10. 12 **•**86 13• **•**85 16 17 81 82 •84 15 83 18**• 80** 19. 20 22 33 36 •79 23• 38 24• 57 58 •77 25 •31 39 67 68 69 70° 26 •76 27 30 60° **•**66 **•**54 •43 41 **●**65 Everyone's an artist! Did you know . . .

> Unicorns are magnificent, magical and mythical creatures! Baby unicorns are sometimes called sparkles and are born without their horns.

# Keep kids safe this holiday season



Over 29,000 Shelby County adults have taken our Stewards of Children sexual abuse prevention and response training. When you get trained, you join a network of adults empowered to keep kids safe.

Contact Kris at kcrim@MemphisCAC.org or 901.888.4363 to schedule training for you or your organization. Visit MemphisCAC.org to learn more.

**Upcoming Virtual Sessions:** 

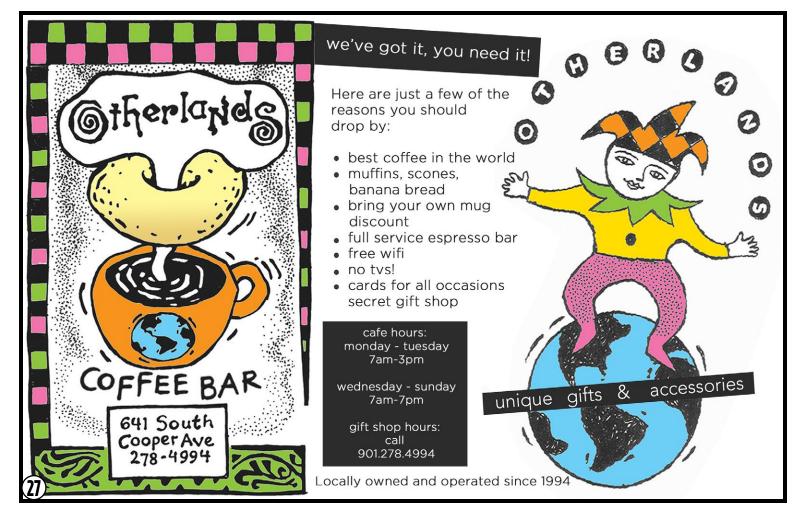
Saturday, November 19, 9:00 am - 11:30 am

Wednesday, December 7, 1:00 pm - 3:30 pm

Wednesday, January 11, 1:00 pm - 3:30 pm



Healing and transforming children's lives for 30 years.



# #BeAirAware

Improve Air Quality by remembering the

# 5 cool ways to reduce ozone in Shelby County:

**Share the Ride** Carpool, use public transportation, bike, or even walk! It saves money and reduces pollution levels.

**Link the Trips** When driving, do all of your errands in a row instead of returning home in between. It saves money, gas, and reduces pollution.

**Stop at the Click** When refueling the gas tank in your car, do not top off after the click. It harms your car and increases pollution levels!

**Don't Idle Your Car** You can reduce pollution levels by avoiding drive-through lines and shutting your engine off if waiting for more than 30 seconds. **Mow When the Sun is Low** Gasoline lawn mowers are much dirtier than

automobiles. Mow after 6pm to reduce ozone levels in the summer.

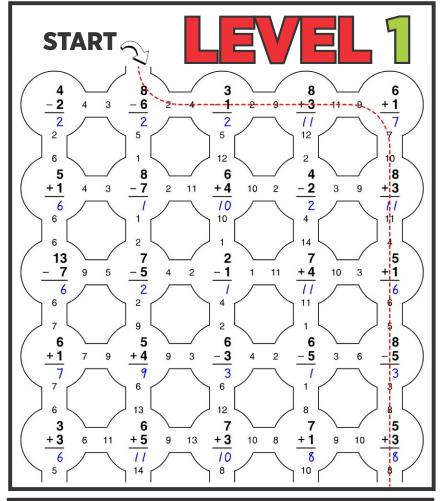


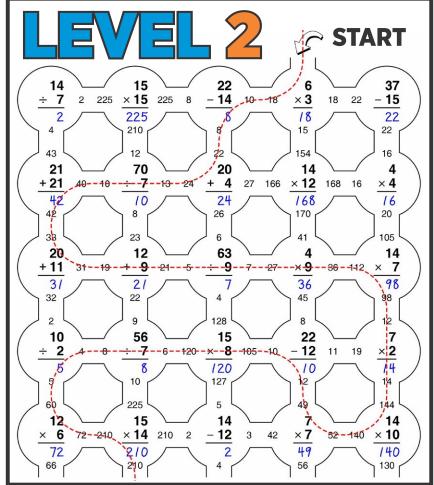
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# **ANSWERS**

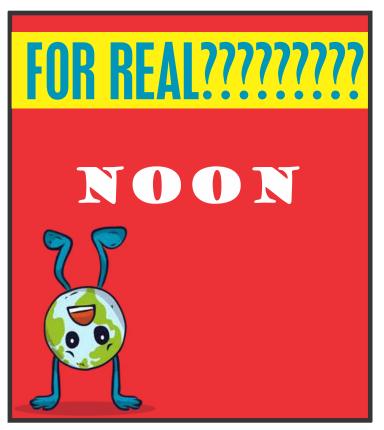


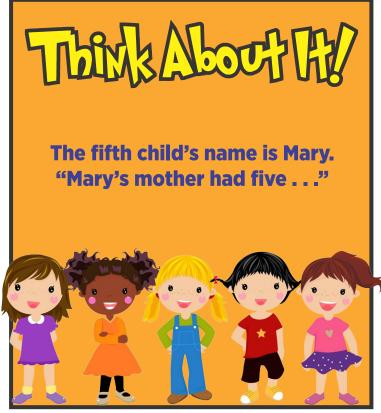






# SECRET IN LUS ANSWERS





# WORD PUZZLERS

Figure out the words or phrases from the word pictures below.

go it it it it go for it

lang4uage

foreign language

# **Magic Arrows**

Can you redraw the four arrows below and end up with five arrows?

