

Bedford County

Moments & Memories



Spreading Christmas Cheer



ABOUT THE FRONT COVER

The grandkids of Christy and Dawayne (Wormy) Boyce were set-up outside Joli Cheval on the square selling baked goods recently to raise money for the Center for Family Development. Casey (Boyce) Callaway is Joli Cheval owner. The Center for Family Development is a free, voluntary program which offers support to new parents and their babies.

Letters to Santa

Dear Santa:

I'm asking what I want for Christmas is a key chain for my little backpack that big Jim's getting me. I hope that is O.K. And also, may I have a few Squishies. Also some thank you notes, please. I hope that's not too much. Well, that's all this year.

I hope I am not on the naughty list. "Making a list, checking it twice . . ."

From Ava Parham

Leon's Christmas List

Puppy, Gabby's Dollhouse, Paw Patrol, Robo Dog, A real puppy

Leon sent Santa a beautiful Christmas card. He wrote, "Love you, Santa!"

Leon Maldonado, age 3

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The first time I sat in Santa's lap

By **ZOË HAGGARD**
zhaggard@t-g.com

I was 16 (yes, 10 + 6 years) the first time I sat in Santa's lap.

Yes, I was one of those kids who was afraid of "the big fat man with the long, white beard," as Bing Crosby so lovingly puts it. I mean, I was told from a young age: "You better watch out/ You better not cry/You Better not pout/ I'm telling you why."

Reading each line individually and without the bright shuffle of melody makes the beloved Christmas song sound more like a warning rather than a light-hearted song. And then..."He sees you when you're sleeping/He knows when you're awake." He WHAT!?

As cartoon Sponge Bob explained to friend Patrick...I was "CLAUS-terphobic." Can anybody blame me for being hesitant of an older man luring kids in to sit on his lap with the promise of presents?

But it wasn't really the circumstances that made me hesitant. It was my shyness. I did not, for the life of me, want to be in front of a crowd. I remember going to the mall during the Christmas season when it was all decked out with trees and bright red and greens. And there, next to the Macy's entrance, was a gingerbread house surrounded by cotton snow and minimum-wage employees in tights standing around waiting for the man himself.

When he would appear from behind a makeshift sleigh, the normal kids would cheer and applaud and giggle with glee. But there was little Zoe...sweaty palms, beating heart, blanking mind...Nope. Nope. Nope. Not today.

So what happened?

I ran and hid behind a potted poinsettia. I was blessed. My parents never forced me (though my mom scolded and rolled her eyes at my acting foolish). It turned out



just fine and only took me 16 years to get over the fear.

And what did I tell him I wanted for Christmas when I finally sat in his lap at a holiday party half-way through my high school career? I honestly don't remember. I probably panicked like Ralphie and said, "Football!" instead of a "Red Ryder BB gun cowboy carbine with a lever-cocking action!"

What I actually got that Christmas was a gift of confidence and situational-awareness—not egoism and self-pity, which are two main ingredients of shyness. Get out of your head.

Take your work seriously, but don't take yourself so seriously. Life is fun, and the "big man in the red suit" is here to laugh with you, give you a gift, and tell you "God Bless!"

And the people in the crowd? Well, they really aren't watching You.

Thank You
for an amazing year!
Your support of
this small business
means the world to me.

**Wishing you all
a wonderful
holiday season!**

**XO,
Kailin
& Luci**

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OPPOSING VIEWS OF SANTA

Sister and brother, Riley and Mason Richardson, children of Brian and Jessica Richardson, have a bit of a different reaction to Santa this year.

Real Life Photography



NICE SMILES!

Ciera Holder will tell you that you're never too old to talk with Santa. She met up with him this week during a visit to Chamberland Dentistry.

Submitted Photo

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Submitted photo

Anna and Leah Barnes enjoyed a visit to Opryland Hotel last weekend.

We wish you a Merry Christmas!

