



City of **Wh MEMPHIS** Environmental Division 901.636.8118

When in doubt, trash it!

HAPPY HOLIDAY GREETINGS FRIENDS!

I can't believe the end of 2022 is here already! I guess it's true, time flies when you're having FUN! Here at Jabberblabber headquarters, we're busy getting ready for the holidays. My family celebrates Solstice and Christmas, so we have a tree, pine wreath, stockings hung by our fireplace (the virtual one on tv) and supplies to make our own gifts. What holiday do you celebrate in December? Write to me and tell me all about it!

Children love Christmas, the day when they wake up to toys and gifts from Santa. It can also be a stressful time for children, with schedules changing and family gatherings in and outside of their homes. We have tips for parents on pg 11 which may help keep the holidays "merry" in your world.

Remember, giving can be as fun as receiving, and store bought gifts aren't necessary. The gift of LOVE can be the most rewarding, from smiling at your neighbors, showing gratitude by saying THANK YOU to your parents, helping them with whatever chores they're doing, giving them big hugs and telling them that you love them. Try these simple gestures during the holidays and EVERY DAY and see how great it feels!

This E-Zine is provided to the world for FREE thanks to the sponsors you see throughout. Please keep them in mind the next time your family is needing their services.

We LOVE and appreciate all of you: our readers, children, teachers, parents, sponsors and everyone who has supported this dream of providing free, fun education to children for almost 22 years! See you next year!



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

Peace and Love, Jabberblabber

> Jabberblabber wants to donate a coat, that he has outgrown, to charity. It's a blue coat with red buttons. It's hidden in this E-Zine somewhere. See if you can help him find it!



Helping Children Live Healthy & Happy!

Jabberblabber is published monthly by Jabberblabber, Inc. 415 South Front, # 114 • Memphis, TN 38103 • 901.278.5002 www.jabberblabber.com • jabberblabberlovesu@gmail.com Facebook: Jabberblabber Family Magazine instagram: @jabberblabberfamilymagazine

Editor: Theresa Andreuccetti Art Director: Nikki Schroeder Contributing Writer: Gerard J. Billmeier, Jr., M.D. Sponsorship Sales: Theresa Andreuccetti and Samantha Dunn Jabberblabber Contributing Artists: Karen Masel, Bev Hart and Beverly Holmgren



"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,

My favorite thing I've done so far in school is...make a new friend. My favorite vegetable is ...corn. My favorite fruit is...bananas. My favorite thing our family cooks for dinner is...spaghetti. My question for you is...how tall are you? Sincerely, Derrick Haynes, age 10, Memphis, TN

Dear Jabberblabber,

- My favorite thing I've done so far in school is...play volleyball.
- My favorite vegetable is...broccoli.
- My favorite fruit is...strawberries.

My favorite thing our family cooks for dinner is...turkey burgers. My question for you is...do you go to school? Sincerely,

Emma Lovelace, age 11, Collierville, TN

Dear Jabberblabber,

My favorite thing I've done so far in school is...science lab. My favorite vegetable is...bok choy. My favorite fruit is...lychee. My favorite thing our family cooks for dinner is...homemade dumplings in ramen broth. My question for you is...do you like Asian cuisine? Sincerely, Tam Huyen, age 12, Midtown Memphis, TN

Dear Jabberblabber,

My favorite thing I've done so far in school is...art class. My favorite vegetable is...carrots. My favorite fruit is...strawberries. My favorite thing our family cooks for dinner is...chili mac. My question for you is...are you an earthling? Sincerely,

Jasmine James, age 10, Memphis, TN



Print out the next page, write to me and join my "GREEN LIKE ME"club. I'll write back and send you a sticker & club card with your name on it!

BE MY

As a club member, you pledge to practice the "10 ways to be green like me" (below)!

Ellie Ellie

TO WAYS YOU CAN BE GREEN LIKE ME?

GRFEN

LIKE

- 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.

9. Conserve Water! Turn off the faucet while brushing your teeth and take a short shower rather than a bath.

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.

your name your address city, state and zip code

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.

Jabberblabber Magazine 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 4:

5

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 healthy thing to eat is |
|---|---|
| | My favorite NOT healthy thing to eat is |
| | My favorite movie star is |
| | My favorite movie is |
| | llove to |
| | My question for you is |
| | Sincerely, |
| 6 | your name: your age: your address: city, state and zip code: I pledge to practice the "10 ways to be GREEN" |

a Jabberblabber bookmark, folder, sticker &

ART CENTER GIFT CERTIFICATE FOR \$25

1 Grand Prize Winner will receive an Art Center Gift Certificate for \$25 and 3 runners up will receive Putt Putt Coupons! 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

State___

City

_____ Zip__

Age_____ (No age limit!)



