fa.la.la.la local



YOUR HOLIDAY HANDBOOK

2018

Put the 'jingle' in your Christmas on Dec. 1

Annual Jinglefest kicks off the Christmas season in Fenton

BY SALLY RUMMEL

Jingle bells are beginning to ring as the Fenton Regional Chamber makes its plans for Jinglefest 2018 on Saturday, Dec. 1.

Festival fun begins when the local stores open for the official kick off of the Christmas shopping season in Fenton. Keep your shopping receipts that day and turn them in for a chance to win a $500 Shopping Spree of gift cards from your favorite chamber member stores.

Christmas fun will also be taking place at Rotary Park off LeRoy Street, where elementary school students will decorate live trees for display.

Stroll around and view all the ice sculptures on display around town, including Silver Parkway, that are sponsored by area businesses and created by Icon Ice of Fenton.

Jinglefest activities will begin at 3 p.m. with the annual tradition of the JingleJog 5K Run/Walk, beginning and ending behind Fenton United Methodist Church. Wear a Santa costume or hat or an ugly Christmas sweater and receive a $5 refund, according to Fentonchamber.com.

Presenting sponsors for JingleJog this year are Genisys Credit Union and McLaren-Flint.

Many Jinglefest activities from past years will be returning favorites this year, including the Live Nativity and reindeer at the Fenton United Methodist Church.

Downtown horse and carriage rides, Christmas arts and crafts for kids, Brunch With Santa, musical entertainment and lots of warm, comfort foods will be presented by many local community groups.

The Lighted Parade will step out at 6 p.m., led by Santa Claus himself waving to the crowds. The Lake Fenton High School band will be participating for the first time, joining the Fenton High School band as they musically make their way through the parade route.

> **"Jinglefest seems to grow every year."**
> **Lee Mitchell**
> *Membership and Events Coordinator*
> *Fenton Regional Chamber*

The official tree lighting will be at 7 p.m. on the lawn of the Fenton Community and Cultural Center, followed by an eight-minute fireworks show.

Inside the community center, visitors will enjoy photos and visits with Santa, cookies and cider from the Beautification Commission, and entertainment.

All the fun, family oriented winter activities of Jinglefest are brought to you by Presenting Sponsor Genisys Credit Union.

The Fenton Regional Chamber is also working in the Christmas spirit with the city of Linden, as they plan its Holiday Happening on Friday, Dec. 7. "Fenton and Linden will provide two weekends of family friendly Christmas fun this year," said Lockwood.

Fenton JingleJog

5K RUN • WALK
December 1st, 2018
Start time 3pm

PRICE:
$20 race fee plus $250 signup fee

AFTER NOVEMBER 16:
$25 plus $250 signup fee

Register online at www.fentonchamber.com

2018 Presenting Sponsor: GENISYS CREDIT UNION

2018 Event Sponsors: Sawyer Jewelers, Financial Plus Credit Union, Vic Bond Sales

AN "EVENT SO GOOD IT'S SCARY"

Trick or Treat with your children at local businesses

Wednesday, October 31st
1:00pm-6:00pm

An event brought to you by: Fenton Regional Chamber of Commerce — Building Business. Building Community.

For more information call 810.629.5447 or visit www.fentonchamber.com

Watch for future ad to find participating businesses!

Tips for having a

DEBT-FREE CHRISTMAS

Source: lifeandabudget.com

1



Reuse your old **gift bags**

2



Make your own greeting cards

3



Keep life simple during the holidays with simple and **cheap meals** the weeks leading up to the holidays

4



Photo: bettycrocker.com

Host a **Holiday Potluck**

5



Utilize credit card **rewards**

Make a local difference.



Full inventory of new & gently used items

• CLOTHING • TOYS • BOOKS
• DECOR • HOUSEHOLD GOODS
• SO MUCH MORE!

Donate Differently.

Community Threads of Fenton accepts your gently used clothing, household goods, shoes, and toys. Stop in and learn more about the groups we support in the Fenton Community.

Make a Difference
Where you live • you work • you play

Community Threads of Fenton

1370 N. LeRoy St. *(In VG's plaza)*
Fenton • 810-354-8023
Like us on
www.CommunityThreadsOfFenton.com

Hours: Mon-Sat: 9-8 • Sunday: 11-5


FENTON'S PREMIERE PROVIDER OF COOKING
CLASSES & KITCHEN ACCESSORIES
ZWILLING
J.A.HENCKELS
SCANPAN
DENMARK
staub
France
epicurean
GLOBAL
FEAST
GOURMET KITCHEN SHOP | COOKING CLASSES
Like us and watch for special promotions at, facebook.com/FeastCookingSchool
495 FENWAY DR. | FENTON | 810-373-2199
www.feastcookingschool.com



HOMEMADE HOLIDAY MUSHROOM WELLINGTON

INGREDIENTS

10 oz. Portobello mushrooms
5-6 oz. carrots, finely sliced
5 shallots, finely sliced
5 garlic cloves, peeled and finely minced
1 Tbsp, plus 1/2 Tbsp Chinese five-spice
1 chia egg (1 Tbsp of ground chia seeds and 3 Tbsp of water)
3 Tbsp breadcrumbs *(you may swap for a gluten-free option)*
3 1/2 Tbsp tamari
1 package puff pastry *(you may swap for a gluten-free option)*
1/4 cup, plus 1 Tbsp fresh cilantro
1 1/2 Tbsp avocado oil
Melted vegan butter, to brush
Kosher salt and freshly ground black pepper

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook

PREPARATION

In a small mixing bowl, mix ground chia seeds and water together and set aside.

Wash, clean and dry mushrooms.

Mince mushrooms very finely.

In a large frying pan, heat oil over medium heat and add sliced carrots.

Cook until they become slightly tender. Stir occasionally. (about 3-4 minutes)

Set aside on a plate.