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Kay & Jennifer



Merry Christmas from First Choice Pregnancy Center

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Holiday SELF CARE

By Dina Zelden

THERE ARE MANY HOLIDAYS, BOTH RELIGIOUS AND SECULAR, THAT ARE CELEBRATED THIS TIME OF YEAR. WHILE EACH HAS A UNIQUE ORIGIN AND PURPOSE, WHAT THEY HAVE IN COMMON IS CELEBRATING WITH FAMILY AND FRIENDS. SOCIALIZING, GIFT-GIVING, AND OTHER HOLIDAY ELEMENTS CAN TURN ANYONE INTO SCROOGE, IF NOT PROPERLY MANAGED. AVOID THAT "BAH, HUMBUG" FEELING WITH THESE IMPORTANT TIPS.

PLAN AHEAD

Holidays put pressure on one's life in two main areas—time and money. Both seem in short supply this time of year, unless we plan ahead. Take time before the season begins to assess the situation. Consider your calendar and schedule events carefully. Holiday events can be enjoyable and relaxing, or overwhelming and stressful. Think about all the options before responding yes to every invitation that arrives in your inbox or mailbox. Likewise, make a financial plan for dealing with holiday spending. In addition to a gift budget, don't forget to include decorating and any hosting expenses. Be realistic and scale back as needed. Well-managed finances in December mean a secure start to the new year!

LOOK INWARD

Holiday demands often cause changes to one's routine. Try to set aside time for self-care. Getting enough sleep, staying hydrated, and exercising help with management of stress and should be a priority during the holidays. Schedule down time to relax and recharge.

REACH OUT

Remember that others struggle at this time as well. Call a relative who may be lonely. Offer to help an elderly neighbor run errands. Team up with a friend to conquer your to-do lists. Running errands, wrapping presents and other holiday jobs can be more pleasant with company.

THERE IS NO NEED TO FEEL DEPLETED BY THE END OF THE HOLIDAY SEASON. WITH SOME PREPARATION AND THOUGHT, YOU CAN ENJOY ALL THIS TIME OF YEAR HAS TO OFFER WHILE STILL FEELING RELAXED AND READY TO FACE THE NEW YEAR.



SHOP LOCAL



T-G Photo by Dawn Hankins

It's Christmas time y'all, which means it's time to shop local. There are plenty of gift ideas as local retailers, such as The Pomegranate on the public square, where Diandra Womble and fur buddy Neylynne found this great pillow for their new home.

FIRST SANTA TALK



Submitted Photo

Nora Flippo, 4 1/2 months, was a bit curious recently upon her first visit with Santa.

GIFT IDEAS For HIM

By Dina Zelden

THIS YEAR, BY CONSIDERING THE HOBBIES AND INTERESTS OF THE MEN ON YOUR LIST, YOU CAN FIND A GIFT THEY WILL ENJOY YEAR-ROUND. CONSIDER HIS PASSION, THEN CHOOSE A FUN AND TRENDY GIFT TO MATCH.

For the travel enthusiast, an **RFID-BLOCKING WALLET** or passport holder ensures that his personal financial information will be safe.



For the mixologist, stylish cocktail shakers, and other bar accessories are sure to please. Try a **FLAVORED BOURBON WHISKEY** for a fun twist.



In addition to camping accessories, the outdoorsmen in your life will find this **COOLER** with a retro flair, both charming and practical.

This stylish and sleek **BEANIE** allows him to enjoy his favorite tunes on the go without the bulk of headphones.



Whether he does hard workouts or just works hard, any guy can benefit from a **MASSAGE GUN** with settings for relaxation or deep tissue massage.



Dear Santa,

Mrs. Littrell's Kindergarten Class at Cascade Elementary Santa Letters

Dear Santa,
I am not going to move my clip and I'm going to be good because it is December. I want all of the presents. Can you give me some and some for my brothers? I want a marvel jujutsu. I will give you some cookies and milk and some carrots for the reindeer.

Love, Ben
Dear Santa,
Are you doing great? I want a remote control remote. I also want a new hat. Be careful Santa,

Love, William
Dear Santa,
I love you Santa. I want a Minnie Mouse pretend kitchen and some Minnie Mouse dishes to go with it. Be careful Santa.

Love, Aubrey
Dear Santa,
I like Rudolph. I want an LOL doll. I set up my Christmas tree.

