



How to Have Happier Holidays!



No matter what you observe: Ramadan, Kwaanza, Chanukah, Solstice or Christmas, this is a celebratory time of year. For

some it's a joy, for others a nightmare, and pressure to spend too much, eat too much, and socialize in ways you don't like.

If your Holiday expectations are out of line with what you can really accomplish, you'll be stressed. To de-stress the holidays, get intentional about them. Happier holidays require three things:

- 1) lighten up on expectations,
- 2) ask for help, and
- 3) understand what other people are thinking.

To lighten up expectations, understand that this is your real life, not a picture-book experience. Family or friends may squabble, food may not turn out perfect, and gifts may not go over as well as people hope. A sense of humor will help lighten up the whole thing. Think of yourself as a holiday trouble-shooter, rather than a designer of perfect scenarios. Find out what's really important to yourself, your guests and your family, and pare your celebration down to the important things. Focus less on spending money or decorating, and more on spending time with those you love. Ask for help by getting other people engaged in the happenings, and sharing the work. You'll find that a lot of camaraderie comes out of working together, and a lot of the holiday fun will happen behind the scenes as you work with others to get ready. Understand what people are thinking by talking of events in advance with your spouse, your children, or other members of your family and friends. Ask them what they like most, and least, and what they hope will happen. I wish for you a happy holiday season.

—TINA B. TESSINA, PH.D.

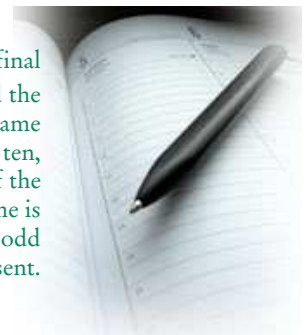
Is It a Cold or the Flu? The symptoms for a cold and the flu are somewhat similar. This easy-to-read chart can help you determine which infection you may have.

SYMPTOMS	COLD	FLU
Fever	<i>Rarely above 100.5-101 only for a day or so.</i>	<i>Characteristic, high (102-104F); last 3-4 days.</i>
Headache	<i>Generally mild</i>	<i>Prominent</i>
General aches, pains	<i>Slight</i>	<i>Usual; often severe</i>
Fatigue, weakness	<i>Quite mild</i>	<i>Can last 2-3 weeks</i>
Extreme exhaustion	<i>Never</i>	<i>Early and prominent</i>
Stuffy nose	<i>Common</i>	<i>Sometimes</i>
Sneezing	<i>Usual</i>	<i>Sometimes</i>
Sore throat	<i>Common</i>	<i>Sometimes</i>
Chest discomfort, cough	<i>Mild-moderate hacking cough</i>	<i>Common, can become severe</i>

You usually do not need to call a doctor if you have signs of flu or a cold. However, you should **contact your doctor if you experience any of the following difficulties**. Your symptoms get worse. Your symptoms last a long time. After you feel better, you develop signs of a more serious problem. These include: Sick-to-your-stomach feeling, Vomiting, High Fever.

NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES

December is the twelfth and final month of the Gregorian calendar and the first month of winter. It derives its name from the Latin word *decem*, meaning ten, as December was the tenth month of the oldest Roman calendar. The Latin name is derived from *Decima*, the middle Goddess who personifies the present.



Recipes for a Really Fun Party

You don't need alcohol to feel good. The following non-alcoholic drink recipes are courtesy of the National Highway Traffic Safety Administration and Join Together, a national resource center for communities working to reduce substance abuse. Many of these unique drinks can add flavor to your party by giving your guests healthy, tasty alternatives to alcoholic beverages. Enjoy!

Citrus Collins

Cherry

Fill a 10–12 oz. glass with ice cubes

2 oz. orange juice

1 oz.
lemon
juice
1 oz.
flavored
syrup
Fill with
club
soda.
Garnish
with an

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orange slice or a cherry.

Mai-Tai

1/2 cup pineapple juice

1/4 cup orange juice

1/4 cup club soda

1 tbsp. cream of coconut

1 tbsp. grenadine syrup

In shaker or tall glass, combine ingredients; shake or stir to blend. Add crushed ice.

Lemon-Strawberry Punch

Strawberry

1 can (6 oz.) frozen orange juice concentrate, thawed

1 pkg. frozen sliced strawberries

1 can (6 oz.) frozen lemonade concentrate

1 quart carbonated water

1 quart ginger ale

sliced bananas (garnish)

sliced oranges or lemons (garnish)

Combine frozen lemonade, strawberries (half-thawed with juice), and orange juice. Place in a punchbowl with ice. Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange or lemon. Serves 20.

