

School Menus For Week Of November 20-24

Grades K-3

November 20- Pepperoni pizza or string cheese w/crackers, fruit cocktail, cherry slushie, milk-variety

November 21- Popcorn chicken, green beans, roll, pumpkin pie, milk-variety

November 22-Half Day, No Lunch

November 23- No School

November 24-No School

Grades 4-12

November 20- Pepperoni pizza or chicken nuggets, fruit cocktail, cherry slushie, milk-variety

November 21- Popcorn chicken or turkey and cheese sub sandwich, green beans, roll, pumpkin pie, milk-variety

November 22- Half Day, No Lunch

November 23- No School

November 24-No School

Majestic Hall Senior Menu for November 20-24

November 20- Salisbury steak, mashed potatoes, mixed fruit, cookie

November 21- Bacon cheddar burger, corn, peaches, cookie

November 22- Roasted turkey and gravy, green beans, pears, pumpkin bread

November 23- Thanksgiving Holiday

November 24-Thanksgiving Holiday

Please call 428-4148 to make your 24 hour advance reservation. A \$3.00 donation for ages 60 and over is greatly appreciated towards the cost of your meal. Participants under age 60 will be required to contribute \$6.07 (congregate) and \$7.75 (home). LINK cards are accepted, please call the Nutrition Office (428-4148) to set up.

Easy DIY projects to prepare your home for sale

(BPT) - If you're looking to sell your home quickly and for more money, it's essential to make popular areas of the house look appealing to potential buyers. Fortunately, with a little DIY effort, you don't have to invest in expensive home repairs or real estate-staging services.

Consider these easy DIY projects that can help ensure your home is market ready when it's time to sell. If the property is particularly appealing, you may even start a bidding war.

Paint the front door - First impressions count when it comes to a home sale. You want your entryway to be

inviting so homebuyers want to look further. An easy way to update an entryway is to paint the door with a new color that complements your home and surroundings. Simply remove the hardware, clean the surface, prime and topcoat with the new paint color. While you're at it, consider painting exterior accent features - such as shutters or window boxes - the same color for a cohesive look.

Repair and refresh walls - Painting is an easy and affordable way to freshen an entire home so that buyers take notice. However, cracks and holes in freshly painted walls

can make a poor impression. For a DIY project that yields a professional result, repair walls before the first swipe of the paint brush. ALEX Plus and ALEX Flex Spackling provide unsurpassed performance and durability for filling holes and cracks on surfaces throughout the home. ALEX Plus Spackling is easy to apply, sands to a smooth finished surface, and creates the superior paintability needed to seamlessly blend with the surrounding area. ALEX Flex Spackling is perfect for eliminating those stubborn reoccurring cracks in drywall that appear as problem areas expand and contract with changes in weather and humidity.

Update kitchen and bath hardware - Do you have kitchen and bath hardware that's decades old? If so, it may be worth your time to replace these dated details. Adding small features such as modern cabinet hardware can visually update a room, so explore affordable options at your local home improvement store. Once you select the style you like best, just get your screwdriver and swap out the old for new.

Re-caulk the kitchen and bathroom - Exposure to water and moisture over time can cause caulk to look dirty and unsightly. Potential buyers are sure to note mold, mildew, dirt, and stains on old caulk. For a clean appearance, remove the old caulk, thoroughly clean the area to remove any dirt or residue, then re-caulk with DAP Kwik Seal Ultra Sealant. Backed by a lifetime mold and mildew resistance guarantee,

Focus on fun: 5 easy tips for a relaxed Thanksgiving

(BPT) - While Thanksgiving is supposed to be a heartwarming time for appreciating family and friends, it's no secret the traditionally food-filled holiday can be less than relaxing for those making the preparations.

In fact, studies show 71 percent of Americans feel stressed rather than overjoyed at some point during the holiday season. But psychologists say a key element in warding off that stress is to identify what's likely to test your nerves, then make plans to work around it.

"From conflict with family to endless pressure to conform to a mythical 'ideal' approach to the holidays, many people find themselves overwhelmed at the holidays," writes psychiatry professor Dr. Joel L. Young in Psychology Today. "If you're among their number, you're not alone. Changing the way you approach this stressful season can help you move past the chaos and pressure."

Think about how the following suggestions can keep your Thanksgiving more joyous than jumbled.

* Keep it real. Examine whether you have unrealistic expectations about how the holiday should be spent, what it should represent and how guests should behave. Instead

of focusing on what it "should be," appreciate it for what it is. You're dealing with human beings with human emotions, and as such you can't expect everyone to bond like glue and equally appreciate each aspect of the celebration.