Love, Waverly
Dear Santa,
How is your elf doing? How is your reindeer doing? And how is the North Pole? I want a LOL doll and I also want a chocolate bear. I want a new Barbie doll. Be careful Santa. I hope you have a great day in the North Pole and I will leave you some cookies and milk.

Love, Sara
Dear Santa,
How are your reindeer? How is Mrs. Claus? How are you Santa? Can you bring me a bull riding game? I asked for a lot of stuff. Be careful on your trip.

Love, Remi
Dear Santa,
I will leave you some cookies and milk. I want a new baby set and that's all.

Love, Addie
Dear Santa,
I hope you have a good trip. I miss you when you go on a trip. I will see you at Christmas time and I love him Santa. I want a LOL, kitchen, an airplane and cupcakes and Skittles. I will give you some cookies and milk.

Love, Karlee
Santa,
I love you. I have been missing you all of these years. Rudolph is good at flying the sleigh. I can't even hear him at night when I'm sleeping. I want a toy robot and an Osmo game. I also want a zombie bobble head and a new scooter. I will leave you some milk and cookie on the night.

Love, Ollie
Dear Santa,
How are you reindeers doing? I love you Santa. I want a nerf gun, kit kats, a bicycle that is green and maybe some gummies. I will leave you some cookies.

Love, DaKoda
Dear Santa,
How are all of ya'll doing at the North Pole? I want an electric bike and an electric scooter please? I hope you have a safe trip.

Love, Jackson
Dear Santa,
I love you. How have you been? I want some toys with trucks and guys and deer and guns. I want toy guns that aren't real. I want some new clothes. Bye Santa its nice to see you goodbye.



Love, Waylon
Hi Santa,
How is Rudolph doing? I want for Christmas beyblades and Pokemon cards. I also want a drone. How is Mrs. Claus doing? Thank you for spreading the joy in Christmas.

Love, Cooper
Hi Santa,
I love you and your Rudolph. I want a fake tractor with cows in the back of the trailer that hooks up to the tractor.

Thank you, Hunter

Hi Santa,
How is Mrs. Claus and how are the elves? I want a Bible to read about God because I love him and you. I also want a basketball and I want a pet fish. I want a real elf and then I want a ninja costume and set so I can do my ninja skills. I love you Santa and have a good trip around the world.

Love, Kenleigh
Dear Santa,
Merry Christmas Santa. I want a monster truck. I love you Santa.
Love, Wyatt

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Christmas Spice Cake with Cream Cheese Icing

BOOST YOUR FAVORITE BOX YELLOW CAKE

By Jessie Gray

INGREDIENTS

- 1 box Betty Crocker Supermoist cake mix
- 1 pkg. instant vanilla pudding
- 3 eggs
- 1/2 cup pineapple juice
- 1/2 cup melted or softened butter
- 2/3 cup Triple Sec liqueur
- 1 tbs Madagascar vanilla

FOR THE ICING

- 16 oz cream cheese
- 1 1/2 cup powdered sugar
- 1/4 cup Triple Sec liqueur
- 1 tsp vanilla

DIRECTIONS:

- 1 Preheat oven to 350°
- 2 Using two 8" or 9" cake pans, cut parchment circles to fit and spray with cooking spray.
- 3 Mix all cake ingredients in mixer.

- 4 Pour equal amounts of batter in each pan.
- 5 Bake for 25 minutes, then test with a toothpick for doneness. If not done, check every five minutes until toothpick comes out clean.
- 6 Once cakes are done, let cool on rack.
- 7 Invert cake pans on cooling rack.
- 8 Brush bottom of each cake with Triple Sec. Use the remaining mixture for the icing.

FOR ICING:

In a mixer, blend cream cheese, vanilla and Triple Sec. Mix until well blended. If the texture is too loose, add corn starch until the consistency of whipped butter.



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Gifts FOR KIDS

By Dina Zelden

Bring the holiday cheer in a big way with these great picks for the kids on your list.



Art enthusiasts love to make things. Parents don't like the mess. Make everyone happy with these clever toys that keep the **creativity contained**.



Kids always love when the whole family joins the fun. **Clack!** is a magnetic stacking game for younger children, but older siblings as well as parents will gladly join the fun.

