



2019 Holiday Gift Guide



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Happy Holidays!

Dear Readers,

Every year, we produce a gift guide to promote local businesses and their products. A strong Shop Local mentality can translate into better prices and selections in local stores and a stronger economy serving everyone. We hope you get lots of great gift ideas from this guide and "Shop Local" this Christmas season.



Sorry if we missed you! We tried to talk to everyone about having their business appear in this year's Holiday Gift Guide. To make sure we don't miss you for next year's edition, call NOW and you'll be at the top of our list next year.

NEWS-REGISTER ADVERTISING

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Holiday Gift Guide is a publication developed by the News-Register advertising department and the advertisers supporting the section and is printed by our company's Oregon Lithoprint division. We hope you enjoy learning about the Yamhill Valley business and service community.

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Games to Liven Up Your Gift Exchange

Are you tired of the same old holiday gift exchange? If so, here are some fun games to enliven this year's gift giving.

DICE

Every number on the dice comes with an instruction (pass to the left or steal a gift). Take turns rolling the dice until everyone has a present.

HOT POTATO

This childhood favorite is just as fun to play as an adult. Turn on a holiday song and pass a present from person to person until the music stops. The person left holding the gift is out of the game but keeps the gift.

PERSONAL TRIVIA

Everyone writes a little-known fact about themselves on the gift they contributed. The others must guess who the information is about in order to win the right to open the present.

CARDS

Cut some regular playing cards in half and distribute card halves to all participants. Draw the other card halves from a bowl or hat to determine who gets to choose or steal a gift next.

WRITE A STORY

Rewrite a well-known Christmas story to include the words right, left and across numerous times. To start the game, everyone holds the gift they brought as someone reads the story aloud. Every time an instruction word is said, the presents get passed in that direction.

To make sure that everyone receives a gift they'll enjoy, be sure to decide on a budget and theme beforehand.

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If you get invited to someone's home over the holidays, it's best not to arrive empty handed. However, it can be hard to know what to bring, especially if the host or hostess is a relatively new friend or acquaintance.

Fortunately, there are a number of things — wine, chocolate, coffee, tea, fancy hand soap and unscented candles, for example — that make great gifts when you don't know the recipient very well.

However, if you do know them, you could offer your host or hostess something that you think they'll appreciate. If they love to cook, for instance, a cookbook or an inexpensive kitchen gadget would be ideal.

Whatever you bring, make sure it's not something that makes your host or hostess work. For example, if you choose to bring a bouquet of flowers, arrange them in a vase before arriving so they don't have to.

Remember, this gift is meant for the hosts to enjoy after the guests have gone home. They're not obliged to share it with you or anyone else, so don't expect them to.

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Holiday Movie Lineup

The holiday season brings many traditions — holiday baking, decorating and parties, to name a few. But when the day is done, continue the holiday cheer by cozying up on the couch with a great holiday movie.

Alone or surrounded by your favorite people, here is a sampling of holiday movies you should watch at least once.

ANIMATED

A Charlie Brown Christmas (1965) Follow the whole Peanuts gang as Charlie Brown tries to understand what Christmas is all about.

The Nightmare Before Christmas (1993) A Tim Burton holiday masterpiece follows Jack, a skeleton bored with his own holiday of Halloween, who tries on Christmas for size.

How the Grinch Stole Christmas (two versions) (1966 and 2000) Incomparable and fantastic in their own way, both will undoubtedly make your heart grow three sizes.

The Muppet Christmas Carol (1992) If you ever doubted that Kermit the Frog and Charles Dickens could create magic, this film is here to prove otherwise. Kermit as Bob Cratchit and Michael Cain as Ebenezer Scrooge make this film a casting win.

Rudolph the Red-Nosed Reindeer (1964) This stop-motion animation is a classic. It's time to introduce a whole new generation to Rudolph and his misfit friends.

The Polar Express (2004) This recent classic features breathtaking animation and Tom Hanks as the voice over for several characters, following a young boy on a train ride to the North Pole. Wonders never cease for those who believe.

