



'Twas the night before Christmas, when all through the house  
not a creature was stirring, not even a mouse.  
The stockings were hung by the chimney with care,  
in hopes that St. Nicholas soon would be there.

The children were nestled all snug in their beds,  
while visions of sugar plums danced in their heads.  
And Mama in her 'kerchief, and I in my cap,  
had just settled our brains for a long winter's nap.

When out on the roof there arose such a clatter,  
I sprang from my bed to see what was the matter.  
Away to the window I flew like a flash,  
tore open the shutter, and threw up the sash.

The moon on the breast of the new-fallen snow  
gave the lustre of midday to objects below,  
when, what to my wondering eyes should appear,  
but a miniature sleigh and eight tiny reindeer.

With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles, his coursers they came,  
and he whistled and shouted and called them by name:  
"Now Dasher! Now Dancer! Now, Prancer and Vixen!  
On, Comet! On, Cupid! On, Donner and Blitzen!  
To the top of the porch! To the top of the wall!  
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,  
when they meet with an obstacle, mount to the sky  
so up to the house-top the coursers they flew,  
with the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof  
the prancing and pawing of each little hoof.  
As I drew in my head and was turning around,  
down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,  
and his clothes were all tarnished with ashes and soot.  
A bundle of toys he had flung on his back,  
and he looked like a peddler just opening his pack.

His eyes--how they twinkled! His dimples, how merry!  
His cheeks were like roses, his nose like a cherry!  
His droll little mouth was drawn up like a bow,  
and the beard on his chin was as white as the snow.  
The stump of a pipe he held tight in his teeth,  
and the smoke it encircled his head like a wreath.  
He had a broad face and a little round belly,  
that shook when he laughed, like a bowl full of jelly.

He was chubby and plump, a right jolly old elf,  
and I laughed when I saw him, in spite of myself.  
A wink of his eye and a twist of his head  
soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,  
and filled all the stockings, then turned with a jerk.  
And laying his finger aside of his nose,  
and giving a nod, up the chimney he rose.

He sprang to his sleigh, to his team gave a whistle,  
And away they all flew like the down of a thistle.  
But I heard him exclaim, 'ere he drove out of sight,  
"Happy Christmas to all, and to all a good night!"

**Merry Christmas & Happy New Year!**

*Jenni Jones*





# Family Self-Sufficiency

## NEWSLETTER

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Fayette Metropolitan Housing Authority

December 1, 2015

### How to Boost Your Confidence!

*Self-confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they have the ability to get past them. Self-confident people tend to see their lives in a positive light even when things aren't going so well, and they are typically satisfied with and respect themselves. Wouldn't it be amazing to have this kind of self-confidence, every day of the week? Guess what? You can. It comes down to one simple question: If you don't believe in yourself, how do you expect anybody else to? Try these helpful tips:*



1. **Stay away from negativity and bring on the positivity.** This is the time to really evaluate your inner circle, including friends and family. This is a tough one, but it's time to seriously consider getting away from those individuals who put you down and shred your confidence. Even a temporary break from Debbie Downer can make a huge difference and help you make strides toward more self-confidence. Be positive, even if you're not feeling it quite yet. Put some positive enthusiasm into your interactions with others and hit the ground running, excited to begin your next project. Stop focusing on the problems in your life and instead begin to focus on solutions and making positive changes.
2. **Change your body language and image.** This is where posture, smiling, eye contact, and speech slowly come into play. Just the simple act of pulling your shoulders back gives others the impression that you are a confident person. Smiling will not only make you feel better, but will make others feel more comfortable around you. Imagine a person with good posture and a smile and you'll be envisioning someone who is self-confident. Look at the person you are speaking to, not at your shoes--keeping eye contact shows confidence. Last, speak slowly. Research has proved that those who take the time to speak slowly and clearly feel more self-confidence and appear more self-confident to others. The added bonus is they will actually be able to understand what you are saying.
3. **Don't accept failure and get rid of the negative voices in your head.** Never give up. Never accept failure. There is a solution to everything, so why would you want to throw in the towel? Make this your new mantra. Succeeding through great adversity is a huge confidence booster. Low self-confidence is often caused by the negative thoughts running through our minds on an endless track. If you are constantly bashing yourself and saying you're not good enough, aren't attractive enough, aren't smart enough or athletic enough, and on and on, you are creating a self-fulfilling prophecy. You are becoming what you are preaching inside your head, and that's not good. The next time you hear that negativity in your head, switch it immediately to a positive affirmation and keep it up until it hits the caliber of a self-confidence boost.
4. **Be prepared.** Learn everything there is to know about your field, job, presentation--whatever is next on your "to conquer" list. If you are prepared, and have the knowledge to back it up, your self-confidence will soar.
5. **For tough times, when all else fails: Create a great list.** Life is full of challenges and there are times when it's difficult to keep our self-confidence up. Make a list of all the things in your life that you are thankful for and another list of all the things you are proud of accomplishing.

