



RAINES REVIEW

A REPUTATION FOR RESULTS AND EXCEPTIONAL SERVICE

DECEMBER 2006

HOLIDAY TRADITIONS

We all have our special holiday and celebration traditions. Whether it's bringing home the tree for Christmas on December 15 every year or baking Great Grandma's special custard pie, there are certain traditions that help create our own holiday magic. While they hold particular meaning and sentiment for us, our children learn those rituals and can adopt them as their own when they're grown and begin their own families. Some children cling to tradition like a favorite teddy bear, even at a young age.



Baking cookies with loved ones and sharing them with friends and neighbors is a fun and popular holiday tradition for all ages.

Though we might not realize how deeply our kids are touched by family traditions, most children look forward to the holidays and the little ways we make them special. It's a form of security for children to know that certain events and personal touches will always be part of their celebrations.

Whether your family is large and boisterous or small and mellow, they are the people we belong to. Children feel this sense of belonging and have no clue that the world is different beyond their family circle. For the first part of their lives, kids are tolerant and filled with love for the relatives who've shown them love.

If your children are older and wiser, they will still find comfort and fun in the family holiday spirit. Let them help decorate the tree or light the menorah. They can help wrap presents, learn to bake your favorite holiday cookies or read special stories to the younger kids.

Holidays and special traditions are part of what make a family close. Your children will be forever grateful that you took the time to create and honor these special times and memories. ■

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IN THE DOG HOUSE

PUPPIES FOR SALE

By Dan Clark, *Weathering the Storm*,
from *Chicken Soup for the Soul*.

If A Dog Were Your Teacher, You Would Learn Stuff Like This:

- When loved ones come home, always run to greet them.
- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When it's in your best interest – practice obedience.
- Let others know when they've invaded your territory.
- Take naps and stretch before rising.
- Run, romp, and play daily.
- Avoid biting, when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lay under a shady tree.
- When you're happy, dance around and wiggle your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout – run right back and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm.
- Stop when you have had enough.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.

— Author Unknown

A store owner was tacking a sign above his door that read “Puppies For Sale.” Signs like that have a way of attracting small children and sure enough, a little boy appeared under the store owner’s sign. “How much are you selling the puppies for?” he asked.

The store owner replied, “Anywhere from \$30 to \$50.” The little boy reached in his pocket and pulled out some change. “I have \$2.37,” he said. “Can I please look at them?”

The store owner smiled and whistled and out of the kennel came Lady, who ran down the aisle of his store followed by five teeny, tiny balls of fur. One puppy was lagging considerably behind. Immediately the little boy singled out the lagging, limping puppy and said, “What’s wrong with that little dog?”

The store owner explained that the veterinarian had examined the little puppy and had discovered it didn’t have a hip socket. It would always limp. It would always be lame. The little boy became

excited. “That is the little puppy that I want to buy.”

The store owner said, “No, you don’t want to buy that little dog. If you really want him, I’ll just give him to you.”

The little boy got quite upset. He looked straight into the store owner’s eyes, pointed his finger, and said, “I don’t want you to give him to me. That little dog is worth every bit as much as all the other dogs and I’ll pay full price. In fact, I’ll give you \$2.37 now, and 50 cents a month until I have him paid for.”

The store owner countered, “You really don’t want to buy this little dog. He is never going to be able to run, jump, and play with you like the other puppies.”

To this, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled leg supported by a big metal brace. He looked up at the store owner and softly replied, “Well, I don’t run so well myself and the puppy will need someone who understands!” ■

By Dan Clark, *Weathering the Storm*, from *Chicken Soup for the Soul*.
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**JUST
FOR
FUN!**

The American Kennel Club has decided to recognize these new breeds of dogs that are the result of cross breeding:

Collie + Lhaso Apso: Collapso, a dog that folds up for easy transport.

Bloodhound + Borzoi: Bloody Bore, a dog that’s not much fun.

Pointer + Setter: Poinsetter, a traditional Christmas pet.

Kerry Blue Terrier + Skye Terrier: Blue Skye, a dog for visionaries.

Pekingese + Lhaso Apso: Peekasso, an abstract dog.

Labrador Retriever + Curly Coated Retriever: Lab Coat Retriever, the choice of research scientists.

Newfoundland + Basset Hound: Newfound Asset Hound, a dog for financial advisers.

