

Members of the Union High Track and Field Alumni Association

One of the rules I have tried to live by as a form of self discipline and piece of mind is "DO IT NOW". I pay my bills the day they come in the mail. If someone wants me to do something for them and I agree I do that before any thing I have to do for myself. If I have to be somewhere I try to not only be on time but a little early, going so far as to go to the place I am to be at the day before if I have not been there before.

But the attached little article from a Free Hand out given in the local stores here in North Jersey called "OUR TOWN" is one I missed. As a matter of fact I probably did not even think of being Happy, I thought it just happened. But from now on I will not only "Do it now", but I'll be "Happy Now".

I hope you will too!!

Have a Happy Holiday Season and a Happy Every Day!

Coach & Wife
2014

Don't Wait To Be Happy

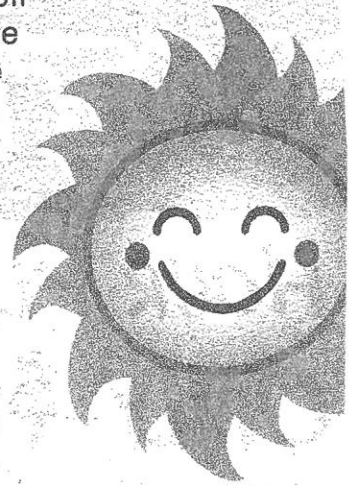
"Submitted by a Faithful OUR TOWN Reader"

Don't Wait to be Happy We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with . . . and remember that time waits for no one.

So, stop waiting . . .
Until your car or home is paid off
Until you get a new car or home
Until your kids leave the house
Until you go back to school
Until you finish school
Until you lose 10 lbs.
Until you gain 10 lbs.
Until you get married
Until you get a divorce
Until you have kids
Until you retire
Until summer
Until spring
Until winter
Until fall
Until you die



There is no better time than right now to be happy. Happiness is a journey, not a destination. So work like you don't need money, Lo like you've never been hurt, And dance like no one's watching.

Every day that you can play with your children, see a sunset or eat ice cream is a day to be treasured. Don't forget to enjoy all of the little things in your life. This is what brings true happiness.