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December 2009  
MONTHLY NEWSLETTER

**American Joe**  
*Pueblo's Professional Handyman*  
**(719) 671-8015**

 **QUESTIONS  
OF THE MONTH**

1. What is a main cause of holiday stress?
  - a. giving gifts
  - b. having loved ones around
  - c. trying to do too much
2. Are you guilty of trying to do too much because you refuse to ask for help?  
(Only you can answer this one)

To get the answers to these simply read the article to your right, "*Less Stress*"

## Less Stress

By Joseph Prescia

### Trying To Do Too Much?

*"I just can't wait for the holidays to be over so I can relax!"*

Sound familiar? Why do we take on so much at this time of the year?

Years ago when we moved to our current home I hired *2 Men and a Truck* to move our family belongings. Why? Because I loved my friends and family too much to ask them to help. I thought it was much more loving to hire it out than to put that burden on those I loved the most. I spent over a thousand dollars but I have never regretted hiring a



professional to make my life easy.

#### Catering

A party or dinner can be catered while you spend more time on the details of making the event extra special.

#### Cleaning

Your home or office can be cleaned by a professional. Why try to do it all by yourself?

#### Party Rental

Need extra tables, chairs, linens, or decorations? There is no need to buy so much when you only need it for a short time.

#### Hanging Lights

Need an extension ladder for the second floor? Don't like heights? Why not hire a handyman who can hang decorations and lights?

#### Assembling Gifts

Hate reading directions? Why not turn it over to someone who enjoys doing it? A professional handyman can do it for you.

#### Local Professionals:

*Home and Office Cleaning*  
**Ambassador Facility Services**  
**214-6337/214-9795**  
(Jose or Toni Mae)

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*Handyman Services*  
**American Joe**  
**671-8015/542-8038**  
(Joseph or Trina)

## Good Cheer & Prosperity

By O. S. Marden

(Written over 100 years ago)



When a man chooses good cheer for his companion he never talks of hard times or carries a picture of poverty or want in his mind.

More cheerfulness means more life, more happiness, more success, more efficiency, more character, a larger future.

Have you ever noticed that,

as a rule, it is the cheerful, hopeful, optimistic people who succeed, and that it is the sour, morose, gloomy, natures who fail or plod along in mediocrity, who never amount to anything? A habit of cheerfulness enables one to transmute apparent misfortunes into real blessings.

The man who smiles and sees the best in everything

is the man who draws the best out of others. He attract others and wins out in life, while the gloomy, sour face repels everyone.

If you my friend have not found that source of happiness which will keep you in poise and serenity, no matter what may happen to you or yours, if you have not found that poise which gives the peace that passes all understanding under all conditions, you have not yet found the great secret of life. You have yet to learn that real enjoyment, real

satisfaction does not come from possession of things, does not come from outside sources, but that our highest satisfaction, our highest enjoyment, our highest happiness, ever comes from within. Here is the fountain of all supply; here is where we touch God, the source of all good; here is where we tap the divinity in the great within of us.