Now add mushrooms and cook until tender. Stir occasionally. (about 3-4 minutes)

Remove from heat and add tamari sauce, bread crumbs, cilantro and chia egg.

Mix well and season to taste with salt and pepper.

Preheat oven to 400 F.

Using baking paper, roll out your pastry sheet.

Use a very sharp knife to cut 8/10 inch diagonal wide strips on each side.

On pastry, add a single layer of sliced carrots.

Pile mushroom mixture packed tightly in middle.

Now add another layer of sliced carrots to top of pile.

Alternate sides and plait each strip on top of the other until end.

Brush “loaf” with melted vegan butter.

Cook in oven for 35-40 or until golden brown.

Allow Wellington to rest for 7-10 minutes before serving.

GROOMING

Call now for your appointment
Mon.-Sat.
Openings available

$5 OFF
ANY GROOM
Not valid for exit baths.
Must mention ad.
Expires 10/13/18

BOARDING

Call now for holiday reservations

Rate For One Dog
$20/Day
Owner Lives OnSite
To Best Care for Your Pet!

- All Breed Boarding
- All Breed Grooming
- Climate Controlled Kennels
- X-Large Indoor Run

If you pick up before 12:15pm Monday to Saturday, you're not charged for that day.



Bennington Hills Kennel

810-750-4245
2099 Baldwin Rd. • Fenton
(between Fenton & Torrey Rds.)
www.benningtonhills.com

Hours: Mon-Fri 8am - 6pm
Sat 8am-12 noon • Sun 5-6pm



Naturally GIFTED







Each year during the holiday season, Americans spend millions on wrapping paper and ribbon.

WHY NOT MAKE YOUR OWN?





HOW MUCH TO SERVE

AT YOUR HOLIDAY PARTY

	FIVE Guests	TEN Guests	TWENTY Guests
Turkey	6-7 lbs.	12-14 lbs.	24-28 lbs.
Appetizers	1	2	2
Salads	1	1	2
Starchy Sides	1	2	3
Veggie Sides	1	2	3
Desserts	1	2	3
Wine Bottles	3	6	12

Source: yellowblissroad.com



BRIDGE STREET EXCHANGE

MEN ARE DIFFICULT TO SHOP FOR!





Located in Downtown Fenton | 104 S. Leroy St., Fenton | 810-610-6754 | www.bridgestreetexchange.com



FOUR WAYS TO EASE

HOLIDAY ANXIETY

Anxiety can creep up on us when we least expect it.

One minute, you're calm and in control. The next, your fight or flight response kicks in and throws you off your game.

The next time you feel anxiety taking over, try one of these simple ways to ease the panic and find your center. The more you practice these techniques, the more naturally they'll come when you need them most.

CONTROLLED BREATHING.

Sit with your back straight and your feet resting on the floor. Inhale slowly and deeply through your nose for 3 seconds. Hold that breath for 2 seconds. Exhale fully through your mouth for 4 seconds and repeat. After two or three rounds let your breathing go back to normal. This simple practice brings you back to the present moment and can lessen anxiety immediately.

PROGRESSIVE MUSCLE RELAXATION.

Take turns tensing — and then relaxing — each muscle group one at a time (abdomen, chest, shoulders, left leg, right hand, etc.). Inhale slowly as you tighten that muscle as hard as you can for 5-8 seconds. Then, quickly release the tension as you exhale. Focus on the difference between the tension and relaxation. Your body will feel much more relaxed.

DISTRACTION.

Anxiety likes to control your thoughts, so focus your thoughts elsewhere. Watch TV, listen to music, talk to a friend or get your body moving with some healthy exercise. Focusing on the present moment will improve your ability to reduce anxious thoughts.

EXERCISE REGULARLY.

Never underestimate the benefit of exercise on your mental health. The more you move, the better your blood flows. This improves neurotransmitter production and regulation and reduces anxiety symptoms. It can actually be as powerful as some medication when you do it consistently!

Independent Senior Living

Fenton's Best Kept Secret for Seniors 55+

Millpond Manor

Please call to qualify or for an appointment

Vicky Coppler - Community Manager

201 E. Elizabeth • Downtown Fenton

(810) 629-1179

millpond@kmgprestige.com



CHRISTMAS STOVETOP potpourri

INGREDIENTS

1 cup fresh cranberries
1 navel orange (sliced)
1/2 an apple (sliced)
1 tsp cinnamon
1/4 cup cinnamon bark or 3 - 4 cinnamon sticks
2 tsp whole cloves
2 tsp vanilla extract
pieces few small of evergreen tree
water

INSTRUCTIONS

Put all of the ingredients into a medium sized saucepan and fill to top with water.

Simmer on the lowest setting and enjoy!

Source: aprettylifeinthesuburbs.com



To-Do List

Clean Home ☑

Buy the Perfect Gift ☑

Let The Cleaning Authority help with your To-Do list this Holiday Season.

The Cleaning Authority®
Clean Homes. Clean Earth.

Free Online and Phone Estimates
810-629-9251
1056 Grant St. • Fenton

Looking for a
Great Gift Idea?
This year, give the gift of a clean home with a gift certificate from The Cleaning Authority.

Visit our website today to order yours today:
TheCleaningAuthority.com/Fenton



Now Available Online!

Creative
Christmas wrapping

Sources: hgtv.com, countryliving.com



LAYER IT
DECORATIVE PAPER, SASHES, BOWS, FLOWERS, PINE CONES

USE COLOR!


Photo: adtohappyproject.com

BEALE ST. SMOKEHOUSE BBQ

BEALE ST. SMOKEHOUSE BBQ

Dine In, Liquor, To-go, Catering and Live Blues Music Fri/Sat Nights
2461 North Rd. Fenton, MI (US-23 at Exit 80)
810-750-0507

"Award Winning BBQ!"

www.BealeStSmokehouse.com

MyCity City's Choice AWARD Winner 2017





USE OLD
NEWSPAPER



SCRABBLE
TILES FOR
NAME TAG



Photo: bonniechristine.com

DECORATE
BLACK PAPER
WITH **CHALK**



PAPER
FLOWERS

GIFT CERTIFICATES
available now!