Dental maze!

Help the tooth get to the toothbrush and toothpaste!



DO YOU KNOW WHAT Causes Bad Breath?

Old bits of food and bacteria on your tongue, gums, or in between your teeth are responsible for the way your breath smells. Brushing your teeth twice a day and flossing once a day helps remove bad breath. Did you know that if you don't floss you miss 40% (that's almost half) of your tooth surfaces? Just do it and keep your mouth healthy! sponsored by our favorite GREEN dentist

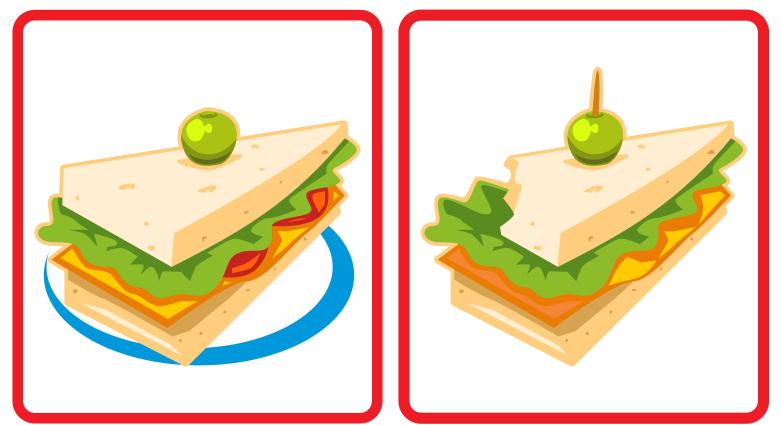


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FIND 5 DIFFERENCES



Answer on page 33

WHY WE DON'T USE STYROFOAM!

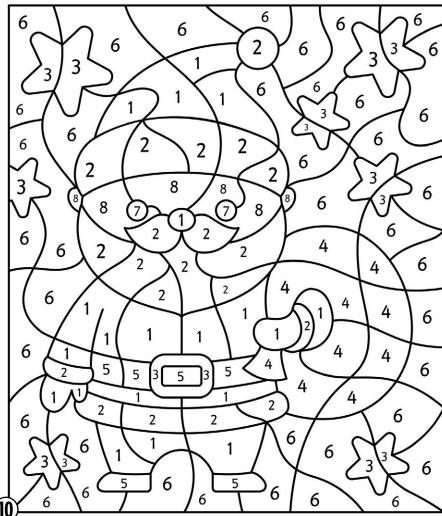
Styrofoam appears to last forever, as it is resistant to photolysis (the breaking down of materials by photons originating from a light source). This, combined with the fact that Styrofoam is lightweight and therefore floats, means that over time, a great deal of polystyrene has accumulated along coasts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

9



HOLIDAY SALE!

COLOR BY NUMBER



Select Mabef Easels | Drafting Tables Posca Metallic Paint Marker Sets Arches Watercolor Journals Beginner Hand Lettering Kits Bob Ross Kids Happy Lesson Kit Spirograph Design Tin Set Lamali Felt Pouches Loop-De-Loom Weaving Kit T-Rex Tape Dispenser





By Deanna Bosley, Certified Parenting Education

The holiday season is upon us and most parents find themselves dreaming of family gatherings filled with warmth and generosity, surrounded by children who are well behaved, polite and most of all, happy.

For many families, however, those picture-perfect images are often all too quickly replaced with the harsh realities of handling some of our children's less than perfect behaviors. Parents can find themselves feeling frustrated, angry and resentful, as our children seem to fall apart right when we most wish, and need them to hold it together.

Understand and Accept Your Children's Temperament

All children are born into this world with their own way of responding to what is going on around them. This is referred to as your children's temperament.

Some children are born with easy temperaments where they seem to naturally go with the flow of the holiday season, are not bothered by changes in schedules and routines, and do not seem to mind all the excitement.

Other children are born with temperaments that are not so easy to parent and seem to show signs of distress right from the start of the season.

