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New Year's Eve celebrations are often adult-only events, but kids get excited about the big night as well. Because babysitters are scarce and restaurant prices are high on December 31, it makes more sense to celebrate with the kids. Many communities now host family-friendly First Night celebrations with fireworks, music and games, but you can also have lots of fun staying home.

Whether you decide to host a neighborhood party or just cozy up with your family, make it a New Year's Eve to remember with these tips for a kid-friendly celebration.

Ring in the Noon Year

Many children can't (or shouldn't) stay up until midnight, so count down until the noon year. Bring out the noisemakers, pour a sparkling apple cider toast, and count down to the stroke of 12 p.m. on December 31. If you have several young children over to celebrate, they can make posterboard numbers (10-9-8-7-6...) to hold up as you count down the seconds.

Travel the Time Zones

It's always midnight somewhere in the world, so set clocks around the house to ring in the New Year in other time zones. Research New Year's customs around the globe (in Spain they begin the New Year by eating twelve grapes, in Japan they laugh in the New Year) and celebrate accordingly

(while still getting the kids to sleep at a decent hour).

Bring on the Noise

Preparing for the party is half the fun, so get kids involved in making festive decorations. They can create their own noisemakers by filling plastic water bottles with rice or lentils and covering the bottles with colored paper, glitter and other decorations. Don't have any empty water bottles? Make a joyful noise by banging pots and pans together when the clock strikes 12.

Hats Off

It wouldn't be New Year's Eve without silly hats, so gather supplies for making them. Raid the recycling bin for newspaper, leftover wrapping paper, ribbons, cardboard, paper plates and other materials. Award a prize for the silliest, the most creative, the prettiest, etc.

Clock 'Em

Plan a series of games around the Father Time theme. For example, in Hide the Clock adults conceal a ticking clock somewhere in the room, then call the kids in to find it. Bonus points go to the team that locates the clock before the alarm goes off!

Resolution Tree

Putting away the holiday decorations can be one of the saddest parts of the season for young children (and adults) who can't bear to wait another year for the fun to begin again. Turn the chore into a party by transforming the Christmas tree into a Resolution Tree. Enlist the kids' help to pack away the decorations and then help them write resolutions on small note cards. Suggest family goals like eating healthy, exercising more and arguing less. Leave the lights on the tree and tie the note cards on the branches with bits of blue ribbon to usher in the New Year.

Thanks for the Memories

Spend the evening creating a family time capsule with mementoes of special events. Pack a shoebox or empty tennis ball canister with keepsakes like photographs, blue ribbons, drawings and written memories of the top ten moments of the year. You can also capture the memories in a family scrapbook.

Slumber Party!

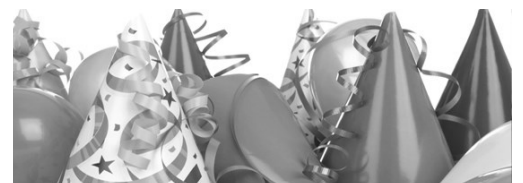
Because many youngsters resist the urge to get to bed before midnight but still need to doze, set up a family campout in the living room. Pillows, sleeping bags, stuffed animals, a few good DVDs and each other's company will make the night a winner.

Drop the Ball

If you can't make it to Times Square, have the kids craft their own ball to drop at midnight. Buy a large Styrofoam ball at the craft store as well as straight pins or craft glue and multicolor sequins. Push a chenille or pipe cleaner stem into the center of the ball and decorate the ball, using the pins to attach the sequins (younger children can use craft glue). Tie a long piece of ribbon to the chenille stem and attach the ball to the ceiling; cut the ribbon at the stroke of 12.

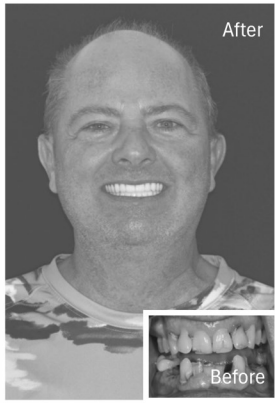
You can engineer a different kind of ball drop by hanging a paper tablecloth from the ceiling with duct or masking tape. Fill it with balloons and pull it down at midnight for a festive celebration.