CLASSICS

It's a Wonderful Life (1946) George Bailey has a wonderful life, and he will leave you feeling like yours is pretty great, too.

White Christmas (1954) Starring Bing Crosby and Rosemary Clooney, two of the greats remembered year after year for their renditions of Christmas classics.

Miracle on 34th Street (1947 and 1994) It's OK to believe in Santa — after all, faith is what Christmas is all about.

FEEL-GOOD FAMILY MOVIES

A Christmas Story (1983) We all had that one toy we wanted desperately as a child. For Ralphie Parker, this was the Red Ryder carbine action 200-shot range model air rifle with a compass in the stock and "this thing which tells time."

National Lampoon's Christmas Vacation (1989) Clark Griswold has big holiday plans. But like most plans, things don't go as expected. In other words, disaster, Griswold style.

Home Alone (1990) Left at home at Christmas by mistake, Kevin McCallister is left to fight off two reckless burglars with creative pranks only a child could imagine.

Elf (2003) Buddy the Elf is lovable and full of so much Christmas cheer, he will remind any Scrooge of the true meaning of Christmas.

The Family Man (2000) One Christmas night, Jack wakes to find his lavish bachelor lifestyle replaced with the life he would have had, had he stayed with his college sweetheart. Think a modern twist of the "what if" plot of "It's a Wonderful Life."

The Santa Clause (1994) Tim Allen provides a whole new (comedic) possibility to the origins of Santa Claus.

Prancer (1989) A farm girl finds a wounded reindeer she believes is Prancer, hoping to nurse it back to health in time for Christmas.



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Christmas Checklist

To avoid holiday mayhem, you need to remain organized in the days and weeks leading up to the main event. Here's a checklist that will help you keep track of everything that needs to be done before Christmas.

ENTERTAINING

- ☐ Choose a theme for your party if you're having one
- ☐ Make reservations (caterer, event space, restaurant, cleaning crew, Santa Claus)
- ☐ Send out invitations
- ☐ Decide on a menu (don't forget to consider your guests' allergies and dietary restrictions)
- ☐ Make separate grocery lists for what can be purchased weeks in advance and what must be bought in the days before
- ☐ Make dishes in advance and freeze them
- ☐ Make a seating plan and choose the table decorations
- ☐ Obtain any extra dishes, napkins or chairs you need
- ☐ Choose the music and plan party games
- ☐ Clean the house from top to bottom
- ☐ Prepare a room for overnight guests
- ☐ Make sure your driveway and walkway are clear

DECORATING THE HOUSE

- ☐ Go through your decorations and throw out and replace anything that's broken
- ☐ Hang outdoor decorations before the cold weather arrives
- ☐ Decorate the inside of your house
- ☐ Don't set up your natural Christmas tree until a week or two before the day (or it will be dry by the time Santa arrives)
- ☐ Getting yourself ready
- ☐ Make your appointments early (hair, esthetics, makeup, nails) to be sure you get the time slot you need
- ☐ Shop for your party clothes and visit the tailor if adjustments are needed

BUYING GIFTS

- ☐ Organize a gift exchange
- ☐ Shop early to avoid crowds
- ☐ Make note of what to buy for each person on your list
- ☐ Write Christmas cards and send them out early to ensure they arrive before the holiday
- ☐ Help your kids write their letters to Santa and send them off
- ☐ Buy wrapping paper, ribbons and bows
- ☐ Wrap gifts as you buy them to avoid doing it all at once, and hide them until the big day

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Gifts Teachers Will Love

Christmas is the perfect time of year to extend your thanks to your children's teachers. Instead of giving them another "world's best teacher" mug, choose one of the following gifts that's sure to please.