Some of their challenging behaviors might include:

- Increased crying
- Tantrums
- Clinging
- Excessive energy

It all adds up to extra stress and frustration for parents

Specific Tips for a Successful Time

Work with your Child

- Prepare your child with this information so they know what to expect during the visit.
- You can spend time practicing respectful ways for them to express their frustration.
- You may need to be more vigilant just in case they need your help to manage emotions.
- You can also share your children's development with others so they can be more empathetic.

Be Aware of Schedules

Be aware of activities and schedule changes that might be influencing your children's behavior.

It helps to make note of any external, situational factors that might be having a negative impact on your children's behavior. These might include:

- Any disrupted sleep and eating patterns as a result of traveling or visiting friends and family
- Over-scheduled calendars
- Any extra holiday shopping trips added to your daily routine

These events for the most part are things that grown-ups have come to expect as being part of the holiday experience, but for children, they can be an invitation for meltdowns and frustration.

If you find your children reacting negatively as a result of your busy schedule, slow down! The rewards will be well worth it.

As the holidays unfold and as you begin to make plans, it helps to think about what your children will need and what you will need in order to feel satisfied and successful.



DECEMBER TOPIC: Food for the Holidays

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

Foods are an important ingredient of most holiday celebrations. Children like to be included in preparing holiday food especially traditional family recipes. Your child's cultural and ethnic identities can be enhanced through the preparation and sharing of holiday foods.

Here are just a few holiday food safety tips:

- Always follow food safety guidelines strictly. Be mindful of harmful bacteria in raw foods. Remember to cook all meats and poultry thoroughly. Wash all raw vegetables and fruits. Melons are currently a leading source of food-borne illness.
- Beware of raw eggs in preparing dishes. They can be a source of harmful Salmonella bacteria unless the eggs are thoroughly cooked.
- When using a "tasting spoon" be sure to wash it before using again in food being prepared.
- When preparing for holiday parties, refrigerators can become crowded with partially prepared foods. Always keep raw and cooked foods separate and use separate utensils for raw and cooked foods.
- Thaw frozen meats and poultry in the refrigerator, never on the counter top.
- Always wash wooden cutting boards by scrubbing well with warm soapy water.
- Hot foods and liquids should be kept well away from the edge of kitchen counters to avoid the hands of small children exploring for treats.
- For those foods requiring refrigeration, never leave them at room temperatures for more than two hours.
- While teaching your children those old family recipes, remember to teach them these simple rules of food safety.
- After holiday parties, always clean up promptly. Choking hazards must be removed from the reach of toddlers. And don't forget to remove alcohol and tobacco products which could tempt little ones in sampling.



Source: American Academy of Pediatrics (AAP)



#Love Memphis



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deposit is required. Limited withdrawals per statement cycle. All deposit accounts are subject to the terms and conditions of t





[17]

Dec 1 | Thursday | Eat a Red Apple Day **Dec 2** | Friday | Fritters Day **Dec 3 | Saturday | Make a Gift Day Dec 4** | Sunday | Wear Brown Shoes Day **Dec 5 | Monday | Day of the Ninja Dec 6** | **Tuesday** | **Put on Your Own Shoes Day Dec 7 | Wednesday | Letter Writing Day Dec 8 | Thursday | Pretend to Be a Time Traveler Day Dec 9** | Friday | Christmas Card Day Dec 10 | Saturday | Human Rights Day Dec 11 | Sunday | Noodle Ring Day **Dec 12 | Monday | Gingerbread House Day Dec 13 | Tuesday | Ice-Cream Day** Dec 14 | Wednesday | Monkey Day **Dec 15** | Thursday | National Lemon Cupcake Day **Dec 16 | Friday | Ugly Sweater Day** Dec 17 | Saturday | Maple Syrup Day 🝕 Dec 18 | Sunday | Hanukkah Begins Dec 19 | Monday | Oatmeal Muffin Day **Dec 20 | Tuesday | Go Caroling Day Dec 21 | Wednesday | Winter Solstice (Shortest Day)** Dec 22 | Thursday | Date Nut Bread Day Dec 23 | Friday | Roots Day Dec 24 | Saturday | Eggnog Day Dec 25 | Sunday | Christmas Day **Dec 26 | Monday | Thank You Note Day Dec 27** | **Tuesday** | No Interruptions Day Dec 28 | Wednesday | Card Playing Day Dec 29 | Thursday | Pepper Pot Day **Dec 30 | Friday | Bacon Day** Dec 31 | Saturday | Make Up Your Mind Day



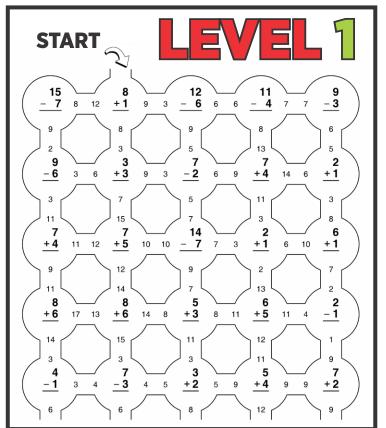
See if you can find the 9 differences in the two photos.

