



# Paul Revere Village

*Millbury, Massachusetts*

## Happy New Year: Top New Year's Resolutions

Each year, as the calendar comes to January 1st, people seize this first day of a new year and resolve to change something about their lives. Here is a list of five of the top New Year's resolutions and some links at the end that may prove beneficial in seeing your goal through.

### 1. Get in shape/lose weight

There is certainly lots of evidence to support the idea that getting in shape and losing excess weight can be beneficial. Not only are there definite health benefits to be gained, but exercise has been shown to improve awareness and mental agility. Even small steps have measurable gains; you don't have to invest in expensive equipment or gym memberships to get started.

### 2. Stop Smoking

Most people who resolve to stop smoking won't succeed with their first attempt. In fact, it takes most smokers at least four real attempts to kick their addiction to the nicotine found in tobacco products. Don't let this fact be your excuse to not start though. The sooner you attempt to quit the sooner you'll likely succeed and realize the health benefits that come with being tobacco free. Depending on your insurance plan you may even realize a monetary reward as some policies charge smokers higher premiums than non-smokers.

### 3. Spend More Time with Family and Close Friends

There is nothing like the holidays to make one think about their relationship with family and friends. Also, with the dark and cold of winter you tend to be housebound more and face fewer "outside" distractions and have more time for inward reflection. Only you can evaluate your relationships and what they mean to you, but most people, when honest with themselves, can see room for improvement in their relationships. Life can get busy and the years can pass quickly so make an effort to set aside some time for those people who are important in your life.

### In this Issue:

- Resolutions - p.1, 2
- Winter Parking - p. 3
- 15 Lexington - p. 4
- Commercial Vehicles - p. 4
- Tree Pickup - p. 4
- Recipe - p. 5
- Monthly Minute - p. 5
- New Year Quotes - p. 5

### Dates of Note:

- Tree Pickup - 7 Jan
- Martin Luther King Birthday -  
19 Jan
- Inauguration Day - 20 Jan



### Recycling for Jan:

- Paper - Jan 7, 21
- Recyclables - Jan 14, 28



NEW YEAR'S RESOLUTIONS

**4. Get More Organized**

Having everything neat and tidy is a great feeling. Just consider the time you may waste each week searching for something that you need, but can't find amidst the clutter of your closet, room or home. Don't let the sheer size of your potential organizing project deter you from starting. Simply break it down into manageable bite sized pieces. Resolve to clean a desk or sort a file cabinet. Once that is completed move on to a closet or a set of drawers. Soon, by accomplishing these reasonable sized goals you'll have a complete room in order. Repeat this step wise approach over months as necessary to achieve total household nirvana with everything in its place and at your fingertips.

**5. Be More Generous**

Times are tough now with the rising rate of unemployment and the spectacular drop in the value of the stock market. Nearly everyone seems to have less disposable income available, but take a moment to consider those who are less fortunate and may have been struggling even before this latest economic crash. Do what you can to reach out and give them a lift up. We are, after all, all in this together. If you don't have the means to provide monetary assistance then consider donating your time to a charity.

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***Get in Shape/Lose Weight***

<http://www.wikihow.com/Get-in-Shape>

<http://weightloss.about.com/>

[http://www.mahalo.com/Weight\\_Loss](http://www.mahalo.com/Weight_Loss)

***Stop Smoking***

[http://www.mahalo.com/How\\_to\\_stop\\_smoking](http://www.mahalo.com/How_to_stop_smoking)

<http://www.stopsmokingcenter.net/>

***Spend More Time with Family and Friends***

<http://zenhabits.net/2007/03/spend-time-with-family-and-loved-ones/>

<http://www.massvacation.com/familyFun/>

<http://www.succeedsocially.com/sociallife>

***Get More Organized***

[http://www.mahalo.com/How\\_to\\_Clean\\_Out\\_Your\\_Closet](http://www.mahalo.com/How_to_Clean_Out_Your_Closet)

<http://www.lifeorganizers.com/>

<http://www.43folders.com/>

***Be More Generous***

<http://www.charity-charities.org/>

<https://www.justgive.org/>

<http://www.charitywatch.org/>



15 LEXINGTON FOR SALE

I have just listed 15 Lexington Road, a beautiful end-unit with a hot tub in the basement. It is listed for \$164,900.

More information, including an inside tour, is available at <http://www.15Lexingtonroad.com>

**Randal L. Struckus**  
Keller Williams Realty  
276 Turnpike Road, Suite 221  
Westborough, MA 01581  
**(508) 735-9923**  
FAX (508) 389-9922

<http://www.MassPropertiesForSale.com>



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RESTRICTION OF COMMERCIAL VEHICLES

The Board is actively enforcing the restriction of commercial vehicles. Commercial vehicles are not allowed at PRVA per our condominium documents:

Section 9; RESTRICTIONS ON USE OF TOWNHOUSES page 8:

No part of the premises, including but not limited to the parking areas and driveways, shall be used for parking or storing of commercial vehicles, unregistered vehicles or any motorized recreational vehicles longer than 20 feet.

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CHRISTMAS TREE PICKUP

The day for Christmas tree pickup is **WEDNESDAY, JANUARY 7th.**

Bring your tree down to the water shed along Bunker Hill road or leave it at the end of your driveway. Please put out only *real* trees. Remove all the decorations. Do not bag the trees.



PEANUT BUTTER COOKIES  
(JEFF'S FAVORITE KIND OF COOKIE)

**Ingredients:**

1 1/2 cups crunchy peanut butter  
1 cup packed light-brown sugar  
1/2 cup (1 stick) softened unsalted butter  
1 large egg  
1 1/2 cups all purpose flour  
1 tsp baking powder

**Directions:**

Preheat oven to 350 degrees. In a medium bowl, whisk together flour and baking powder; set aside.

In a large bowl, beat peanut butter, sugar, and butter until smooth. Beat in egg. Gradually add flour mixture, beating to combine.

Pinch off dough by the tablespoon; roll into balls. Place 2 inches apart on parchment lined baking sheets. Using a fork, press balls in a crisscross pattern, flattening to a 1/2-inch thickness.

Bake cookies, rotating half way through, until lightly golden, 18 to 22 minutes. Cool cookies on a wire rack. Store in an airtight container at room temp up to 1 week. Makes 48 cookies.

MONTHLY MINUTE WITH MAUREEN

January 2009. The start of a brand new year full of possibilities is beginning once again. A new president will be sworn into office in less than 3 weeks. For many of us, there is a renewed sense of hope. I have so many personal hopes and dreams. My hope is that you, too, will try to realize a bit of a dream or two. Happy New Year!

~Maureen



“Cheers to a New Year and another chance for us to get it right.”

*Oprah Winfrey*

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”

*Edith Lovejoy Pierce*

“An optimist stays up until midnight to ring in the New Year. A pessimist stays up to make sure the old year leaves.”

*Bill Vaughn*

“Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.”

*Benjamin Franklin*

“Good resolutions are simply checks that men draw on a bank where they have no account.”

*Oscar Wilde*

“New Year’s Eve: Where auld acquaintance be forgot...unless, of course, those tests come back positive!”

*Jay Leno*