Give the
gift of travel
this holiday

TRAVEL
BROKERS

810-750-4200 • travelbrokersinc.com
1545 N. Leroy • Fenton *(in Lake Winds Plaza)*



WARM CINNAMON AND APPLE BREAKFAST MUFFINS

INGREDIENTS

2 cups and 2 tablespoons of oat flour
1 tablespoon of baking powder
1/2 teaspoon of pink salt
2 teaspoons of cinnamon
1/4 teaspoon of vanilla bean powder
11 oz silken tofu
1/2 cup of chopped apples
1/2 cup of melted butter
1/2 teaspoon of apple cider vinegar
1 shot of freshly brewed espresso
1 cup of coconut sugar
Topping: 1 tablespoon of 2/3 sugar and 1/3 cinnamon mixture

PREPARATION

Preheat oven to 400 degrees. Grease a muffin tin with butter.

Add the flour, baking powder, salt and cinnamon to a large mixing bowl and stir well.

In a blender, add the silken tofu, cider vinegar, espresso, melted butter, vanilla bean powder and sugar.

Blend until smooth.

In the large mixing bowl add the chopped apples to the wet mixture and stir until batter forms.

Spoon batter into muffin tins and top each muffin with the cinnamon-sugar sprinkle – generous amounts.

Bake for 12 minutes, then reduce heat to 350 degrees and bake another 8 minutes.

Serve warm

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook

PICTURE PERFECT GIFT IDEAS



Nikon D3500 DSLR



Nikon D7500 DSLR



Canon EOS 77D DSLR



Canon PowerShot SX70 HS Digital Point & Shoot



Sony Alpha A7 III 24MP UHD 4K Mirrorless Digital



Fujifilm Instax Mini 9 - Instant Camera & Mini Film



MindShift Backlight Backpack



MindShift Photocross Backpack

15% OFF
Custom Framing
Limit 1 per customer.
Expires 11/7/18

Gift Certificates
One-On-One Lesson
$55

GIVE A GIFT CERTIFICATE

Billmeier Camera
Everything Camera



THE AREA'S ONLY FULL SERVICE CAMERA SHOP

We offer a wide range of Photographic products and services for both the novice and photo enthusiast!

- Camera Service + Equipment Repair
- On-Site photo finishing • Video transfers

ALL REPAIRS GUARANTEED!
810-629-2287

100 S. LEROY • FENTON
MON.- SAT. 10 A.M - 6 P.M.

WWW.FENTONCAMERA.COM
LIKE US ON

Nikon Canon SONY MindShift

3 BERRIES AND PECAN SMOOTHIE BOWL

Use organic ingredients whenever they are available.

INGREDIENTS

1 cup of unsweetened almond milk (or any other non-dairy milk option)
½ cup of water
½ cup of blueberries
½ cup of strawberries
½ cup of cranberries
1 small date, pitted and roughly chopped
1 ½ tbsp. of pecans
2 tsp. of Maca
2 tsp. of cacao nibs
½ tsp. of vanilla extract
2 large pinches sea salt

PREPARATION

Combine all ingredients - non-dairy milk, water, berries, date, pecans, Maca, cacao nibs, vanilla extract and salt in a blender. Blend until smooth.

This smoothie will stay fresh for at least 2 days in an airtight container in the refrigerator

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook

THE BEST GIFT YOU CAN GIVE THIS YEAR!



Tri-County Times
810-433-6897



THE BEST PRESENT THAT

COSTS NOTHING

So, what is this priceless gift you ask? The best present is to be present! Time with family and friends nourishes the soul. It keeps you healthy both in body and spirit. To be fully present, to give your time and attention to the people around you, now that is a gift!

The only way to really enjoy life to the fullest is by being both present and mindful. You will appreciate everything you do and everyone you know so much more. In fact, you will even enjoy food more! While it's not the easiest thing to do, let's start by focusing on being present. Here are a few tips to get you going.

MAKE A LIST, CHECK IT TWICE

Before you venture out to your next holiday gathering, here's a trick. Write down all the ways you are grateful for the friends and family that surround you this holiday season. Giving thanks opens our hearts. Making a list puts a focus on the positive qualities we find in our relationships, and what we focus on, we get more of!

You'll find that with a positive mindset, it will be easier to enjoy your time with friends and family, and you know how I feel about positivity! Not only is it good for your emotional well-being, but it is good for your physical health, too. Positive thinking helps you better manage stressful situations, which are abundant this time of year, and it can actually help you avoid illness and live a longer life!

GIVE YOURSELF A ROUND OF 'A PAUSE'

We know that spending time with family and friends can have its bumpy times. Not every relationship lends itself to positive thinking. So, in these moments, give yourself the gift of "a pause." Your aunt is asking again why you haven't found yourself a nice boy yet and your dad is on you about your job search. Just give yourself a 10-second pause. If you know yourself to be more reactionary in this type of scenario, then this small gift allows you to be more mindful about your response.

Just 10 seconds can help you flow through these cringe-worthy moments without the conflict. Take a deep breath and remember a positive approach will help melt away the stress. It is said that positive, mindful people are generally happier, more secure, and more accepting of their own weaknesses. Perhaps by not taking the bait, needling family members will also drop the routine. Instead, we can all focus on enjoying each other's company.

POWER DOWN TO BE CONNECTED

This one is easy. Turn off your phone. Don't put it on vibrate; don't turn on the "do not disturb" feature. Power down completely and hide your phone out of sight for awhile. Even if you do this for just 30 minutes, I guarantee you'll feel more present! When we're constantly connected to our smartphones and tablets, we tend to be more absent from life. Our bodies may be at the party, but our minds and hearts are elsewhere.