*Have a Happy New Year and
a wonderful time celebrating with
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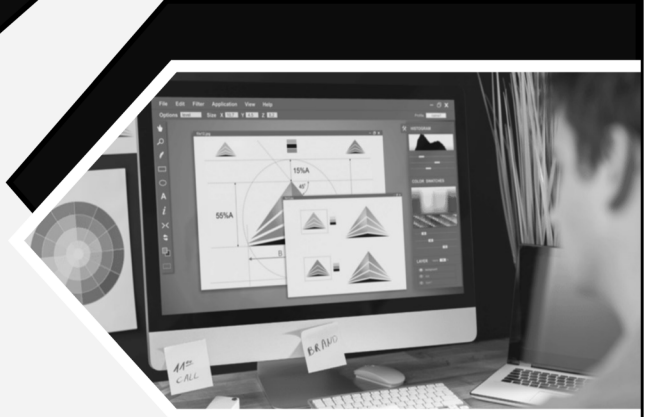
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Start off the New Year with a Safety Check

Home Safety Checklist

Make your family safer, step-by-step

- **Sound the Alarm:** Install smoke detectors on every floor of your home and carbon monoxide detectors near sleeping areas. If already installed, test them! Tip: Replace the batteries every daylight-saving time change.
- **Avoid Overload:** Check for overloaded extension cords – usage should not exceed the recommended wattage.
- **Don't Get Tippy:** If young children are in the home, bookshelves and other furniture should be firmly secured with wall brackets to prevent tipping.
- **Paint Safe:** Check walls for loose paint. If re-painting, do so in a well-ventilated area and consider VOC-free paint.
- **Childproof, Childproof, Childproof:** Check your local library or online for complete lists of childproofing suggestions and see our Virtual Home Safety Tour for more ideas. Areas of particular danger include outlets, appliances, electronics, stairs and windows.
- **Cover Outlets:** Cover all unused outlets to prevent children from sticking a finger in the socket.
- **Watch Cord Placement:** Extension cords should not be placed under rugs or heavy furniture, tacked up or coiled while in use.
- **Get Grounded:** All major appliances should be grounded. Be sure to check your ground fault circuit interrupters regularly.
- **Plan Your Escape:** Practice a fire escape plan with your family where you identify two exits for every room and what to do with young children.
- **Give Your Air Heater Some Space:** All air heaters should be placed at least three feet from beds, curtains or anything flammable.
- **Keep Extinguishers Handy:** Place all-purpose fire extinguishers in key locations in your home – the kitchen, bedroom and basement. Be sure to check expiration dates regularly and know how to use them safely.
- **Create a Safe Exit:** In addition to alarms and extinguishers, consider an escape ladder if your home has two floors. Keep emergency numbers and contacts readily available by the phone.
- **Unplug Appliances:** Unplug appliances and electronics when not in use and store them out of reach.
- **Go New in the Nursery:** Check that all painted cribs, bassinets and high chairs were made after 1978 to avoid potential lead paint poisoning.
- **Cool Your Jets:** Set your water heater below 120 degrees Fahrenheit to avoid potential burns and to save energy.
- **Put Away Medications:** Take medications and medical supplies out of your purse, pockets and drawers, and put them in a cabinet with a child safety lock.
- **Look for UL:** The UL Mark appears on products that have been tested, verified and inspected for safety. Make sure to look for it to keep your holidays safe and bright.



Fun Family Road Trips

Just north of Orlando, the tiny town of Winter Park is possibly the cutest spot in Florida. The streets of the city's core are lined with trees and shops. It's very dog-friendly with many shops offering water and biscuits for your pooch. Sit in the park and watch the train come and go. Stop by Houston's on S. Orlando Avenue for a house-made veggie burger and don't miss a big breakfast at Briar Patch on N. Park Avenue.

Lee County's tiny Sanibel Island is considered the third best place in the world for shelling behind Australia and the Philippines. The island juts out east-west from the mainland and the shells get swept onto the beach as the water flows north. Whelks, jingles, cat's paws, tulips, olives, all sorts of cones and the prized junonia can be collected while doing the Sanibel Stoop. Lots of places to eat dot Periwinkle Drive, the island's main thoroughfare.