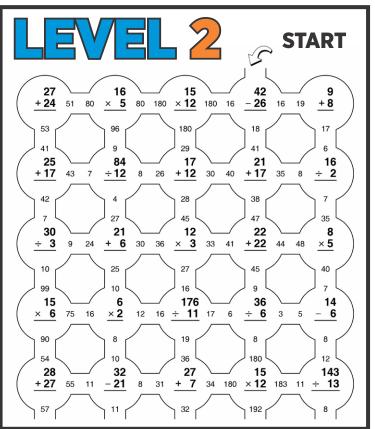






Find your way from top to bottom by following the path of correct answers. You can only exit a cell if the number matches the answer to the problem.





Answers on page 31

WORDOFTHEMONTH

generous adjective

gen·er·ous

Willing to give of oneself and one's possessions:

"Cheryl is so generous to volunteer her time tutoring children who need help learning to read."

Use "generous" in your own sentence:



Jook Jaboor **NDPARENTS PAGE** Celebrating our senior adults in the prime of their lives!



Grandparents of the Month – Leon & Marilyn Sanderson

Leon and Marilyn Sanderson moved to Kirby Pines from their home in Collierville, Tennessee. Married for 39 years; they have three children, nine grandchildren and three great grands.

Both of the Sandersons are graduates of Harding University. Leon received his B.A. in 1954 and served as a minister for 64 years. Marilyn earned a B.A. in Elementary Education in 1966 and had a career as a teacher and administrator at Harding Academy of Memphis for 43 years.

To stay active Leon and Marilyn ride bikes and walk. They also enjoy music, reading and travel. They have traveled to all of the fifty states and the six continents. They especially enjoyed their 25th anniversary trip to Switzerland.

A lifelong learner, Leon is an encourager. Marilyn in interested in others and never meets a stranger. They are both involved in many programs at Kirby Pines and often sing duets together.

Congratulations Marilyn & Leon, for being Jabberblabber's Grandparents of the Month!

GRANDPARENTS WORD SEARCH PUZZLE

Merry Christmas

Find the words hidden in the grid of letters.





(20)

kirbypines.com

| Κ | R | Ε | Т | S | Α | Ν | Т | Α | Χ | L | S | Κ | Ε | Μ | L | Н |
|--------|---|---|---|---|-----|---|---|---|----|---------|---|---|---|------|---|---|
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| CAROLS | | | | Н | OLL | Y | | | Rl | RUDOLPH | | | | TREE | | |

