

Good News



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Book in shoulder season for best prices, access

Everyone knows the difference between peak season and off season, but there is another season for traveling: Shoulder season.

According to Travel and Leisure Magazine, shoulder season exists between the busiest time of the year and the slowest time. It is the sweet spot of traveling when there are fewer tourists and better access to attractions. The weather might not yet be ideal, it also isn't the worst.

One example is a ski resort in Whistler, British Columbia. Crowds disappear by April, but the skiing conditions are still good and rooms are \$189 less than in February.

In Mexico's northeastern Yucatan Peninsula, The Riviera Maya has hurricane season from August to October. But by mid-November, the coast is clear and rates are half the price of peak travel in December.

For adults, shoulder season often falls in time frames unsuitable for school-age kids.

Feeling chilly: How the body weathers winter

Suddenly in February, the day turns sunny. It's 50 degrees and it feels marvelous. Turn down the heat! Go for a walk!

So why does 50 degrees feel so chilly in October?

Physiologists say the body adjusts to increasing cold over time. In October, our bodies just haven't adjusted to the temperature drop, according to the Wall Street Journal.

The human body has two main ways to cope with chills when the temperature drops. The first is to constrict blood vessels. This pushes warm blood to the body's core. That's when your arms and legs could start to feel colder. The second way is to shiver. That's when you turn up the heat 10 degrees.

Humans, it turns out, have continuously invented ways to cope with cold by changing their environment -- turning up heat sources, staying near those heat sources, and adding layers of clothing.

Interestingly, humans who constantly experience cold tempera-



tures, like native people in the Arctic, just don't feel as cold as others. Fish industry workers, whose hands are in cold water for hours, have been found to have warmer hands than other people.

The physiological explanation is that blood vessels don't constrict so much after long-term exposure. So those people really are warmer.

But if you aren't an Eskimo and

you do need thick, fuzzy socks all the time, there could be a medical explanation.

The first medical explanation is probably obvious: Aging makes people colder. Circulation decreases, the blood vessel walls lose elasticity and the fat layer thins. Well, sometimes.

Also the body's metabolic responses to cold can be slower.

According to the Journals of Gerontology reported in 2011 that older people on average had a body temperature .3 degrees lower than younger people. That's normal.

There are some medical causes of coldness.

- Hypertension.
- Diabetes.
- Thyroid conditions.
- High cholesterol.

Pharmaceutical causes:

- Beta blockers that decrease heart rate (and circulation to hands and feet).
- Calcium channel blockers, used to treat hypertension.



Money saving tips for holiday shopping

Avoid impulsive shopping during the holidays by making your plan and sticking to it.

One method to avoid the madness, according to Real Simple, is to work out a complete gift plan, then set aside one day for shopping.

Before the big day, shop sales for specific items and download any necessary retailer coupons and price scanning comparison tools onto a smartphone for real-time help.

On the big day, get up early, eat a healthy breakfast, dress for business, leave the credit cards at home and plan on using cash only.

By some estimates, spending cash only will save you up to 23 percent on your shopping trip.

While at the store, shop solo, avoiding salespeople, unless you really need help.

Buy cheaper items first. If you buy the big ticket items first, tossing around \$20 or \$50 here and there seems easy. So start small.

Break up the day with a coffee or soft drink to stay in a good mood and make better choices.

Get in and out of stores more quickly by checking out in less crowded areas of major department stores and steering clear of sales pitches.

During lunch and dinner breaks, cash in credit card rewards on discounted gift cards and exclusive special offers to round out the list.

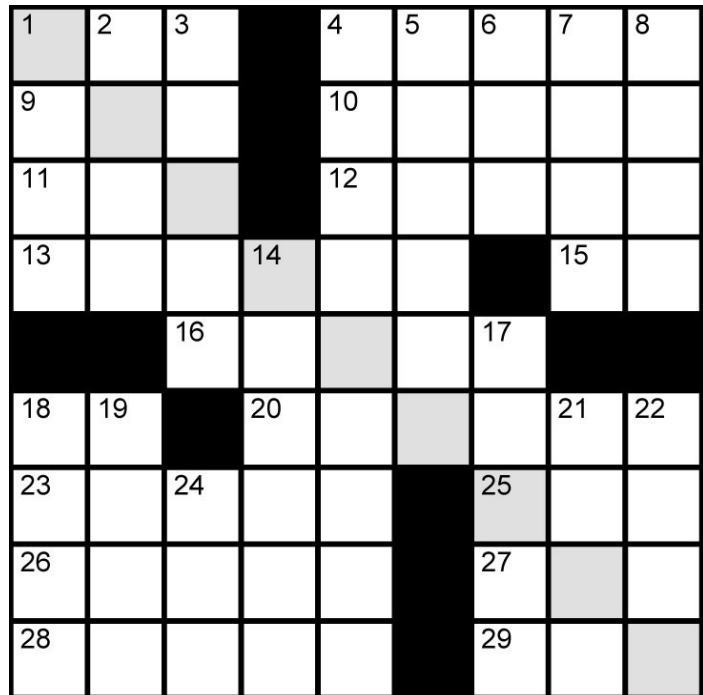
Christmas Dessert

Across

1. Shark feature
4. Discharge
9. Victorian, for one
10. Kind of ticket
11. Ancient cross
12. Community character
13. Improve, in a way
15. Symbol for arsenic
16. Sammy Kaye's " ___ Tomorrow"
18. In attendance
20. Flower cluster
23. Chocolate substitute
25. Make public
26. Courtroom event
27. Schuss, e.g.
28. Some porcelain
29. In Phil's bag