Experience the moment and not from behind your phone screen. Digital distractions can be damaging to our relationships and our own spiritual presence. Don't worry about missing out on that great photo op. Grandpa Bob with his new high-tech camera will gladly be the documentarian anyway. You know a slide show is coming your way…whether your phone is on or not!

Source: askdrnandi.com

DON'T LET PAIN KEEP YOU FROM ENJOYING THE HOLIDAYS!

- *Physical Therapy*
- *Occupational Therapy*
- *Sports Medicine*
- *Certified Hand Therapy*



APTC
Advanced Physical Therapy Center
The therapist you choose does make a difference

Grand Blanc Clinic
10809 S. Saginaw St.
810.695.8700

Hartland Clinic
11182 Highland Rd.
810.632.8700

Our hands-on techniques and exercise programs delivered by highly trained, compassionate therapists will help you get back to an active, pain free lifestyle.

7 LOCATIONS TO SERVE YOU!
Personalized Care that Doctors Trust
www.AdvancedPhysicalTherapy.com



5 WAYS YOUR body reacts when you're... STRESSED OUT ON THE HOLIDAYS

Source: Ask Dr. Nandi

UNWIND FROM THE HOLIDAYS!



Spring Break 2019

PUNTA CANA

MARCH 23-30

OCEAN BLUE AND SAND

$1,571.91

PER PERSON DOUBLE

ROOMS STILL AVAILABLE! RESERVE YOURS TODAY!

LAPEER
700 S. Main Street Ste. 110
810-969-4777

Davison
222 N. Main Street
810-658-3711

Fenton
115 S. River Street
810-629-4270

Book your vacation with Superior Travel Service
www.superiortravelinc.com

SUPERIOR TRAVEL SERVICE EST. 1967

In today's world, it feels like you're constantly being pulled in 15 different directions. There's pressure at home with bills that need to be paid, windows that need washing, and laundry that needs to be put away. And then there's life with your partner, children, parents, family, friends, finances, and more. It's no wonder so much of America is stressed out.

What many people don't understand is what stress actually does to you. Yes, you know it keeps you up at night and it makes you binge on Oreos, but that's only the beginning. That's why Dr. Partha Nandi is presenting you with five different ways your body reacts when you're dealing with stress.

ENGAGES THE FIGHT OR FLIGHT MECHANISM

The body's natural response to stress is to do one of two things: fight or flight. In nature, our ancestors' stressors were life threatening. The only options were to stand and fight or run away as fast as you could. While those options aren't as viable today, your body doesn't know that and automatically prepares you by inducing the acute stress response system.

RELEASES OF STRESS HORMONES

While the fight or flight mechanism tenses your muscles to prepare you for whatever's coming your way, the brain releases a range of stress hormones, particularly cortisol and epinephrine, commonly referred to as adrenaline. These chemicals boost your energy and keep you focused on the task at hand. They increase heart rate, blood pressure, and breathing. These hormones also cause the liver to increase production of glucose, giving you another energy boost. The extra sugar boost isn't needed and can end up being problematic for those who are under chronic stress and predisposed to type 2 diabetes.

COMPROMISES YOUR IMMUNE SYSTEM

Cortisol increases the body's inflammation response, which in turn lowers the immune system. Colds are more severe and last longer. You're more prone to infections and likely to get sick when someone around you is ill. For those who go through a period of chronic stress, this same inflammation can cause hair to thin and fall out.

DRIES SKIN AND IMPEDES HEALING

When you're stressed, the body naturally pulls water and moisture from the skin. Over time, the skin dries out, especially the outer layers which naturally lose more moisture. Your dry, dehydrated skin begins to lose its ability to heal and regenerate. Keep an eye on these wounds. Your immune system is already weakened; you're more likely to get infections.

INCREASES GASTROINTESTINAL DISTRESS

Stress ever cause you to get butterflies in your stomach? How about the sudden urge to go the bathroom? Has it ever gotten so bad you've felt the need to throw up? Well, you're not alone. Stress hormones are known to upset the stomach, induce vomiting, and even cause diarrhea. ■



- Alpine and Snowboard equipment rental
- Expertly groomed trails
- World-class ski and snowboard instructors
- Full Service Ski Shop

There's no other ski area quite like Mt. Holly! Everything you need is right here with 7 chairlifts including Southeastern Michigan's only High-Speed detachable quad, 4 rope tows, and two SunKid Wonder Carpets. Ski or snowboard our 19 trails ranging from beginner to advanced and 3 Snowboard Parks with an assortment of terrain features.

Mt Holly
Ski & Snowboard Resort

13536 Dixie Hwy., Holly • 248-634-8269 • www.skimtholly.com



MINI VEGAN BLACK FOREST CAKES

INGREDIENTS

DRY INGREDIENTS
1 cup plain flour
(gluten free options exist)
1 tsp baking powder
2-3 Tbsp cocoa powder
2 Tbsp soft brown sugar

WET INGREDIENTS
1/2 cup oat milk
1 tsp apple cider vinegar
1/2 cup coconut oil
1/4 cup vegan butter

CREAM AND CHERRY FILLING
3 cups coconut cream, chilled
1-2 Tbsp powdered stevia
1 cup frozen cherries, defrosted
1/3 cup cherry liqueur

Vegan chocolate shavings,
to decorate



PREPARATION

Preheat oven to 350 degrees F.

Soak cherries in liqueur while cakes are baking and drain just before using.

Grease two small 6-inch cake tins.

Using your hand, crumble soft brown sugar into a large mixing bowl.

Sift all other dry ingredients into same bowl.

Using a small saucepan over medium heat, add butter and coconut oil and melt. Stir occasionally.

Combine milk and apple cider vinegar in a small cup.

Set aside to curdle.

Fold in wet ingredients with dry ingredients. Stir until just combined.

Divide batter into cups and smooth out tops.

Bake for 25 - 30 minutes. Test by using a skewer. If you can pass a skewer into a cake and it comes out clean, they are ready.

Cool on a wire rack.