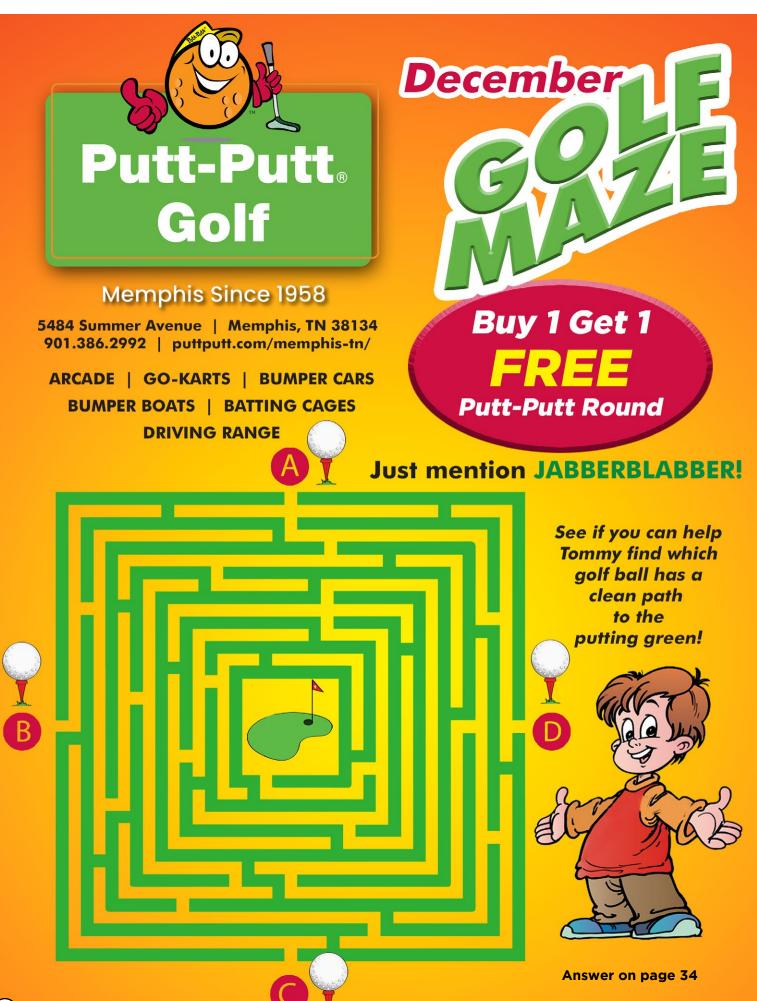
COOKIE ELVES FAMILY нононо HOLIDAY

JOLLY LIGHTS MERRY PRESENTS REINDEER

SANTA SLEIGH **SNOWMAN** STAR TINSEL

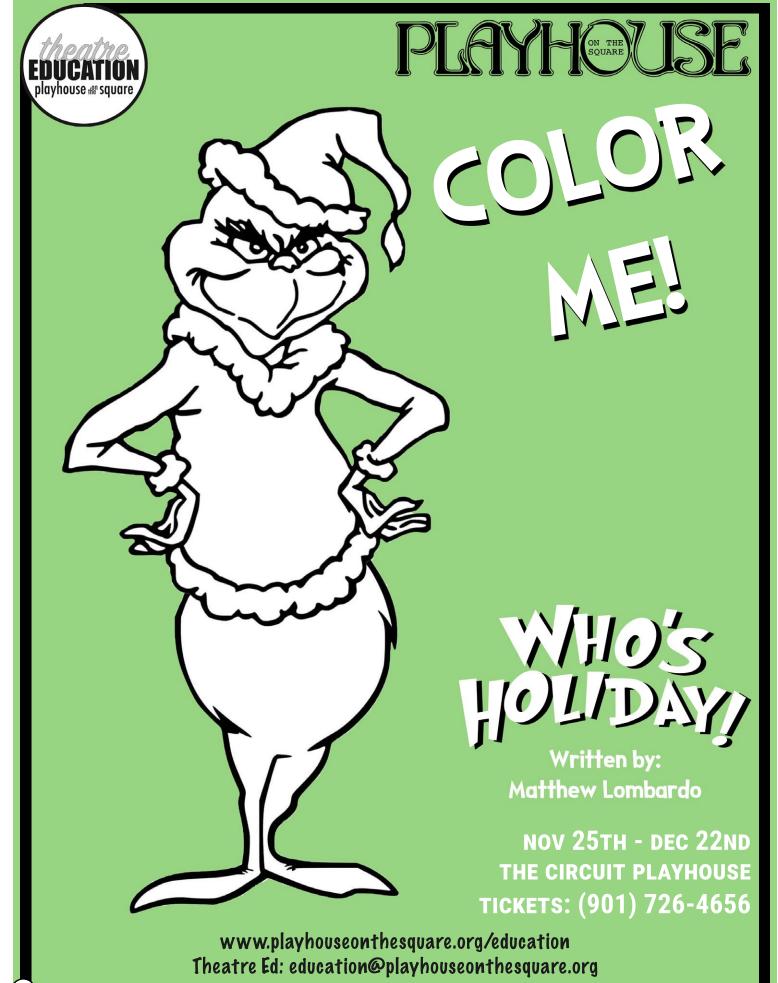






(21)