Terrier + Bulldog: Terribull, a dog that makes awful mistakes.

Bloodhound + Labrador: Blabrador, a dog that barks incessantly.

Malamute + Pointer: Moot Point, owned by...oh, well, it doesn’t matter anyway.

Collie + Malamute: Commute, a dog that travels to work.

Deerhound + Terrier: Derriere, a dog that’s true to the end.

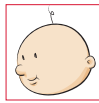
ALL ABOUT ATTITUDE!



There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.



The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmmm," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.



The following day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.



The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yeah!" she exclaimed, "I don't have to fix my hair today!"

ATTITUDE is everything ... have a wonderful day! ■

DECEMBER QUIZ QUESTION

Why was the Animal Crackers box designed with a string handle?

The first three people to contact us with the correct answer will win two free movie tickets!

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"Nothing can stop the person with the right mental attitude from achieving their goal; nothing on earth can help the person with the wrong mental attitude." ~Thomas Jefferson

TOP TEN WAYS TO LIVE AUTHENTICALLY Written by Ann Ronan, Ph.D., Certified Career Coach

1. Know Your Purpose

Are you wandering through life with little direction, hoping that you'll find happiness, health and prosperity? Identify your life purpose or mission statement, and you'll have your own unique compass that will lead you to your true north every time.

2. Know Your Values

What do you value most? Make a list of your top 5 values. Some examples are security, freedom, family, spiritual development, learning. As you set your goals for 2007, check your goals against your values. If the goal doesn't align with any of your top five values, you may want to reconsider it or revise it.

3. Know Your Needs

Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be right, to be in control, to be loved? List your top four needs and get them met!

4. Know Your Passions

Honor those things that make your heart sing. Whatever it is, do more of it.

5. Live from the Inside Out

Increase your awareness of your inner wisdom by regularly reflecting in silence. Commune with nature. Breathe deeply to quiet your distracted mind.

6. Honor Your Strengths

What are your positive traits? What special talents do you have? List three. If you get stuck, ask those closest to you to help identify these. Are you imaginative, witty, good with your hands? Find ways to express your authentic self through your strengths.

7. Take Time to Play

Give yourself time to recharge doing things you love to do or by just doing nothing.

8. Be Aware of Your Self-Talk

Are you blocking your potential?

Check out your first thoughts when you wake tomorrow. Are they supportive, encouraging or positive? Choose the kind of chatter that goes on in your mind. Become aware of the negative messages you give yourself. Gently catch them, and turn them into positive affirmations.

9. Surround Yourself with Inspiration

Keep a success journal. Write down your four or five greatest strengths and post them where you can see them. On the last Friday of each month, write down all your accomplishments, both big and small.

10. Serve Others

When you live authentically, you may find that you develop an interconnected sense of being. When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others—your spirit, your essence. ■

The True Story of a Grateful Whale

As reported in *The San Francisco Chronicle*

If you read the front page story of the *San Francisco Chronicle* on Thursday, Dec. 15, 2005, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines.

The fifty-foot whale was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her tail, her torso and a line tugging in her mouth.

A fisherman spotted her just east of the Farallone Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined

that she was so bad off, the only way to save her was to dive in and untangle her – a very dangerous proposition. One slap of the tail could kill a rescuer.

They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around – she thanked them. Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth says her eye was following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate in the New Year – to be surrounded by people who will help you get untangled from the things that are binding you.

And, may you always know the joy of giving and receiving gratitude. ■



A Huge Success!

We extend a heartfelt THANK YOU to each and every one of you who kindly donated a new or gently-used coat at our annual Coats for Columbus charity drive for The Salvation Army. We were able to collect over 100 coats for this great cause. The Columbus community will greatly benefit from your generosity.

Again, a BIG thanks to all who donated this year.



HAPPY POINSETTIA DAY!

Did you know that the poinsettia has a special day all its own? By an Act of Congress, December 12 was set aside as National Poinsettia Day. The date marks the death of Joel Roberts Poinsett (1779–1851), appointed

the first United States Ambassador to Mexico in 1825. While in Mexico he was enchanted by the brilliant red plants and brought some of them back to his hothouses in Greenville, South Carolina. He began propagating the plants, sending them to friends and botanical gardens, and the rest, as they say, is beautiful history. ■



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