



ith the change of any season, I get excited to make some adjustments, not only with my wardrobe, but my surroundings. It's a lot like a New Year resolution-putting away your summer attire and bringing out the warm wools and winter scarves for the few months ahead.

The Holidays are also a perfect time to consider how we will wrap all the packages, who we'll invite, and what we'll be serving for that special holiday gathering. I can't wait to get out all the items in my life that are so special and familiar to me. I have collected antique Christmas ornaments for years, and love to tenderly unwrap each one. I can recall where most of them were gathered and collected, as I revisit the memory of each and every one. We all pull out the "tried and true" prized holiday recipes, start cooking and try desperately to rekindle even the aroma of a Holiday past at Grandma's house.

The importance of maintaining familiarity in our surroundings should be nurtured and never denied. For some it may be our favorite sheets and pillow, for others it is the old worn antique you inherited from your parents...the point is, our home is our place to return to and relax in, the place to feel safe and warm. How you define your feel good space is up to each of us. Living in your sanctuary, the place you call home, is ideally where we'd spend much of our quality time. However, if you are like me, that is not mostly the case. I continually strive to become more connected to the beautiful space I call home! So...I'm going into my storage and pulling out the "Season", and as we do in the spring, clean a little deeper and begin to prepare for the glow of lamplight longer, as the daylight shortens. I love lamps and picture lights and Christmas lights...there's just something about the warmth it brings. As a child I would cross my eyes, so that I had twice as many lights to see! I also remember the warning my sister would render-that my eyes would stay that way if I didn't stop!

OK. Now get up, and start your seasonal décor-even if all you do is fill an orange with spicy cloves, you'll be happy you did something that yanked a special moment from your memories of the past or prompted the beginning of new Holiday traditions!!! Cheers, Everyone! All the Best for your Holiday and the New Year... $Rich\ Schell$