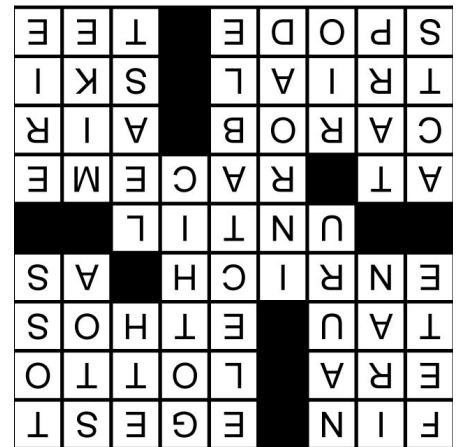
Down

1. Big bash
2. Persia, now
3. South Pacific island nation
4. Likely to attract votes
5. "Wuthering Heights" genre
6. Old verb ending
7. Greek portico



8. Throw out
14. Bit of progress
17. Minimal
18. "Hamlet" has five
19. Ball field covering
21. Emcee's need
22. Cleveland's lake
24. Carnival site

The headline is a clue to the answer in the diagonal.



An extra sneaky tip is to load up an online cart but cancel it right before finalizing. Often, they will send an email offer with a discount code but if not, there is no harm in asking the live chat representative.

Calories on menus changes ordering

A new study carried out by the National Bureau of Economic Research has shown that diners tend to order food with about 3 percent fewer calories when the nutritional information is listed on their menus.

Restaurants in the study saw no difference in their revenue, profits, or labor expenditures when they included the calorie counts on the menus.

The study also found that the chefs were surprised by the number of calories in their food.



"Did I hear you right? You want an educational toy?"



How we came to know the drummer boy

One of the most beloved Christmas carols is a sentimental ballad, not grounded in Biblical verse, but well rooted in hearts at Christmas.

Pa rum pa pum pum. The little drummer boy played for the baby Jesus. We don't worry the drumming woke The Babe because, after all, Mary nodded. And, the little drummer boy, who was a poor boy, too, played his best as a gift for the newborn king. And He smiled.

What more can you ask of a carol than a tear for innocence and a musical ox and lamb that can keep time?

Well, perhaps one thing you could ask, if you were the author, as was Katherine Davis, a Wellesley music teacher, was for a little credit.

Seems in 1941, Davis gave an interview in which she spoke about a tune running through her head for a little Christmas carol that she said practically wrote itself.

About 20 years later, a friend called to say her carol was on the radio.

"What carol?" asked Davis.

"The Little Drummer Boy. It's everywhere."

Davis managed to claim credit (and royalties) for the song, which is now part of the beloved library of uniquely American Christmas carols.

Trends: Forget pine, white trees are hot

In the 1960s, if the Christmas tree wasn't a shimmering silver aluminum, then it was probably flocked. Heavily flocked. A real tree covered with thick, white goopy stuff.

Welcome to the future. Nearly 60 years later, nostalgia in white, silver and flocked trees has come full circle, out of garage sales and back into the living room.

According to the Wall Street Journal, this is likely due to Instagram and social media where, if you want to display your favorite colorful ornaments, nothing shows them off as well as a white tree.

In some ways, the white trees are a backlash against the all-natural trend in design, food, clothing and life in general, says the Journal. Be-



sides, it is exhausting and expensive to head out to the tree farms to find and cut just the right spruce or pine.

If it is a backlash, it got started in 2017, when Wayfair saw white tree sales spike, quadruple the year before and selling out earlier. White trees made up 13 percent of total Christmas tree sales, up from 5 percent the year before.

This year, as in the 1970s, white trees make the perfect backdrop for ornamental themes. One-color ornaments are popular, as are white-on-white flocked trees and lights. It certainly adds a bright spot to a room.

Especially with flocked trees, you can still go native with wooden ornaments, pine cones and toys mixing with lights of a single color.

Mind your step and the fires, it's Hogmanay

Light the torches and get out of the house, my friends, it's Hogmanay.

Hogmanay is usually called New Year's Eve in North America, but in Scotland, where Hogmanay is beloved, it can be a three- to five-day festival of fire and fun that begins with First Footing.

The first person to step over your threshold in the new year is the First Footer and it shouldn't be just anyone. The First Footer has to be a tall, dark man and he has to step in before anyone else. A blond or red-haired man or woman won't do.

The requirement for a dark-haired First Footer probably has roots in Scotland's history. Given the many Viking invasions of the country, there were plenty of times when a tall, blond dude at your door was probably carrying an axe -- never a great way

to start the year, or anything else.

The good news is that the neighborhood First Footer will bring blessings in the form of small gifts. Wishes for warmth, a piece of coal. For food, shortbread. For the spice of life, salt. For joy and prosperity, a wee dram of whiskey.

Later, neighbors and friends drink a toast to the New Year and sing Auld Lange Syne.

After First Footing comes fire, and plenty of it. Scots like fire festivals and they are found throughout the fall until the end of January. For Hogmanay, bonfires burn throughout the country. Revelers in the coastal town of Stonehaven wear kilts and swing big baskets of fire. In Edinburgh, enormous wicker figures (such as a bull) become a towering bonfire amid fireworks, according to Scotland.org.

December 2018

Your picture here

Your company information and logo here.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Hanukkah 	3 Advent	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Winter 	22
23	24	25 	26	27	28	29
30	31					

December 2018

Sun

Mon


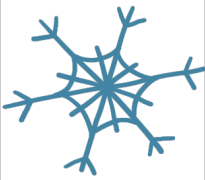

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