In a mixing bowl, whisk coconut cream and stevia into stiff peaks and set aside in fridge.

When cakes are totally cooled, slice them in half through middle.

Slather coconut whipped cream onto first slice, then top with soaked cherries.

Place second slice on top of the first and again coat with coconut whipped cream.

Top with third slice.

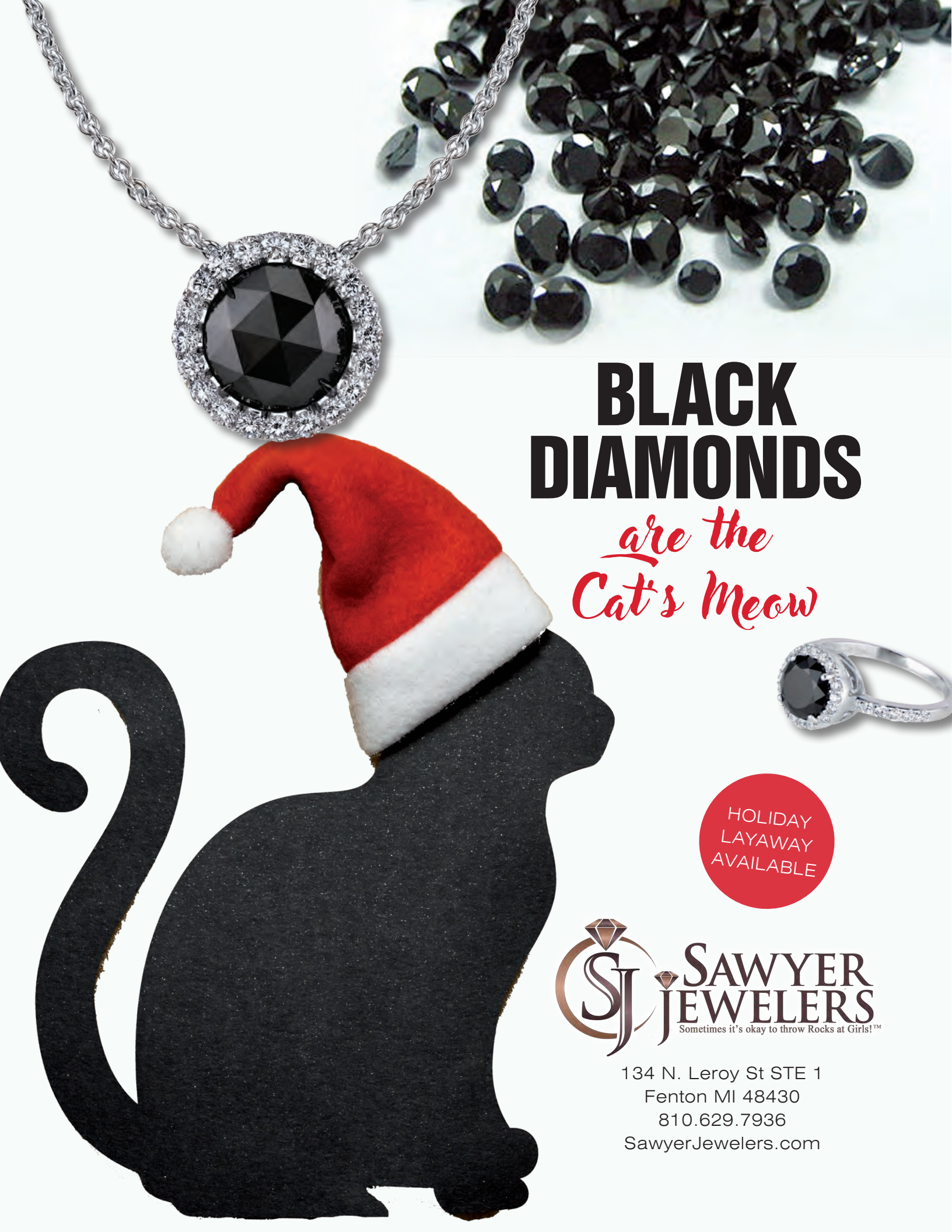
Repeat until you are left with final, topmost slice.

Place on top of third and cover with more coconut whipped cream.

Using a spatula, cover the sides of the cake.

Decorate with the chocolate shavings. (top with cherries optional)

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook



BLACK DIAMONDS

are the Cat's Meow

HOLIDAY LAYAWAY AVAILABLE

SAWYER JEWELERS

Sometimes it's okay to throw Rocks at Girls!™

134 N. Leroy St STE 1
Fenton MI 48430
810.629.7936
SawyerJewelers.com

FARM FRESH
SINCE 1957

CHRISTMAS TREES



•PRECUT•LIVE•
•CUT YOUR OWN•

FREE Wagon Rides, Camp Fires & Refreshments
Dates to be Announced

Branching Out
Nursery & Landscaping

Bringing Nature To You Since 1957

810.629.2806
14445 Eddy Lake Rd.
FENTON
Watch for Holiday Hours

MAKE YOUR TREE

Fabulous

Source: housebeautiful.com



Photo: sophiasdecor.blogspot.com

Pick **hydrangea flower heads** from the garden and leave to dry. Once dry, place them directly in the tree or cover with glittery gold or silver spray to make them pop!



Photo: stylenina.com

Use **pine cones** in your tree or arrange them in an attractive metal or glass dish or tray for a naturally beautiful and easy decorative idea.



For the most stylish overall effect, stick to a **single theme** throughout your home, such as a particular color palette or festive style. Use your chosen look to highlight key focal areas -- the front door, hallways and stairs, Christmas tree, dining table and mantelpiece.



Short lengths of **ribbon tied into bows** are an elegant alternative to tinsel. Arrange them evenly spaced around the tree.