Just a hop, skip and jump from the Tampa area, Anna Maria Island is the place to get away from it all. No high-rises and not much to do but fish and walk on the beach. Bring bikes if you have them and pedal all around the island, stopping for ice cream at Dips Ice Cream on Gulf Drive. Walk down the Rod & Reel Pier for a bite to eat at the old Florida restaurant that's one flight up. Get a window seat and watch the boats bob and the cars glide along the Sunshine Skyway.

Head to the East Coast to drive A1A from one port to another as the state road skirts the Atlantic Ocean. Or if you want to get ambitious, you can drive along the coast from Key West to the Georgia line. If you've got that kind of time, it's a fun trip. For the shorter trip, connect with A1A just north of Cocoa Beach and head south to the surf town then on through Satellite Beach, Melbourne, Palm Bay, Sebastian, Vero Beach, Fort Pierce, Port St. Lucie, Jensen Beach, Hobe Sound, Jupiter, Palm Beach, Delray Beach, Boca Raton, Pompano and Fort Lauderdale. Stop and look around anywhere you'd like. There are lighthouses in Jupiter Inlet and Hillsboro Inlet, lots of shopping in Palm Beach and Boca, plus plenty of hotels and restaurants along the way.

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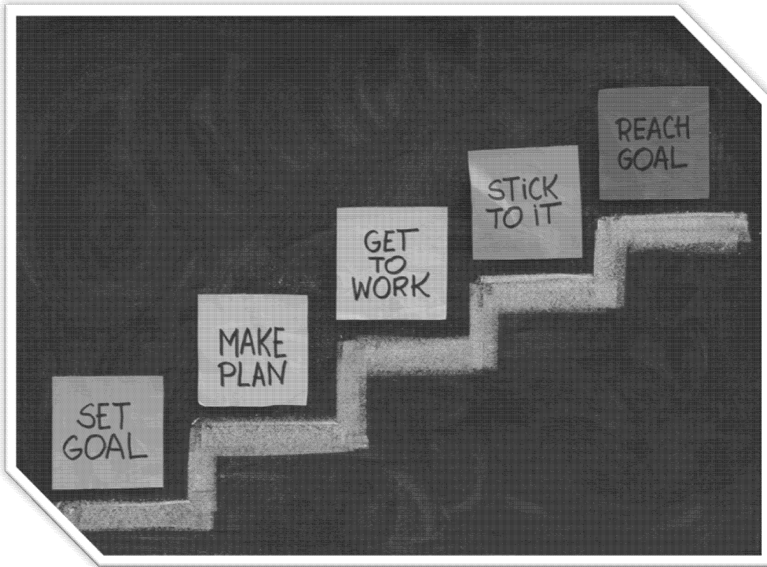
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Why Should I have Goals For 2025?

something down, your thought now exists in the physical universe

harmonious ways for the highest good of all concerned.

Your Own Goal Setting



Think about the goals you would like to set. Think of an easy goal you would like to achieve within one month. Then think of one for three months and one for a year.

And, later on you might like to think about what you would like to achieve for a Major Life Goal. What this means is, when you come to the end of your life, and you

look back, what would you like to have achieved. How will the earth and its people be different as a result of your being here?

How To Do Goal Setting So That It Works For You

- Be very SPECIFIC. How can anyone give you what you want if you don't know what you want?
- Write in the PRESENT. Do NOT say e.g. "I will have ... ". Tomorrow never comes!
- Start with "I have "You have to "BE" in order to "DO" before you can "HAVE". It does not go in the other direction (have - do - be). A lot of people may have asked a person - what do you want to be when you grow up? They may have answered "a doctor". And later found they were in a job they hated, working with a lot of sick and dying people. They may have been better setting a goal "to have a cure for cancer". That way there are more options open to them. Another example: A man worked out he wanted to have a million dollars. He then worked out what he had to do - his answer - to BE a garbage collector. He made a fortune from the garbage business!

- Add the date.
- Add the date to be achieved by.
- I have found from personal experience that this works even better if you finish with the written statement "This, or something better, now manifests for me in, in totally satisfying and

This, or something better, now manifests for me, in totally satisfying and harmonious ways, for the highest good of all concerned. Thank you God" Then sign it.

