



Answers to Holiday Trivia From Page 2: 1. Greek 2. Seventeen
 3. Frank Costanza 4. Three billion 5. December 26 – the day after Christmas

CFS UGLY HOLIDAY SWEATER CONTEST

CFS is having its First Annual Ugly Holiday Sweater Contest and it looks like our CEO Tim is getting a jump on the competition. We want to see your ugly holiday sweater! Like us on Facebook and post a photo of you wearing your ugliest holiday sweater on our page.

We will select our favorite and the winner will receive a \$50 American Express Card!

Just visit us on Facebook at www.facebook.com/CFSfulfills or scan the QR code below to post your photo. But hurry! Contest ends on December 31st.



Winter Health and Safety Tips from CFS!

The holidays are near and while it's one of the most festive and joyous times of the year, it can also be one of the most dangerous for our health. Prolonged exposure to the cold weather can trigger numerous health problems, not to mention ice and treacherous roads. We have created a collection of health and safety tips to help you have a safe and happy holiday season!

Get vaccinated before the cold and flu season starts. Thanks to vaccinations you will be better protected against illness, helping you to enjoy a healthy winter. Talking with your doctor and getting a checkup, are added ways to stay healthy this season.

Dress warm. The winter season is known for low temperatures so make sure to have warm hats, gloves, scarves, waterproof boots and some suitable pants on hand. If you are spending anytime outside, staying dry and warm is important.

Wash your hands. Dirty hands will spread germs and may cause you to get sick easily. You can help to avoid this by washing your hands often with soap.

Lose the stress. With all the hustle and bustle of holiday shopping and family gatherings, it can be easy to feel upset, discouraged or down. Try to stay focused on what makes you happy during the holiday season. Thinking positive and staying focused help leave stress behind.

Fasten your seatbelt. During the winter it can be difficult to drive on the highways and roads, be sure to fasten your seatbelt and make sure your car is ready for winter driving. Also, make sure you have a first aid kit, as well as an emergency roadside kit in your car.

Engage in fire safety. Winter is the season when most residential fires take place. Ensure that your fireplace is monitored at all times, and everyone in your house knows what to do when they encounter a fire.

Avoid smoking. Smoking is extremely hazardous to your health - try to avoid smoking and keep to non-smoking areas as much as possible. New Year's is a great time of year to commit to kicking the habit for good!

Eat healthy. The holidays are always a good excuse to avoid your diet and indulge in foods that we would normally avoid. Try to improve your eating patterns and watch what you eat. Avoiding sugary foods, salts and fats is essential, also try to keep some physical activity on your holiday schedule.

Try to prevent injuries. Be careful when decorating your tree, hanging up holiday lights or shoveling your driveway, accidents can easily happen. Try recruiting some help to minimize any potential risks.

These are just a few important health and safety tips to keep in mind for the holidays. Here's to an 'uneventful' holiday season!



CFS Team Member Recipe

Looking for a new recipe to bring to the next holiday gathering? Try this easy and fun recipe for hot spinach and artichoke dip from our **Marketing Specialist Tara O'Neil**. It's sure to be a hit with all of your family and friends.

Ingredients

- 1 cup frozen spinach, thawed and chopped
- 1-1/2 cups frozen artichoke hearts, thawed and chopped
- 6 oz. cream cheese
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1/3 cup grated Parmesan
- 1/2 tsp. red pepper
- 1/4 tsp. salt
- 1/4 tsp. garlic powder

Directions

Boil the spinach and artichokes in one cup of water until tender. Drain and discard the liquid. Heat the cream cheese in a microwave oven for approximately one minute, or until hot and soft. Stir in the rest of the ingredients. Serve hot with your choice of bagel chips, bread, or crackers.



Festive Trivia

Are you up on your holiday trivia? Here are a few questions to test your knowledge and share with friends and family at your next holiday social event.

1. From which language does the word 'carol' originate?
2. How many different ways are there to spell 'Hanukkah' in English?
3. Which 'Seinfeld' character created Festivus?
4. On average, how many Christmas cards are sent in the US each year?
5. When is Boxing Day?