Taco Cat Goat Cheese Pizza is a fast card game with some fun twists. This will be a go-to for game nights all year.



Make-believe or role play is a great way for kids to use their imagination. Older kids can try their hand at running a **food truck** and youngsters can try this **smart checkout** by Little Tykes that will provide hours of entertainment with its real interactive conveyor belt and scanner.



Want to **WOW** the women on your gift list this year? From mom to best friend we have great ideas that are sure to please.

GIFT IDEAS For HER

By Dina Zelden



COMFY AND COZY

Luxurious pajamas, fuzzy slippers, and weighted blankets are good options to keep your loved one happy. The CozyChic Lite Circle Cardigan by Barefoot Dreams is a gift that will go seamlessly from working at home to curling up on the couch.



IN THE KITCHEN

Consider one of the latest culinary accessories for your favorite home chef. Gift cards to a meal kit service, such as Hello Fresh or Purple Carrot combine the fun of preparing your own meal with the convenience of ingredients and instructions delivered right to your doorstep. The new Always Pan does the work of eight pieces of cookware from fry pan to steamer and is sure to be a hit.



FIT AND ACTIVE

Whether they workout at home or in a gym, your favorite fitness junkie can always use items to fuel the next workout. Try combining fitness and technology with this JBL portable waterproof speaker that will take hiking, camping, or relaxing by the pool to the next level.





MAKE A GIFT THAT KEEPS ON SOOTHING

WHIPPED HONEY ROSE HAND CREAM



YOUR FRIENDS AND FAMILY WILL LOVE THIS CREAMY, NATURAL HAND CREAM TO BATTLE THE WINTER DRYNESS, ESPECIALLY BECAUSE YOU MADE IT YOURSELF!

By Dina Zelden

INGREDIENTS

- 1/2 cup organic extra virgin coconut oil
- 1/2 cup unrefined organic shea butter
- 3 tbsp raw and unfiltered wildflower honey
- 2 tsp organic pure vanilla extract
- 8-10 drops rose geranium essential oil

DIRECTIONS

- ➊ Measure the ingredients and place all but the essential oil into a double boiler.
- ➋ Melt ingredients over medium heat, stirring to mix thoroughly.
- ➌ Cool completely (1 to 2 hours) in the refrigerator until the mixture becomes solid.
- ➍ Once solidified, whip essential oils into the solid mixture with a hand mixer.
- ➎ Transfer to your glass jar for storage.



How to Make A CHRISTMAS CHARCUTERIE BOARD

By Nellie Palmer

STEP 1 • THE PLATTER

To start, you need a foundation that goes with the rest of your holiday theme. This year, our theme is “down to earth” so we are going with an all-natural wood theme. You can use a rustic cutting board, or any wood server you can find. Don't forget the appetizer plates and cheese knives for serving.

STEP 2 • CHOOSE A ROUNDED SELECTION OF CHEESES THAT ARE POPULAR WITH MOST PALATES

Soft cheeses; brie and goat, semi-soft cheeses; Gouda and cheddar; hard cheeses; aged Gouda, Parmesan, Pecorino. Since we are serving this for a holiday celebration, we will add cheeses that may have a Christmas theme, like cranberry covered cheese.

STEP 3 • A CURATED SELECTION OF MEATS

Prosciutto, salami, paté, turkey, ham pepperoni and bacon are our favorites.

STEP 4 • CONDIMENTS ALLOW GUESTS TO BUILD A CROSTINI OR SANDWICH

Jalapeno mustard, pepper jelly, fruit spreads, honey and hummus are a good start.

STEP 5 • FRUIT, NUTS AND OLIVES ARE A GREAT WAY TO CLEANSE THE PALATE

Favorites are grapes, berries, figs and apples wrapped in prosciutto to keep them from turning brown, along with almonds and a variety of nuts. Because olives are pickled with brine, place them in a small condiment bowl to keep the vinegar from your other dry items.

STEP 6 • CRACKERS AND BREAD

These are the base of your tray. Guests will use these to pile their lovely concoctions of goodness. We added Christmas and holiday shaped crackers and even a few gingerbread cookies. Top the tray off with rosemary garnish and candy canes for decoration.

