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*To our friends and customers*

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## Rewarding resolutions that won't require a major commitment of time

Much like money, time does not grow on trees. That reality is all too familiar to busy adults juggling multiple responsibilities at work, at home and other places where they spend their time.

A time crunch can make it hard to commit to a New Year's resolution. But resolutions, which are often focused on self-improvement, can be worthwhile endeavors. So what are busy adults to do? Perhaps the best approach is to choose resolutions that don't necessarily require much time.

• **Read more:**

Adults across the globe lament a lack of time to curl up with a good book. But some brief reading before bed each night can help adults achieve this goal and can even improve their quality of sleep. In fact, a 2021 study published in the peer-reviewed medical journal

Trials found that reading in bed before going to sleep improved sleep quality compared to not reading a book in bed.

• **Exercise more:**

A commitment to getting fit and being more physically active is a popular New Year's resolution. Though choosing such a path may seem like it requires a significant time commitment, the Physical Activity Guidelines established by the U.S. Department of Health and Human Services recommend that adults perform at least 150 to 300 minutes of moderate-intensity aerobic activity or 75 to 150 minutes of vigorous-intensity aerobic activity each week. That might seem like a lot, but it can be combined with other leisure activities you already engage in. For example, a sports fan

can watch the big game while on a treadmill or elliptical, while readers can swap the couch with an exercise bike as their go-to reading spot. Doing so for as little as a half hour per day can help you get the recommended amount of daily exercise without taking up a large chunk of your time.

• **Journaling:**

Journaling is another worthy resolution that won't take up much time. Individuals can take 15 minutes out of their day to write down their thoughts and feelings and reflect on the day's comings and goings. That simple activity can produce profound results, as the University of Rochester Medical Center notes that journaling helps people prioritize their problems, fears and concerns; reduce stress; cope with depression; and identify negative

thoughts and behaviors.

• **Become more organized:**

This resolution won't take up much of your time. In fact, becoming more organized should free up time. A lack of organization can make it harder to meet work deadlines, keep a house clean, tackle everyday tasks, and keep a clear mind. By taking steps to be more organized, whether that's through using a daily organizer, avoiding procrastinating in regard to cleaning up around the house or other means, individuals will gradually discover they have more free time to use as they see fit.

New Year's resolutions need not take much time. Busy individuals can keep that in mind as they look for ways to improve their lives in the year ahead.



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# HAPPY NEW YEAR 2025!

## Ring in the New Year with festive party ideas

Although New Year's Eve parties tend to be similar from year to year, hosts can explore the many ways to make their celebrations stand out from those of years past. This handy guide provides ideas to your get creative juices flowing.

- Establish a color palette. Many people equate New Year's Eve with the gold and silver hues of champagne. However, you can use any festive color for your party. Use the same colors on everything from invitations to dinnerware to take-home favors.

- Encourage guest input. Guests understand the cost of hosting and the amount of planning necessary to throw a festive party, and many will likely reach out to ask what they can do or bring. Figure out in advance which aspects of the party you want your guests to take care of so you have a ready answer when the inquiries start rolling in.

- Keep musical tastes in mind. A fun party usually includes an array of familiar songs and music that appeals to the masses. When compiling a party playlist, choose songs guests are sure to know and love. Mix these in with a few of

your favorites. You can even ask guests to provide the names of three favorite songs when they RSVP.

- Dim the lights. Bright lights can make guests feel intimidated and awkward. Set the mood by turning off overhead lights, opting for ambient lighting instead. For a fun effect, string holiday lights around the room or use a portable disco ball to spread sparkling colors on the floor and ceiling. Candles are another option for intimate affairs, but should be avoided as a safety measure if you're having a large crowd.

- Set out New Year's fill-in-the-blank cards. Encourage guest participation with an entertaining idea. Print out small cards that guests have to complete. Phrases like, "The bad habit I want to quit is \_\_\_\_" or "\_\_\_\_ was the silliest thing I did last year," can be fun to do and share. Guests can take turns guessing whose card is being read.

- Have the party catered. Unless you want to spend the evening in and out of the kitchen, invest in catering. Guests of a late party won't expect a three course meal.

However, platters of sandwiches, appetizers and other little munchies will fit the bill.