BEET AND CHICKEN QUINOA SALAD

When available, we suggest using organic ingredients

Serves 6

INGREDIENTS

2 boiled and cubed chicken breast
1/4 cup dry quinoa
1/2 cup water
2 medium beets boiled, peeled and diced
1/4 cup cilantro leaves
1/2 cup cooked edamame
1/2 cup diced celery
1/3 cup grape tomatoes
1/4 cup feta cheese
1 Tbsp apple cider vinegar
2 Tbsp fresh lime juice
Salt, to taste
Pepper, to taste

PREPARATION

Boil chicken breast in a medium saucepan until fully cooked. Allow to cool and cube, place in a bowl and set aside.

In a small saucepan, place dry quinoa in the water. Bring to a boil, then simmer for 10-15 minutes or until quinoa is fluffy.

Boil whole beets for 45 minutes then place under cool running water and peel by hand. Peels should slide right off. Dice beets.

Place cubed chicken, beets and quinoa into a large mixing bowl with cilantro, tomato, edamame, celery, feta, apple cider vinegar and lime juice.

Season with salt and pepper, toss everything to combine thoroughly. Transfer to a serving bowl and enjoy!

Can be served warm or chilled.

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook

Go Bananas for

Blue



Blueberry, Green Tea & Banana Smoothie

INGREDIENTS

3 tablespoons water
1 green tea bag
2 teaspoons organic honey
1 1/2 cup frozen organic blueberries
1/2 organic banana
3/4 cup organic low-fat almond or skim milk

DIRECTIONS

Microwave water in a mug on high until steaming hot. Add tea bag and brew for 3 minutes. Remove tea bag and stir in the honey until it dissolves. In a blender, with ice-crushing ability combine blueberries, banana and milk. Add tea to blender. Blend ingredients on ice crush or highest setting until smooth. Pour smoothie into tall glass and serve.

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook



Create ONE-OF-A-KIND Gifts

CUSTOM LABELED WINE

— PUT A PICTURE ON A BOTTLE! SEND IT TO DRINK@FENTONWINERY.COM. WE WILL DO THE REST! —







AGED 10 YEARS
FENTON
Winery & Brewery

PUBLIC TAPROOM

FULL MENU & DAILY SPECIALS
NEW PRIVATE PARTY ROOM
AWARD WINNING BEER & WINE
RETAIL & CARRYOUT BOTTLES

BANQUET VENUE

CEREMONIES & RECEPTIONS
FORMAL CORPORATE EVENTS
INDOOR & OUTDOOR ENTERTAINING
FULL SERVICE WITH ONSITE CHEF & COORDINATOR

810.373.4194 | FentonBrewery.com | @DrinkFWB

1370 N. Long Lake Road Fenton, Michigan

Taproom Hours: Tues-Thurs 3-10pm/Fri & Sat Noon-Midnight/Sun Noon-9pm/Monday Closed



The Best Gift a Man Could Get



Taylor Hardware

810-629-6307

1224 N. LeRoy St. Fenton

HOLIDAY HACKS



Abakershouse.com

REPURPOSED CHRISTMAS COOKIE PACKAGING

Turn Pringles cans into festive cookie containers!



CANDY CANES CARD HOLDERS

Use two candy canes to make these edible cardholders that your guests will love!



CHRISTMAS TREE LIGHT HACK

Use two different sizes of lights to make your tree really stand out.



WREATH HANGING HACK

Use an upside-down Command Strip to hang your wreath from the other side of the door.



CREATE A RIBBON HOLDER

Dispense your ribbon with ease by using a paper towel holder



EASY COOKIE DECORATING

Use squeezable ketchup bottles to make frosting cookies easy.

Sources: countryliving.com, goodhousekeeping.com



STOCKED FULL OF
WONDERFUL, WARM, WINTER FASHIONS

MIRROR IMAGE CONSIGNMENT
Resale done right!

- New and Like-New Fashions at Amazing Prices!
- Hundreds of dresses for weddings, showers, dances, etc
- Beautiful purses and jewelry

MENTION THIS AD FOR
20% Off
ANY ONE ITEM
for discount must mention this Holiday Handbook ad
Expires 12/31/18

1580 N. LEROY ST., FENTON
(Across from Sagebrush next to Charter)
mirrorimageconsignmentgb.com
810-603-9300
Open Monday - Saturday: 10 am - 6 pm

WHEN LEAVES START TO FALL IT'S TIME TO GIVE US A CALL





FOR A CLEANER & HEALTHIER HOME™
1-800-STEEMER® | stanleysteemer.com
FENTON | 810-750-0003

Servicing Genesee County Since 1995

CARPET CLEANING

$39 PER ROOM
(3 ROOM MINIMUM)

Expires: 10/28/18 **Promo Code: TCT**

TILE & GROUT OR HARDWOOD FLOOR CLEANING

$20 OFF

Expires: 10/28/18 **Promo Code: TCT**

SOFA & CHAIR CLEANED

$118

Expires: 10/28/18 **Promo Code: TCT**

AIR DUCT CLEANING

$50 OFF

DRYER VENT CLEANING

*WITH AIR DUCT CLEANING **$35***

Expires: 10/28/18 **Promo Code: TCT**

CARPET • TILE & GROUT • HARDWOOD • FURNITURE
AIR DUCT • 24 HOUR WATER RESTORATION

Minimum charges apply. Not valid with other coupons or offers. Must present promo code at time of service. Valid at participating locations only. Cannot be used for water emergency services. Combined living areas, L-shaped rooms and rooms over 300 sq. ft. are considered 2 areas. Baths, halls, large walk-in closets and area rugs are priced separately. Offer does not include protector and deodorizer. Certain restrictions may apply. Call for details.

CELEBRATING THE HOLIDAYS AS A BLENDED FAMILY



Emotions run deep come the holiday season. Holiday planning can be hectic, especially for blended families.

Today's families are increasingly blended, meaning they're a combination of families due to divorce or death. Even though the holidays are meant to be joyous, navigating traditions and accommodating the unique needs of all involved — including cultural traditions, visitation schedules, rituals, and religious beliefs — can be challenging. But blended families need not fret as they attempt to negotiate Christmas, Chanukah, Kwanzaa, or New Year's.