### Motivational Message For The Month

#### Different in a good way

Would you like to get a leg up on life? Then be reliable in an unreliable world. Be truthful in a world in which dishonesty is all too easy and all too common. Be authentic in a world that is weary of people pretending to be something they're not. Be persistent and consistent. Be compassionate, friendly, helpful, and full of pleasant surprises. In situations where tempers are flaring, be patient. Amid the noise and confusion and distractions, stay focused. Though you may look foolish, you can be optimistic and then act on those optimistic expectations. Even when it may seem that no one cares, you can be positively purposeful. Be different in a good way, and the world will take note. Live true to your highest values, and spread richness throughout life.

— Ralph Marston

#### Special Points of Interest:

- Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas, perhaps, means a little bit more. - The Grinch
- The best of all gifts around any Christmas tree: the presence of a family all wrapped up in each other. - Burton Hillis
- Bless us Lord, this Christmas, with quietness of mind; Teach us to be patient and always to be kind. - Helen Steiner Rice
- I will honor Christmas in my heart. And try to keep it all the year. - Charles Dickens
- Christmas isn't a season. It's a feeling. - Edna Ferber
- For somehow, not only at Christmas, but all the long year through, The joy that you give to others is the joy that comes back to you. - John Greenleaf Whittier
- Blessed is the season which engages the whole world in a conspiracy of love! - Hamilton Wright Mabie
- Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful. - Norman Vincent Peale
- One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly. - Andy Rooney



## Reindeer Cookies



- ◆ 3/4 cup of **Peanut Butter**
- ◆ 1 1/4 cup of firmly packed **Brown Sugar**
- ◆ 1/2 cup **Shortening**
- ◆ 3 tablespoons of **Milk**
- ◆ 1 tablespoon of **Vanilla**
- ◆ 1 **Egg**
- ◆ 1 3/4 cup of **All-purpose Flour**
- ◆ 3/4 teaspoon of **Baking Soda**
- ◆ 3/4 teaspoon of **Salt**
- ◆ **Chocolate-covered Mini Pretzels**
- ◆ **Mini Brown M&Ms**
- ◆ **Regular-sized Red M&Ms**

Preheat oven to 375°F. Combine brown sugar, peanut butter, shortening, milk, and vanilla in large bowl. Beat at medium speed until well blended. Add egg; beat until just blended. In a separate bowl, combine flour, baking soda, and salt. Add to creamed mixture at low speed. Mix just until blended. Form dough into 1-inch balls. To make reindeer-shaped cookies, pinch the bottom of the ball slightly to form a point, then gently flatten with your hand. Space cookies about 2 inches apart on a greased cookie sheet and bake for 7 to 8 minutes, until set or just beginning to brown. Remove from oven and immediately (and gently) press two mini pretzels into the tops of the cookies for the reindeer's antlers. Press two mini brown M&Ms in for the eyes and one red M&M for the nose. Allow to cool 2 minutes on the baking sheet and then transfer to a wire rack or paper towel to cool completely. Makes about 40 reindeer cookies.