- Keep ALL your goals together in a RING BINDER. DO NOT leave them lying around. They have tremendous power, and later if you change your mind you don't want an old goal lying around sabotaging you.
- Now get into action. Circumstances, people and opportunities will present themselves.

It can also be a big help to apply the knowledge in my article "How to know your life purpose"

Follow your intuition to determine what action you should take. Remember that even if you take the 'wrong' action, you will learn something which will prepare you for eventual success.

If what you want does not materialize, it can be because there is something wrong with the goal you set. Or it can be because there is a conscious or subconscious belief stopping you from getting it.

If this happens, when you intend to have the goal, instead of getting the goal your intuition may lead you to a person or book or situation which will help you to see what your negative belief is so that you can get rid of it.

I have used this information and added to it and refined it over the years. I have seen this information produce great long-term effects like vastly improved financial status and ideal relationships in both my own life and the lives of my friends and clients.

Information provided by Michael W. Cooper, Therapist



You can get what you want by achieving your goals. But first you have to set some goals. Goals are a plan to accomplish anything from washing your car this weekend to taking a trip around the world some day.

Without goals, we would be lost. Goals can be simple or complex, long or short. If you don't have a plan – even a route you are going to take to get to the store today, for example – you may never get there. You may just wander aimlessly and never find the store. If you plan ahead, you will make it.

Goals can be about anything – your family, your careers or your hobbies. They provide a plan of action that you want to achieve. They also save time. As you make decisions in life, you can use your goals to help guide you in your decisions.

Why do we need goals? They help us get what we want from life. Maybe you don't know what you want yet, and that's OK. But sitting down and listing goals can help you figure out what **you** want.

You may set a goal and not achieve it. That is OK. Maybe your goal wasn't realistic. Now you can revise it and work toward it again. Maybe you or your priorities have changed. You can change and revise your goals as you and the world around you change.

Writing what you want creates a kind of miracle. This works in the following manner. When you first think of something, it is just a thought in your head. It is not yet in the physical universe. However, thought is energy and the universe and everything in it are also made of energy. When you write

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Traditions and History of Celebrating the New Year



New York City to welcome the New Year at midnight. The transition between New Year's Eve and New Year Day is an exciting one. In Times Square, people count down the seconds to welcome the new day as the New Year ball slowly descends and lights up the area.

Not all countries or cultures celebrate New Year on January 1st. The Chinese, Egyptian, Jewish, Roman, and Mohammedan years all have different start dates. Chinese New Year starts on a different day each year. Thousands of years ago, the Egyptians celebrated their New Year about the middle of June. That was the time when the Nile River usually overflowed. January 1 was recognized as New Year Day in the 1500's with the introduction of the Gregorian Calendar. The Julian Calendar places the New Year on January 14. The Jewish New Year, a feast day, is celebrated about the time of the fall equinox, in late September.

In ancient Rome, the first day of the New Year honored Janus, the god of gates, doors, beginnings and endings - the month of January, named after Janus, was originally

called 'Januarius'. Janus had two faces - one which looked ahead to see what the new year would bring, and the other looked backward to see what happened during the past year. Ancient Romans celebrated New Year by giving gifts to friends and family members - some even gave gifts to Senators in exchange for favors!

In England, Druid priests celebrated their New Year on March 10. They gave branches of mistletoe to people for charms. Later, English people followed the custom of cleaning their chimneys on New Year Day. The English believed this brought good luck to the household for the coming year. The expression "cleaning the slate" came from this custom. It means making resolutions to correct faults and bad habits. People resolve to make themselves better in the New Year. It is still customary even today to make a list of New Year resolutions for the coming year.

Have fun celebrating and making traditions with your family and friends!

Source: An Educational Resource Site for teachers and homeschoolers

New Year Day is the first day of the calendar year in this country. It is celebrated as a holiday in almost every country in the world but at different times of the year. It is a time of gaiety, sharing with friends, remembering the past, and hoping for good things in the future. In the United States, thousands of people jam Times Square in

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

Spend More Time with Family and Friends

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year.

Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man.

Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions.

Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids.

Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years.

Learn Something New

Have you vowed to make this year the year to learn something new?

Help Others

Always a popular resolution.

Get Organized

On just about every New Year resolution top list, organization can be a very reasonable goal.



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