Holiday Delight

Blend the following ingredients in a mixer:

1/2 cup orange juice

1/4 cup frozen strawberries

1/4 cup cranapple juice

1/4 cup half-and-half

1/2 banana

Pour into a tall glass. **CONTINUED PAGE 3**



Happy Holidays!

from the staff at
**Human
Behavior
Associates**

Holiday Party Planning Tips

Be a Responsible Host: Know the Facts

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu or catering, organizing entertainment, and considering space arrangements. However, some of the most crucial details can be overlooked in all the frenzy. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

Drinking and driving is an all too familiar and tragic combination. More people are on the road, and they are also consuming alcohol as a part of their holiday celebrations, so it's important to plan an event where non-alcoholic beverages and alternative transportation options are available.

Tips for Party Givers

- 1 Avoid making alcohol the main focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- 2 Did you know that one in three adults prefers a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, and soft drinks.
- 3 Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol. Avoid salty foods that encourage people to drink more.
- 4 Require bartenders to measure the correct amount of liquor into drinks (no doubles) and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol).
- 5 Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages, and desserts.
- 6 Recruit people ahead of time who will not be drinking to help you make sure everyone has a safe ride home.

—NCAD/I US DEPT OF HEALTH AND HUMAN SERVICES



The C&C Express

In a blender, mix the following on low speed to smooth consistency:

- 6 oz. chocolate chip ice cream
- 1/4 cup brewed espresso coffee
- 1/4 cup half-and-half
- 3 tbsp. cream of coconut

Pour into an 8-ounce serving glass. Top with whipped cream and chocolate shavings. Garnish with a cookie and serve immediately.

The Natural Blend

Blend the following ingredients in a mixer:

- 1/2 banana
- 6 strawberries
- 2 oz. apple juice
- 1/4 apple, with the skin
- 2 oz. fresh pineapple
- 1/2 cup ice

Serve in a wine glass. Garnish with fresh strawberries.

Frosty Mocha

- 1/2 gal. chocolate ice cream, softened
- 8 cups coffee, chilled
- 1 pint half-and-half
- 1 tsp. almond extract
- 1/8 tsp. salt

1 square semi-sweet chocolate, grated
1/4 tsp. ground cinnamon
With mixer at low speed, beat ice cream and 3 cups coffee until smooth. In chilled 5–6 qt. punch bowl, stir ice cream mixture, half-and-half, almond extract, salt, and 5 cups of coffee until blended. Sprinkle with grated chocolate and cinnamon. Makes 16 8 oz. servings.

Fizzled Wine

- 1/2 cup white grape juice
- 1/2 cup lemon-lime soda
- 1/2 tsp. sugar (optional)

Combine ingredients in tall glass; stir to blend. Add ice.

Makes one serving.

Southern Style Eggnog

- 4 eggs, separated
- 1/2 cup sugar
- 1/4 tsp. salt
- 3 cups milk
- 1 cup whipping cream
- 2 tsp. vanilla extract

nutmeg
whipped cream to garnish

While beating the egg yolks, gradually add sugar and salt. Gradually stir in milk and cream. Heat mixture over hot water or over low heat, stirring constantly, until it thickens and coats a metal spoon. Cool. Add vanilla extract and chill thoroughly. Beat egg whites until soft peaks form; gradually add remaining 1/4 cup sugar. Beat the refrigerated mixture until smooth and frothy. Fold in beaten egg whites. Sprinkle nutmeg and garnish with whipped cream.

Hot Spiced Apple Cider

Heat in glass pot or enameled pan:

- 6–8 cups apple cider
- 1/4 cup orange, lemon, or lime slices with peel, or any combination
- 1 2-inch cinnamon stick
- 4–6 cloves

Serve with fruit slices in mugs. Makes 6–8 servings.

South Sea Cooler

- 3 oz. orange juice
- 1/2 oz. undiluted grapefruit juice concentrate
- 1 oz. coconut cream
- 1 oz. light cream

Shake with large scoop of shaved ice. Serve in tall glass.

River Club Cream

- 1.5 oz. Arrow Nonalcoholic Black Raspberry Cordial
- 5 oz. half-and-half
- dollop of whipped cream

Shake ingredients in glass and metal shaker with ice until frothy. Pour (with ice) into 10–12 oz. snifter or tall glass.

No-Tequila Margarita

- 12 oz. can thawed lemonade concentrate
- 12 oz. can thawed limeade concentrate

margarita glass with lime

- 1 cup powdered sugar
 - 4 egg whites
 - 6 cups crushed ice
 - 1 qt. club soda
 - coarse salt (optional)
- In 4-quart non-metal container, thoroughly mix the first five ingredients. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups of the slush mixture into blender; add 1 cup of club soda. Blend until frothy. To serve, rub rim of glass with lime slice, and, if desired, dip rim in coarse salt; fill glass. Garnish with lime slices. Makes 24 servings.

May your
holiday
season
celebrations
be healthy
and full of
joy and
peace!

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