



CRYSTAL PLACE NEWS

Jeanie Barnett

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INVASION!

On December 11th and 12th Crystal Place experienced a freak invasion of snow people. They apparently came in peace, however, and left quietly without incident.

WE ARE BLESSED, INDEED!

By: Charles Partridge

● If you have food in the refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75% of this world.

● If you have money in the bank, your wallet, and spare change in a dish someplace, you are among the top 8% of the world's wealthy.

● If you woke up this morning with more health than illness, you are more blessed than the million who will not survive this week.

● If you have never experienced the danger

of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of 500 million people in the world.

● If you can attend a church meeting without fear of harassment, arrest, torture or death, you are more blessed than three billion people in the world.

● If your parents are still alive and still married, you are very rare, even in the United States.

● If you hold up our head with a smile on our

face and are truly thankful, you are blessed because the majority can, but most do not.

● If you can hold someone's hand, hug them or even touch them on the shoulder, you are blessed because you can offer a healing touch.

● If you can read this message, you are more blessed than over 2 billion people in the world that cannot read at all.

Have a good day, count your blessings, and pass this along to remind everyone else how blessed we all are.

Top 10 New Year's Resolutions

The top ten most commonly listed New Year's resolutions:

1. Spend more time with family and friends.
2. Get fit.
3. Lose weight
4. Quit smoking
5. Quit drinking.
6. Get out of debt.
7. Enjoy life more.
8. Learn something new.
9. Help others/volunteer
10. Get organized.

Common themes across all cultures and throughout time for the first of a new year are renewal, restoration, beautification and improvements for individuals, their surroundings, economic situations and relationships.

While it seems natural to begin a new and ambitious endeavor at the beginning of a new year, remember each day is a new day; each hour is a new hour and each minute holds all the promise and potential

needed for you to be the very best you can be from this moment onward. The present is the only time that can be lived and enjoyed. Every moment prior to this one is in the past and cannot be changed; every moment after this one is in the future, therefore does not yet exist. *Now* is the only time to be your best self.

So, if you find yourself reading this on January 16th or July 1st, today is the day to make your life the best it can be. Yesterday is gone and tomorrow is not promised. Your best life is NOW.

Many thanks to Greg and Maxine Messina for contributing towards the production of this issue of the Crystal Place News.

This newsletter is published purely as a means to help insure the livability of our subdivision. The editor creates this publication at no charge and is not responsible for the accuracy of the content submitted by others. No items resembling gossip or defamation will be included.

To make donations, suggestions or submissions, please call Jeanie at 261-1852.



Our own Winter Wonderland

Remember...We're on the Web at

CentralSpeaks.com

Click on the "communities" tab.



It's not too late to join the neighborhood CARE TEAM.

If you can spare just a few hours once a month or so helping others who have specific needs, please call Kristy Mixon at 938-7113.

You can also let us know if you know of someone deserving who needs a bit of assistance such as an errand run or a heavy object moved, or simply a phone call or visit to cheer them up.

Here is your opportunity to be someone's angel.

“Smile, and The World Smiles With You” —Study Shows

Much of the following information came from an article by Maria Cheng, AP medical writer:

According to a British medical journal, BMJ, happiness is contagious. more than 4,700 people in Framingham, Massachusetts participated in a 20 year study.

Co-authors of the study are Nicolas Christakis of Harvard University's sociology department and James Fowler of the University of California in San Diego.

Christakis and Fowler estimate that each happy friend boosts your own chances of being happy by 9 percent. Having gloomy ones decrease it by 7 percent. Happiness spreads more

consistently than unhappiness, but don't drop your grouchy friends. “Every friend increases the probability that you're at the center of a network, which means you are more eligible to get a wave of happiness.” Fowler said.

“Happy people tend to be at the center of social networks and have many friends who are also happy. Having friends or siblings nearby increases people's chances of being upbeat. Happiness is spread outward by three degrees, to the friends of friends of friends.”

Other sources agree that being happy boosts your immune system, suppresses your stress hormones, makes you more productive, therefore more prosperous

and can, as a result of all these things, lead to a longer, healthier life. So, then, you owe it to yourself and to all those whom you encounter to be happy. The world will be a better place.

“IF THE THINGS WE BELIEVE ARE DIFFERENT THAN THE THINGS WE DO, THERE CAN BE NO TRUE HAPPINESS.”

-DONA TELFORD