

## Hometown News Online!



God bless, everyone!

### Tiny Tim from A CHRISTMAS CAROL

#### Quick Links

[Sylvia's books](#)

[Sylvia's Children](#)



Where is Sylvia now?.

#### December 27, 2018

Wyckoff Rotary  
Wyckoff, NJ

#### January 11, 2019

Long Branch Rotary  
Long Branch, NJ

#### January 23-25, 2019

Calfest convention  
Reno, Nevada

#### February 20, 2019

Point Pleasant Beach Rotary  
Pt. Pleasant Beach, NJ

#### May 13-17, 2019

STS Marketing College  
Dahlonega, GA

#### May 26, 2019

Opening day Aitkin Farmers'  
Market @ Butler's ... 9-1  
Aitkin, MN

#### Uganda trip June 13-25, 2019

Sylvia's Children  
Mbirizi, Uganda, Africa



December 19, 2018

The following is reprinted from the Monday O'Meara Financial Report, thanks to Margaret O'Meara and Helene Kelly, two wonderful ladies who care about their customers and the world.

### WHEN THE HOLIDAYS ARE JUST TOO MUCH.

Around the holidays, it's easy to become stressed and overwhelmed. Psychology Today offered some suggestions that may help you stay merry and bright, no matter what the season brings.

1. Don't lose sight of what makes you happy. It's easy to become obsessed with everything being perfect. If you find yourself snapping because the shopper next to you got the last one, the holiday light display is sagging, or the table isn't set just right, take a deep breath. True happiness often is found in everyday routines and healthy relationships.

2. Give thanks for what you have. This seems like a natural corollary to point number one. Instead of focusing on what's not quite right, redirect your thinking. Sure, your great aunt's stories are inappropriate, and the mashed potato incident wasn't great, but there are some good moments, too. If you can, find time to write down the things for which you are grateful to have in your life. Then, review it as needed.

3. Do nice things for other people. Not everyone has a warm coat, much less a warm home and a patience-trying holiday meal. Giving to others can help give meaning to the season. You could donate to a favorite charity, help out at a food pantry or a shelter, or visit elderly neighbors. One of the very best aspects of giving is that it can make us happier.

4. Embrace experiences. If you want to have a memorable holiday, don't buy lots of gifts. Give experiences. Happiness research suggests, "...happiness is derived from experiences, not things...when they are shared, experiences allow us to get closer to others in a way impossible with inanimate objects that we can buy," reported Paul Ratner on BigThink.com.

Still looking for a great Christmas gift? Check out the photography on this website! It's beautiful!

<https://fineartamerica.com/profiles/antony-costa.html>

My wishes to you for a wonderful holiday season ... whether Hanukah, Christmas, Kwanzaa, New Year's. Let's approach 2019 with joy and enthusiasm and love.

PS - notice new e-mail address  
[sylvia.allen@allenconsulting.com](mailto:sylvia.allen@allenconsulting.com)



Lots of great stuff every two weeks!