- ◆ 2 (12oz) bags **White Chocolate Morsels**
- ◆ 1 (10 oz.) bag **Andes Peppermint Crunch Baking Chips**
- ◆ 40 **Hershey's Candy Cane Kisses**, unwrapped & cut into 1/4's
- ◆ 24 **Oreo's**, chopped into pieces

## Peppermint Oreo Candy Bark



In a large microwave safe mixing bowl, add white morsels and heat at 30 second increments until they are melted. Stir between each interval and once melted stir until smooth. Sprinkle in peppermint pieces and stir until smooth. Pour onto a jelly roll pan or large baking sheet. Spread until smooth and covering the pan. Sprinkle Oreos and kisses on top. Lightly press into melted candy. Refrigerate for 20 minutes until set. Use a butter knife to break candy bark into pieces or rap pan on counter top to break apart.

- ◆ 12 ounces **White Baking Chocolate**, chopped
- ◆ 1 package (1 pound) **Nutter Butter Sandwich Cookies**
- ◆ **Red Colored Sugar**
- ◆ 32 **Vanilla White Chocolate Chips**
- ◆ 64 **Miniature Semisweet Chocolate Chips**
- ◆ 32 **Red-Hot Candies**

## Santa Claus Cookies



In a microwave, melt white chocolate at 70% power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth. Dip one end of each cookie into melted chocolate, allowing excess to drip off. Place on wire racks. For Santa's hat, sprinkle red sugar on top part of chocolate. Press one vanilla chip off-center on hat for pom-pom; let stand until set. Dip other end of each cookie into melted chocolate for beard, leaving center of cookie uncovered. Place on wire racks. With a dab of melted chocolate, attach semisweet chips for eyes and a red-hot for nose. Place on waxed paper until set. Yield: 32 cookies.



## Christmas Tree Cheese Tray

- ◆ A small **Cheeseball** of your choice
- ◆ **5 kinds of Cheese**, cut into **bite-size cubes** (for example: Pepper-Jack, Baby Swiss, Extra Sharp Cheddar, Colby-Jack & Provolone or Muenster)
- ◆ **Grape Tomatoes**
- ◆ **Fresh Parsley**, trimmed into small segments of leaves
- ◆ **Assorted Crackers**

On a platter or a wooden cutting board, (as shown in the picture) arrange the cheeseball up at the top for the star of your tree. Then, proceed to assemble each tier of your tree - parsley, cheese, tomatoes, and so on until you have formed a full tree. Use one cheese cube for the trunk and serve with crackers!

*Try adding bite-size cubes of Summer Sausage, Hard Salami, Ham, Turkey or Roast Beef to make it a Meat & Cheese Tray!*

## Snowman Christmas Tree Ornament

- ◆ **Lightbulbs** (don't throw away the old ones that don't work anymore)
- ◆ **Iridescent White and/or Silver Glitter**
- ◆ **Small Twigs** (about 1 to 1 1/2 inches long)
- ◆ **Elmer's Glue**
- ◆ **Small Paint Brush**
- ◆ **White, Black & Orange Acrylic Paint**
- ◆ **Hot Glue Gun**
- ◆ **Twine**



Holding the metal part of the lightbulb and using a paint brush - paint the entire glass part of the lightbulb with White Paint and set aside to completely dry. Clean your paint brush. Using the same paint brush, paint Elmer's Glue over the white paint, covering it completely. Holding the lightbulb over a sheet of newspaper or wax paper, sprinkle glitter over the glue (shaking off the excess glitter). Set aside and let dry. Thoroughly clean the glue off of the paint brush before it dries. Using a Hot Glue Gun, glue the branches (for the arms) onto the lightbulb. Using the black paint, paint the black dots for the eyes, mouth and for its tummy. Next, using the orange paint, paint a small carrot for the nose. Let the paint dry completely. Finally, tie a piece of twine (making a loop around the metal base) to be able to hang your ornament on the Christmas Tree.

*Get creative ... Look at all the other Christmas Tree Ornaments you can make using an old lightbulb!*





# Southern State Community College Offers Great Certificate Programs

If you are interested in attending SSSC & beginning a Great Career, go to [www.sssc.edu](http://www.sssc.edu) for more information on how to get started!