| SUESS THE Christmas Carol |
|---|
| Answer on page 32 |
| 1. The apartment of 2 psychiatrists |
| 2. The lad is a diminutive percussionist |
| 3. Decorate the entryways |
| 4. Sir Lancelot with laryngitis |
| 5.ABCDEFGHIJKMNOPQRSTUVWXYZ |
| 6. Wanted in December: top forward incisors |
| 7. The smog-less bewitching hour arrived. |
| 8. Exuberation to this orb. |
| 9. 288 Yuletide hours. |
| 10. Do you perceive the same longitudinal pressure which stimulates |
| my auditory sense organs. |
| 11. Stepping on the pad cover. |
| 12. Far back in a hay bin |
| 13. Leave and do an elevated broadcast |
| 14. Listen, the winged heavenly messengers are proclaiming tunefully. |
| 15. Frozen precipitation commence |
| 16. We are Kong, Lear and Not Cole |
| 17. Oh, member of the round table with missing areas |
| 18. Boulder of the tinkling metal spheres |
| 19. Vehicular homicide was committed on Dad's mom by a precipitous darling |
| 20. Cup-shaped instruments fashioned of a whitish metallic element |
| 21. Our fervent hope is that you thoroughly enjoy your yuletide season |
| 22. May the Deity bestow an absence of fatigue to mild male humans. |
| 23. Assemble everyone who believes. |
| 24. Obese personification fabricated of compressed mounds of |
| minute crystals. |
| 25. I spied my maternal parent osculating a red-coated, unshaven teamster. |





Answers to Jokes on pg 15: 1. RUDE-olph! 2. Tinselitus 3. Jingle smells! 4. A cookie sheet. 5. A pineapple.



UCOLORIT CONTEST NOVEMBER WINNERS

1ST Place AVERY WYNNE MEMPHIS, TN | age 8

ADDITIONAL PRIZE WINNERS



Kerrigan | age 11

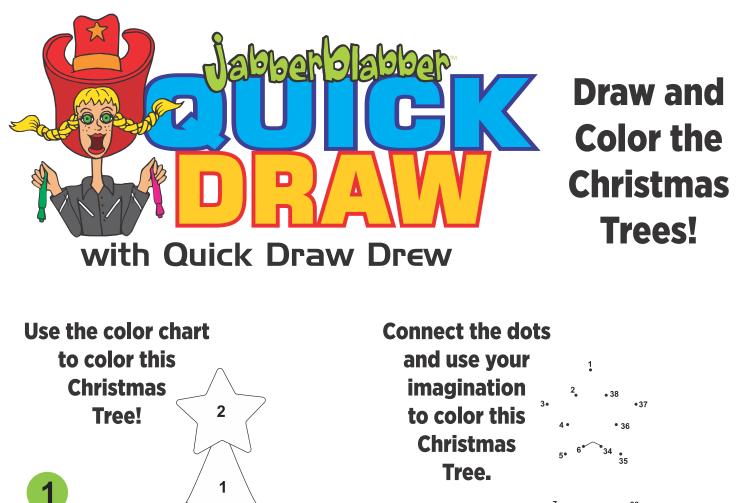


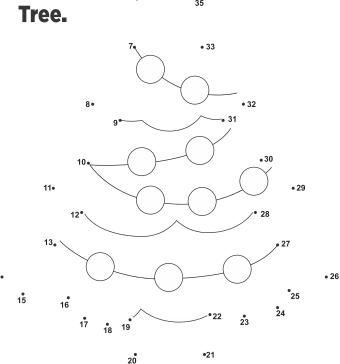
Reese Browndyke | age 6



Charlotte Tenent | age 6







Everyone`s an artist! You can do it!

Did you know . . .

The Christmas Tree was then made popular in 1846 by the British Royals, Queen Victoria, and her husband Prince Albert. They were sketched with their children in the newspaper, the Illustrated London News, standing around a lavishly decorated Christmas tree. This set a trend, and soon, family homes around the globe featured fashionable Christmas trees adorned with candles and all sorts of extravagant decorations. And so, the tradition was born.

(26)





BEAIRAWCIFE Improve Air Quality by remembering the COOL 5^{//}

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.





Visit GPACweb.com or call the box office (901)751-7500 Germantown Performing Arts Center | 1801 Exeter Rd. Germantown TN

PEANUT BUTTER & JAM

Now in its 27th season, this program introduces children ages 8 and under to a variety of genres including music, dance, and multicultural arts in an informal concert setting. Parents and children are invited to move and groove in these highly interactive performances held on scheduled Saturdays at 10:30 a.m. in the Watkins Studio Theater or Duncan-Williams Performance Hall.



PEANUT BUTTER & JAM ON TOUR

This outreach program takes our highly popular Peanut Butter & Jam series into area schools twice a year. The program is designed to supplement learning for grades K-2 in arts, culture, and music. PBJ on Tour is offered free to participating schools and funded by the GPAC Arts Education Fund.