Answers located on back page.

Last Minute Shopping Tips

Holiday shopping can be a stressful chore that many people dread, whether you shop gradually before the holidays or wait until the last minute. Here are a few tips to help you survive when shopping during the holiday season:

Plan ahead. Make sure you know when the sales begin and when they end. Some sales may only last a few days or even a few hours, so it helps to plan accordingly.

Read product reviews. Before making decisions on large-ticket items, do your homework. Visit websites like Amazon.com, About.com, or ConsumerReports.org, to read helpful & informative reviews.

Map out your shopping route. Know where you're going and create a list of items you're looking for, you'll feel more prepared and focused. Shopping can feel overwhelming, especially if you're wandering aimlessly.

Get to know store policies. To avoid hassles after the holiday, check out store policies like restocking fees, requirements regarding receipts for returns and exchanges, and short return deadlines.

Bring your ad (or smartphone). Not only can a photo help you find what you're looking for faster, but it can help you avoid any price disputes. Many stores will ad-match and save you the hassle of running to multiple locations.

Subscribe to email alerts. Follow your favorite brands and stores on Facebook and Twitter, you'll be alerted to any updates and flash sales.

Ask for gift receipts. As a way to make exchanges or returns easier for the recipient without disclosing the price paid.

Don't forget about gift cards. If you've had trouble finding the perfect gift or you simply run out of time, give a gift card to a favorite store or restaurant. Also, keep a few on hand just in case there's someone you may have forgotten, it happens!

There may be a coupon for that! Check out websites like www.retailmenot.com and www.groupon.com, to score the savings you want.



Natural Winter Energy Boosters

Whether it's the lack of sunshine, holiday eating or all that snow shoveling we have to look forward to, during the winter we tend to find ourselves lacking energy. Here are a few tips to help revive your energy levels naturally the next time you're feeling sluggish – without reaching for coffee or energy drinks.

Have a snack. Snack on blue, red, or purple berries. The color comes from anthocyanins, powerful antioxidants that boost energy.



Let the sun shine. Even in winter the sun shines occasionally. Whether you go outside or simply open the blinds, vitamin D boosts your mood and energy level.

Increase your magnesium. Increasing your magnesium intake from foods such as oatmeal, almonds, hazelnuts, cashews, bran cereal, and fish is a great way to naturally get a boost.

The smell of citrus. Citrus scents such as orange, lemon, and lime stimulate alertness. Try citrus-scented lotion, body wash, air fresheners, candles, etc., in addition to eating citrus fruits.

Squeeze it out. Squeeze the pad of muscle between your thumb and forefinger, and hold for three minutes. This acupuncture-inspired technique can help boost alertness.

Eat nutrient-rich super foods. Foods such as kiwi, sweet potatoes, yogurt, and salsa can help increase energy.

Drink up. Dehydration is a common cause of fatigue and headaches.

Local Winter Getaways

If you're looking to get away and do something fun this winter, you need not look any further than your own backyard. New England offers a wide variety of things to do during the winter season. With so many things to do here, you'll find it hard not to take full advantage of the fun and activities all season long!

What is one of the first things you think of when winter weather arrives in New England? **Skiing and snowboarding**, of course. With easy access to so many lodges and resorts that accommodate both beginners and experts alike, skiing and snowboarding are great for a weekend getaway or a family outing. For a large selection of resorts, check out www.newenglandskiresorts.com.

During this time of year, you can always find extravagant **holiday light displays** throughout the New England region. It's a great reason to jump in the car and take a road trip. Many larger holiday light displays also offer other family friendly activities such as hayrides and concerts in addition to seeing the lights. Look up <http://www.explore-massachusetts.com/christmas-light-displays.html>, to see where some of the best displays are in the Bay State.

Another favorite winter sport, **ice skating**, can be found in both permanent and temporary settings throughout New England. Whether you are visiting your favorite local rink for an open skate, or enjoying a seasonal outdoor setting, ice skating is a popular pastime of New Englanders. The Boston Common Frog Pond is an outdoor rink with a delicious café offering up some toasty treats! Find out more at www.bostonfrogpond.com.