- Personalized pencils with their name printed right on them
- A tote bag that's roomy enough to carry all their work to and from school
- A personal laminator to neatly display student's work (don't forget extra laminating sheets)
- A gift card to a local coffee shop to keep them caffeinated while they're marking homework
- A membership to a local museum to inspire their lesson plans
- A scarf to keep them warm
- A gift basket filled with supplies like dry-erase markers, red correcting pencils, glue sticks, grade-appropriate books and even classroom decor
- A nice bottle of wine to help them relax over the vacation
- A box of artisanal chocolates, because everyone deserves a treat

In addition, few teachers can resist handmade gifts, so anything your kids make is sure to be appreciated. No matter what you choose, don't forget to have your child make a card that expresses thanks to the teacher for everything they do.



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Enjoy the Holidays Without Overindulging

Food plays an integral part in many holiday celebrations. But when you have many social obligations in a short period of time, it can feel like all you're doing is eating. Here's how to enjoy the season's festivities without overindulging.

DON'T SKIP MEALS

Eat regular meals throughout the holidays as this will make you less likely to overindulge at parties.

For breakfast, make some eggs or avocado on toast. These foods are full of protein and healthy fats that will keep you going all day.

At lunch, try a salad topped with a healthy protein like salmon, grilled chicken or legumes.

Have a light snack before heading out to the party to make sure you don't arrive hungry. Focus on protein-rich foods like nuts or plain yogurt with fruit.

STAY HYDRATED

Be sure to drink plenty of water throughout the day and in-between consuming alcoholic drinks. This will help you avoid becoming dehydrated and will also allow you to feel more satiated and therefore make you less likely to overeat.

GET IN A WORKOUT

On the day of the party, try to get in a workout. Not only does regular exercise help you metabolize your food quicker, but you'll also crave healthier foods, making it easier to pass on heavier fare.

Making sure you take care of yourself over the holidays allows you to treat yourself without overindulging. You'll enjoy spending time with loved ones and set the right precedent for the new year.



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5 Tips for Maintaining Kids' Routines During the Holidays

Over the holiday season, it's all too easy for your children's routine to get thrown off track. Here are five tips to help you stick to a schedule and hopefully keep meltdowns to a minimum.

PRIORITIZE SLEEP

Tired kids tend to get cranky, hyper and easily flustered. While a late night or two are almost inevitable at this time of year, overall, it's best to maintain their regular sleep schedule.

EAT HEALTHY

Make sure the entire family gets a healthy breakfast and lunch every day. Fill the kids up on fruits, vegetables and other healthy snacks before heading to a party. This way, they'll have less room to gorge on cookies, cakes and other treats.

ENTERTAIN AT HOME — OR DON'T

Some parents find it easier to host during the holidays, while others can't imagine planning a party. Don't be shy to let your loved ones know what works for your family.

GET EXERCISE

Make sure your kids remain active over the holidays, and that they have sufficient time to run around. Consider indulging in some outdoor fun.

MAKE TIME FOR PLAY

Avoid filling every free moment with a planned activity. Set aside time for playing at home and relaxing.

While sticking to a routine is beneficial for kids, doing so isn't always feasible. Remember to be flexible and not worry too much if things don't go as planned.

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How to Choose the Perfect Christmas Tree

DETERMINE THE SIZE

Choose a spot in your home to place your tree and make sure you don't come home with one that's too tall. The spot you select should be away from air vents so that the tree doesn't prematurely dry out.

CHOOSE THE TREE

Look for one with needles that are shiny and uniformly green. Lift the tree and make sure that it's heavy, that the needles stay on and that the trunk is slightly sticky.

CARE FOR THE TREE

Store your tree outdoors or in the garage until you're ready to decorate it. Right before you do, cut about an inch of the trunk off the bottom. This will allow your tree to soak up the water it needs to thrive indoors.

PUT YOUR TREE IN THE STAND

Make sure to add water daily so your tree doesn't dry up. Wait a few hours for the branches and needles to settle before you start decorating.

A DRY TREE IS A FIRE HAZARD

To minimize the risk, make sure to give it enough water, keep it far from the fireplace and use lights that don't emit heat.



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