LOGISTICS

The first step to holiday planning is to keep in mind predetermined custody or visitation agreements. Although there can be hope for holiday flexibility and generosity, try to stick as close to existing arrangements as possible. Some families choose to divvy up particular holidays throughout the year in advance. Others may do it as plans get arranged. As long as the arrangement is fair to everyone, the choice is up to the families. The plans should be made known to all involved.

DISCUSS EXPECTATIONS

The Stepfamily Association of America says that communication during the holiday season is vital, especially for children so they know what to expect. Writing down specific itineraries can help alleviate the stress of not knowing where they will be at a given time.

All members of the family should vocalize how they feel about particular aspects of the holidays so that no one is disgruntled. Do not expect others to be mind readers. Perhaps one person is focusing a significant amount of energy on trimming the tree when that isn't as important to others. Discussing expectations can make planning that much easier.

CREATE NEW TRADITIONS

The holidays without everyone under the same roof enjoying traditions that have been part of celebrations for years can contribute to feelings of anxiety for people accustomed to these annual traditions. Draw the focus away from how things used to be done and create new traditions that all can anticipate. Host a holiday movie night if this isn't the year to have the kids for Christmas. An annual outing to see a concert or show might be a new tradition the entire blended family can enjoy.

DON'T EXPECT PERFECTION

Putting too much emphasis on trying to make the holidays perfect can backfire. Blended families must recognize that holiday celebrations will change. It can take time to find a new celebratory rhythm, and comparisons always will be made. It's acceptable to have mixed feelings about new traditions, but each member should go into the season with a positive attitude.

Blended families may face additional challenges during the holidays. Working together, such families can restore joy to the season and create new traditions.

Source: Metro Creative Connection

REDECORATING or **SPRUCING UP** for the **HOLIDAY?**

Accent
DECORATING and DESIGN

CALL US FOR:
- Painting • Caulking
- Decorating • Wallcovering
- Specialty Finishes
- Ceiling & Wall Repair

WE'VE GOT YOUR WALLS COVERED!
FREE QUOTES!

(810) 232-3530
www.accentdd.com

A pet on your wishlist?

Remember to research and get the right pet for your family



If you do decide to get a pet this Christmas we would love to meet them and help get you started off on the right foot

FREE EXAM FOR NEW CLIENTS*

*does not include vaccinations, medications, x-rays, blood work & other diagnostics

POINTE ANIMAL HOSPITAL

CALL US NOW TO SCHEDULE YOUR APPOINTMENT

810-629-7990

1040 Shiawassee Ave. • Fenton • www.pointeanimalhospital.com

Hours: Mon, Tues, Thurs, Fri: 9am - 5pm • Wed: 10am - 7pm • Sat: 9am - 12pm

FACTS ABOUT FAMOUS CHRISTMAS MOVIES



■ Does George look strangely sweaty to you when he and Clarence are on the bridge? That's because it was 90 degrees out the day that scene was filmed.

■ The movie was mentioned in an FBI file in 1947, when an analyst passed along the concern that the film was an obvious attempt to discredit bankers, a "common trick used by Communists."



■ Ralphie says he wants the Red Ryder BB Gun 28 times throughout the course of the movie.

■ Jack Nicholson was very interested in playing Ralphie's dad. But casting (and paying) Jack would have been too expensive.

■ Mythbusters tested whether it was possible to get your tongue truly stuck on a piece of cold metal. Guess what? It is. So don't triple dog dare your best friend to try it.



■ Ming Ming the elf from the beginning of the movie is Peter Billingsley, the actor who played Ralphie in A Christmas Story.

■ According to some reports, when the movie was first discussed back in 1993, Jim Carrey was going to play the lead.

■ Gimbels Department Store was a real department store and competitor of Macy's until it closed in 1987. It was also featured in Miracle on 34th Street.



■ During the scene where Carol Kane grabs Bill Murray's lip, she really latched on and accidentally tore it so badly that they had to stop filming for a few days so his injuries wouldn't be so obvious on camera.

■ Bill Murray's actor brothers are in the movie: Brian Doyle-Murray plays Frank's dad in a flashback; Joel Murray has a walk-on as a party guest; and John Murray got to play his real-life big brother's younger brother.



■ The scenes of the Macy's Thanksgiving Day Parade are actually taken from the 1946 parade. The movie is credited with bringing the traditional parade to the national spotlight, and Macy's employees were given half a day off so they could see the first showing of the movie. Most people didn't realize that Edmund Gwenn, Santa Claus in the movie, also played Santa Claus during the real 1946 Macy's Thanksgiving Day Parade.



■ The part where Clark "fixes" the newel post by sawing it off with a chainsaw is an homage to It's a Wonderful Life — the newel post at the Bailey's house was also loose. Also, Russ is watching It's a Wonderful Life on TV when his grandparents arrive.

■ The assistant director of Christmas Vacation, Frank Capra III, is the grandson of the legendary Frank Capra, who directed It's a Wonderful Life.

FULL SERVICE
INDEPENDENT BOOK STORE

Special Book Orders Welcomed
Ask Us About Holiday Books
Michigan Made Products • Pasties • Toys • Puzzles

BOOKS

FENTON'S OPEN BOOK | 105 West Shiawassee Ave. (810) 629-8000
www.fentonsopenbook.wixsite.com/main • Mon.-Sat. 10am-6pm













CREATIVE DISH-TO-PASS





HOLIDAY 25% OFF Sale

All Karat & Bridal Jewelry*

25%-50% OFF
Citizens Watches

Check out our
1/2 OFF showcase

* Excludes loose diamonds. In store merchandise only. Restriction may apply. See store for details



MOS' ART
— JEWELERS —

17235 Silver Pkwy. • Fenton • 810-750-2000
mosartjewelers.com



MAKE A CRAFT ROOM FOR KIDS





Set up a designated area for kids and put them to work!