* Begone, bothersome meal prep. Entertaining can be challenging enough without feeling obligated to whip up a delicious meal from scratch. Make the holidays easier and less stressful on the entire family this year; that means no recipe hunting, no ingredient shopping and no worries about roasting that whole turkey to plump perfection (the No. 1 Thanksgiving stress inducer). Order ahead and pick up traditional holiday favorites like entrees, sides and pies from the Holiday Experts at Boston Market in-restaurant on or before Thanksgiving; have dinner catered; or even have a complete Thanksgiving meal delivered to your doorstep in time for the holiday, featuring whole roasted turkey, boneless ham or roasted turkey breast. Forget something at the last minute? Boston Market restaurants are also open on Thanksgiving Day for any holiday revelers with a taste for a Family Meal, whole pies or hot side dishes.

* Start a new tradition.

Thanksgiving can be exhausting, so it's the perfect opportunity to commit to taking some time for yourself before your company arrives. Whether you take a walk around the block peacefully by yourself or enjoy a cup of coffee while watching the parade in bed, carving out a little extra time to focus on yourself can ensure you start the day, and holiday, on your terms.

* Fire up, Team Thanksgiving! The holiday should be a group effort, not an overwhelming chore for one or two people. Politely and cheerfully assign a serving crew, a clean-up crew and an entertainment committee, or perhaps ask guests to bring drinks, desserts or late-night snacks. When it comes to cleaning beforehand, you might also consider hiring younger family members seeking holiday spending money.

* It's all about the fun. Post-feast, laying around watching the big game may be just the ticket. But great memories and/or traditions are more likely to be made if group activities are available. Consider playing board games or cards, watching meaningful movies, staging family sporting events, crafting, having a musical jam session or making and decorating holiday cookies together.

5 eco-friendly tips for cleaning your home

(BPT) - Log onto almost any news website and in just a few clicks you'll probably come across some story about the environment. Whether it has to do with international agreements, alternative energy sources or fuel-efficient cars, the discussion around the environment is often abstract and far removed from our everyday lives.

Consumers want to know what they can do and how they can contribute to making a cleaner, greener planet.

Small changes can make a big difference, and one area where many people are switching up their habits is with cleaning their homes. They are trading in harsh chemicals and wasteful cleaning products for sustainable methods that are just as clean, if not cleaner. Want to know how you can do this? Here are five easy ways you can clean your home the eco-friendly way.

1. Your own all-purpose cleaner. For those wanting to clean in a more eco-friendly way, one of the easiest solutions is to make your own all-purpose cleaner. This remarkably effective solution only requires three ingredients: Two cups of distilled water, half a cup of white vinegar and 10 to 20 drops of your favorite essential oil. Mix all the ingredients into a spray bottle and voila! The vinegar is a natural antifungal that effectively kills germs and bacteria, and an essential oil

like lavender will leave your house smelling great.

2. A cleaner way to mop. Unfortunately, many of the most effective ways to sweep and mop are also incredibly wasteful, requiring you to use a new disposable pad with each cleaning. The new O-Cedar ProMist(R) MAX Microfiber Spray Mop features a reusable microfiber mop head that can be machine washed up to 100 times. Plus, the reusable bottle allows you to clean with any solution you choose - whether you DIY or buy your favorite brand. With its double-sided mop head that flips and covers a surface area that is over twice the size of the previous version, you'll be able to clean longer, clean easier and clean quicker.

3. A sparkling toilet. Many of the harshest products under your counter are probably there to get your toilet sparkling clean. But you don't need chlorine or bleach to disinfect your toilet and leave it looking like new. Instead, once or twice a week, pour a few tablespoons of baking soda into the bowl and scrub it with a toilet brush. In addition, make a toilet cleaner out of one ounce of eucalyptus oil - a natural disinfectant - and a quart of water.

4. Want clean air? Think green, literally. Especially in the winter, smells around your house can become stagnant and it can be a real challenge to chase them away. One of the most effective and visually

pleasing ways to freshen up your air quality is with selective house plants, such as:

* Rubber plants thrive in rooms that don't get much sunlight.

* Boston ferns are some of the best indoor plants for removing pollutants such as formaldehyde.

* Peace lilies are one of the few flowering indoor plants. As such, they bring a little spring to your room and naturally remove VOCs and more from the air.

5. Castile soap. In certain sectors, castile soap enjoys a virtual cult following. This olive oil-based soap is incredibly versatile and can be used as a furniture polish, window cleaner, dish soap and more. Best of all, most varieties you find in stores are all natural and free of toxins.

Though many of the environmental issues we read about may seem like insurmountable obstacles, it is possible to make a difference just by changing how you clean your house. These tips are easy to follow, and you'll love the results.

*You can find the
Region News at*

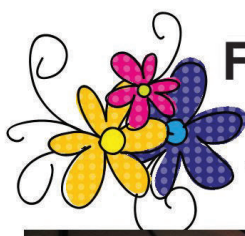
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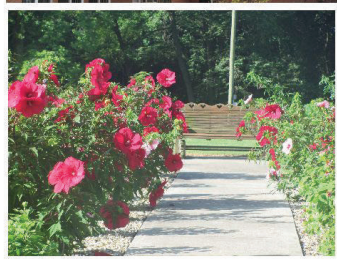
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