## Pharmacy Technician

A **Pharmacy Technician** is trained to work primarily in either a hospital pharmacy or retail pharmacy. The Pharmacy Technician receives written prescriptions or refills for medications and verifies that the information is correct and complete. The Pharmacy Technician prepares medications for clients by measuring, mixing medications, counting, labeling, and recording amounts and dosages under the direct supervision of a Pharmacist. The Pharmacy Technician also has administrative duties such as answering telephones, entering prescriptions into the computer, and maintaining security and proper storage for medications. Related occupations may be Pharmaceutical Care Associate, Pharmacy Aide, Pharmacy Assistant, Pharmacy Clerk. This program is designed to be completed in 2 semesters if a full time student. The majority of the courses must be completed with a grade of "B" or better.

To be considered for the Pharmacy Technician program:

- The Allied Health Program application must be completed in addition to the SSSC application.
- An appointment must be scheduled with the Allied Health Program Director to deliver the completed Allied Health Program Application.
- The completed application and all required application documentation must be received in the Allied Health office by the appropriate deadline date for consideration.

After program acceptance and prior to end of the first term, a background check, a complete medical examination and immunizations are necessary to protect both students and patients according to the policies of the clinical facilities of the Program. It is important for prospective Allied Health students to know that a past felony or misdemeanor conviction may disqualify him/her from working in the profession and taking certification and registry exams. It is strongly recommended for students to meet with an advisor within the Allied Health program every semester to ensure they are taking classes in sequence. Not meeting with a program advisor may result in a student being unable to finish their degree in a timely manner.



## Office Services

Personnel with training in **Office Services** may expect to work in an office setting performing secretarial or receptionist functions, or such duties as word processing, computer operations, filing, and business correspondence. Holders of the Office Services Certificate may obtain positions as Word Processing Operator, Clerk/Typist, General Secretary, File Clerk, and Receptionist. The coursework for this certificate is designed to allow a full-time student to complete the program in one academic year. It is ideal for those who are seeking a first job, those wanting to upgrade current office skills, or those who want a short-term program which can later lead to an associate degree in Office Information Technology.



# Thank You to Our Local Community Family Self-Sufficiency Incentive Program Sponsors!



## FAYETTE METROPOLITAN HOUSING AUTHORITY

121 E. East Street  
Washington Court House, Ohio  
43160

Phone: (740) 335-7525

Fax: (740) 335-6644

Jenni Jones  
Program Coordinator

E-mail:  
jenni.jones@fayette-co-oh.com



## Top 10 Holiday Safety Tips



### 1. Inspect electrical decorations for damage before use.

Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.

### 2. Do not overload electrical outlets.

Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage appliance into each outlet at a time.

### 3. Never connect more than three strings of incandescent lights.

More than three strands may not only blow a fuse, but can also cause a fire.

### 4. Keep tree fresh by watering daily.

Dry trees are a serious fire hazard.

### 5. Use battery-operated candles.

Candles start almost half of home decoration fires [NFPA].

### 6. Keep combustibles at least three feet from heat sources.

A heat source that was too close to the decoration was a factor in half of home fires that began with decorations. [NFPA].

### 7. Protect cords from damage.

To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors or windows, placed under rugs, located near heat sources, or attached by nails or staples.

### 8. Check decorations for certification label.

Decorations not bearing a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA) or Intertek (ETL) have not been tested for safety and could be hazardous.

### 9. Stay in the kitchen when something is cooking.

Unattended cooking equipment is the leading cause of home cooking fires [NFPA].

### 10. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.

Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11:00 p.m. and 7:00 a.m. [NFPA].



## 5 TIPS FOR A PET-SAFE christmas tree

### -ONE-

Securely anchor your tree to keep curious pets from knocking it over!

### -TWO-

Sweep up pine needles frequently to avoid ingestion.

### -THREE-

Keep glass, breakable or any edible ornaments up high, out of pets' reach!

### -FOUR-

Keep pets from drinking tree stand water, & don't add toxic tree preservative products to it!

### -FIVE-

Avoid using tinsel, string or ribbons - they can cause severe damage if ingested.

SNOUTSCHOOL.COM WISHES YOU A

merry christmas!