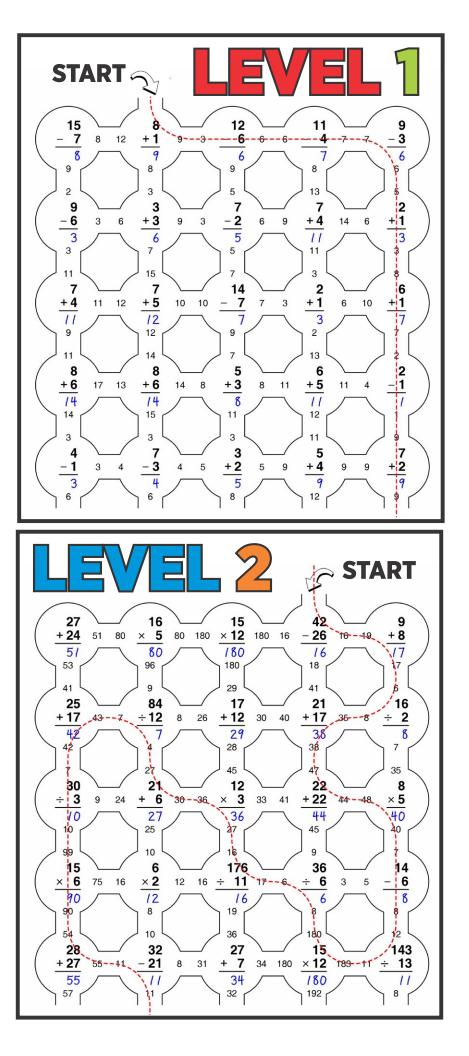








ANSWER





- 1. The apartment of 2 psychiatrists NUTCRACKER SUITE
- 2. The lad is a diminutive percussionist LITTLE DRUMMER BOY
- 3. Decorate the entryways DECK THE HALLS
- 4. Sir Lancelot with laryngitis SILENT NIGHT
- 5. A B C D E F G H I J K M N O P Q R S T U V W X Y Z NOEL
- 6. Wanted in December: top forward incisors

ALL I WANT FOR CHRISTMAS IS MY TWO FRONT TEETH

- 7. The smog-less bewitching hour arrived. IT CAME UPON A MIDNIGHT CLEAR
- 8. Exuberation to this orb. JOY TO THE WORLD
- 9. 288 Yuletide hours. 12 DAYS OF CHRISTMAS
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- DO YOU HEAR WHAT I HEAR
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HARK! THE HERALD ANGELS SING

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- **19.** Vehicular homicide was committed on Dad's mom by a precipitous darling GRANDMA GOT RAN OVER BY A REINDEER
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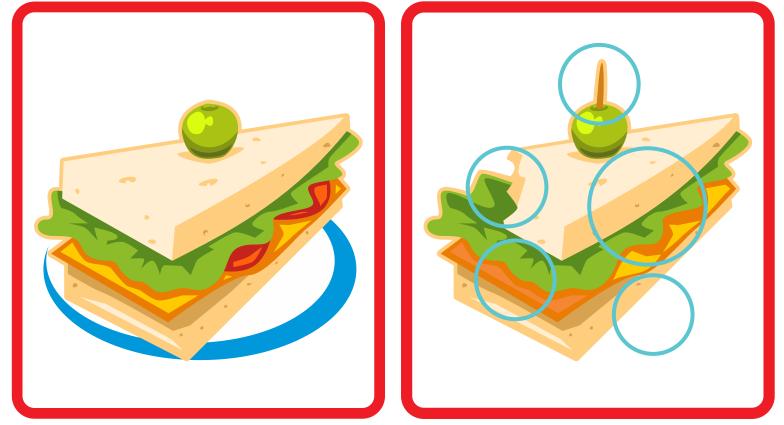
GOD REST YE MERRY GENTLEMEN

23. Assemble everyone who believes. O COME ALL YE FAITHFUL

- **24.** Obese personification fabricated of compressed mounds of minute crystals. FROSTY THE SNOWMAN
- **25.** I spied my maternal parent osculating a red-coated, unshaven teamster.
- I SAW MOMMY KISSING SANTA CLAUS



FIND 5 DIFFERENCES ANSWERS



WHY WE DON'T USE STYROFOAM!

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