- Create a specialty drink. In addition to toasting champagne or sparkling wine, serve a specialty drink creation. This can be a beverage that ties into your color scheme or the theme of the party. Dessert drinks, such as chocolate martinis or vanilla cake-flavored vodka mixers, may be the right flavor for your affair. As the host, you should remember to provide non-alcoholic alternatives as well.

- Consider more substantial food after midnight. Encourage guests to eat more and drink less once the clock has struck midnight. Casseroles and other baked dishes are easy to make in advance and have on hand. A breakfast buffet of pancakes, toast and omelets also will fill guests up with something more substantial than chips and dips.

New Year's Eve parties are a great way to reflect on the last year and look forward to a new one, and hosts can take steps to make their parties memorable for all the right reasons.

*We wish you health and prosperity for the new year!*



We'd like to say in all sincerity, that we wish you much joy & prosperity this holiday and through the New Year. Thank you for putting your trust in us!



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*May this New Year be full of Adventure and Growth*



*Happy New Year! Thank you for being an important part of an amazing year. Wishing you and yours a safe, healthy, and prosperous New Year!*



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# ‘Auld Lang Syne’ is a New Year’s tradition

New Year’s Eve festivities peak when the official countdown of the clock begins. After the ball drops and midnight has arrived, revelers

cheer to the new year and exchange kisses and well wishes. Once such wishes have been exchanged, many people begin to

sing “Auld Lang Syne.” But few know what “Auld Lang Syne” means or why it is sung on New Year’s Eve. Confusion regarding this song is almost as notable as the tradition of singing it. Many people mumble through the lyrics because they never bothered to learn them. “Auld Lang Syne” is a Scottish composition that is well over 200 years old. Written by Robert Burns in the 1700s, the author never intended for the song to become a staple of the holiday season. It was originally a poem that was later put to the

tune of a traditional folk song. The title translates roughly in English as “old long since,” or “long, long ago.” The song pays homage to times gone by and past experiences. The song has been performed at group jamborees, funerals and other special occasions all over the world, but it is best known for its affiliation with New Year’s festivities. The man behind that affiliation may be Canadian musician Guy Lombardo, whose band used “Auld Lang Syne” as a bridge between two radio programs during a live New Year’s Eve performance in 1929. Coin-

cidentally, the song was played directly after the clock struck midnight, laying the groundwork for a New Year’s Eve tradition. Now “Auld Lang Syne” has forever been tied to well-intentioned resolutions and sappy slaps on the back. Despite selling millions of records, Lombardo became more famous for his New Year’s Eve song than anything else. Confusion over “Auld Lang Syne” remains to this day. It has been the butt of jokes in popular culture, even earning a nod in the movie “When Harry Met Sally.” Harry laments to Sally that he

never quite understood what the song meant and ponders whether it is about forgetting about friends or remembering them. Sally sums it up by saying the song is simply about old friends. That is the interpretation many New Year’s Eve celebrants embrace as they toast to the new year and sing their hearts out. For those who never bothered to learn or have forgotten the words to this staple of New Year’s celebrations, below is the popularized English translation sung most often.





**Wishing you a Happy New Year.**

Shren Yeager, Agent  
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May the joy of the season bring you love and peace. Happy New Year to a wonderful community!

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## “Auld Lang Syne”

*Should old acquaintances be forgotten, and never brought to mind?  
Should old acquaintances be forgotten, and days of old lang syne.*

*Chorus:*

*For auld lang syne, my dear  
For auld lang syne,  
We will take a cup of kindness yet  
For auld lang syne.*

*We two have run about the hillsides and pulled the daisies fine,  
But we have wandered many a weary foot for times gone by.*

*We two have paddled (waded) in the stream from noon until dinner time,  
But seas between us broad have roared since auld lang syne.*

*And there is a hand, my trusty friend,  
And give us a hand of yours,  
And we will take a goodwill drink  
For auld lang syne.*

*And surely you will pay for your pint, and surely I will pay for mine!  
And we will take a cup of kindness yet for auld lang syne.*



**With Kind Thoughts  
this New Year**



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*Don't drink and drive!*

**Happy New Year & Many Thanks,**

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**Happy New Year**

Whatever the occasion, we can't think of anywhere we'd rather be celebrating than right here with all of you! We are so grateful for the trust and generosity you've shown us throughout 2024. We look forward to the new year and beyond.

*Very best wishes to everyone we know for a beautiful holiday season and a wonderful new year!*

*Mayor Bryan Nelson,  
wife Debbie  
and family*