Fun idea!

Set up a craft table at Thanksgiving, and the kids can pick up their creations at Christmas!

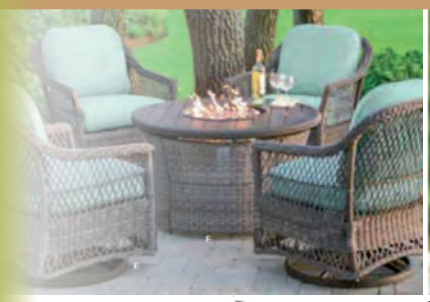






Extend Outdoor Fun
with family & friends
Home & Garden SHOWPLACE®

WOOD BURNING FIREPITS

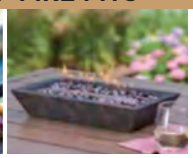





So many styles available
ALL AT GREAT PRICES

TABLE TOP FIRE PITS





PROPANE FIRE PITS - NO FUSS - NO MESS

Charlog & Aspen Wood Furniture

CLOSE OUT

NOW 1/2 price



GRAND BLANC OUTDOORS
810-695-3580
410 E. Grand Blanc Road • Mon-Fri 9-6 & Sat 9-3
GrandBlancOutdoors.co



Prices are subject to change. Restrictions apply. See store for details. *60 yards installed with 8lb. pad on Berber & Plush

SINCE 1996

Havel Floor Covering Inc.

248.620.4523

6684 Dixie Hwy | Clarkston

Between Maybee & Ortonville Rds. (M-15)

www.HavelFloors.com

MOST OF OUR CARPETS FEATURE PET WET & PET ODOR GUARD!

MON. - WED. 10AM - 7PM • THUR - SAT. 10AM -5PM • CLOSED SUNDAY • ANYTIME BY APPOINTMENT

CHRISTMAS PARTY GAMES

Tired of drawing names for the family gift exchange?
Try one of these ingenious alternative gift exchange ideas:



LEFTY/RIGHTY

Everyone sits in a circle, holding the gift that they brought to the exchange. (Specify beforehand a dollar amount.) The moderator will begin reading a story, and every time the word "left" is said, everyone passes their gift to the left...the same rule for "right". There are many "lefty/righty" stories online.

SPIN THE BOTTLE

A family friendly take on the classic game. Everyone sits around in a circle and takes turns spinning the bottle. When it lands on you, you get to go pick out your gift.



HOT POTATO

Just like the popular party game, but use a gift instead. Everyone sits in a circle, and passes around a gift. Whenever the music stops, the person holding the gift gets it. For more fun with larger groups, do two or three gifts at a time.



REGIFT THE WORST STUFF

Have everyone bring the very worst gift they ever received, and pass it on to a new owner. Then do it every year! Introduce new items as the old ones get lost or broken. Take a vote on the "best" worst gift each year, and the "winner" gets to wear a terrible Christmas hat. No doubt you will start all sorts of fun traditions. There will be that one excruciating gift that that everyone loves to hate and no one will be disappointed because nobody will expect anything even remotely decent.



FENTON HOTEL
Tavern & Grille



FRESH FISH
SAVORY STEAKS
COMFORT FOOD
FENTON'S ONLY PIANO BAR



NOW ACCEPTING
THANKSGIVING RESERVATIONS

See complete menu at fentonhotel.com

302 N LEROY ST., FENTON

(810) 750-9463

fentonhotel.com

Mon - Fri 4-11 pm
Saturday 11-11 pm
Sunday 11-8 pm

BRUNCH EVERY
Saturday & Sunday
11-3 pm



SHOPPING FOR:
GRANDPARENTS?
STUDENTS?
CO-WORKERS?
TEACHERS?
BUS DRIVERS?
NEIGHBORS?

HERE'S A *Tasteful* GIFT IDEA



THURSDAY NIGHT IS FAMILY NIGHT | WE SPONSOR FUNDRAISERS

DINE IN • CARRY OUT • CATERING

15010 SILVER PARKWAY • FENTON • 810-620-8400
OPEN DAILY AT 6:00 AM - 10:00 PM

ZUCCHINI PESTO PASTA



PESTO SAUCE INGREDIENTS

1 cup fresh basil leaves, packed
1 cup organic baby spinach
1/2 cup freshly grated Romano or Parmesan-Reggiano cheese
1/2 cup organic olive oil
1/3 cup pine nuts
3 organic garlic cloves, minced
salt and freshly ground pepper to taste

PESTO SAUCE DIRECTIONS

Place the basil, spinach and pine nuts into the bowl of a food processor and pulse several times. Add the garlic and Parmesan or Romano cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula. While the food processor is running, slowly add the olive oil in a steady small stream. Occasionally stop to scrape down the sides of the food processor. Stir in some salt and freshly ground pepper to taste.

PASTA INGREDIENTS

3 organic zucchinis
2 tablespoons organic olive oil
1/2 teaspoon of salt
1/2 teaspoon of organic lemon peel
1/2 pint of organic grape tomatoes

PASTA DIRECTIONS

Scrub and clean fresh zucchini. Remove ends and julienne by hand or by using a mandolin. The core and seeds do not sauté well in this application so I would save and use in another dish. In a skillet on the stove, add 1 tablespoon of olive oil on medium-high heat. Once heated, add the zucchini noodles. Add ¼ teaspoon of salt and ¼ teaspoon of lemon peel. Toss and cook for 3-4 minutes. Half way through, add desired amount of pesto and tomatoes and continue to cook. Salt and pepper or even red pepper to taste.

DOWNLOAD YOUR FREE COOKBOOK!
Get this recipe and more at AskDrNandi.com/cookbook

Psst...tell a friend

Everything's free.
Go bananas.



If you've got a library card you're already saving hundreds of dollars on downloadable books, music, magazines, and DVDs. So, share the love. *Tell a friend.*

GENESEE DISTRICT LIBRARY

thegdl.org