



*LIFE prides itself on helping those in need and for being the champion
for those who cannot speak but who enrich our lives
and every day make us a little more ... human.*

A Very Happy New Year Edition

January 1, 2023



Dear Friends:

I don't know about you, but I get a real kick out of watching the Waterford crystal ball drop in New York's Times Square on TV, signaling that the New Year is upon us.

It's not all the revelry – the music, the partying, the semi-drunk TV hosts, and millions of people crowded into a relatively small space in the freezing cold, couples sharing kisses and strangers sharing embraces – that excites me.

Rather, it's what the New Year represents: a moment to look back, take stock, and assess how we did in the previous 12 months, and then look forward to a fresh start, to the promises of a new beginning, and to resolving to do better in the days and weeks to come.

Let us all resolve to reaffirm and strengthen our commitment to the Lois' Food4Kids program at the Palm Beach County Food Bank and the Pups4Patriots program at American Humane.

With this in mind, here is a Top 10 list of fun “resolutions” to consider for 2023:

1. Create a TikTok video of yourself imitating the Hugh Grant “dance” from the iconic Christmas rom-com “Love, Actually.”
2. Try every single coffee drink available at Starbucks – in the course of 48 hours. I guarantee it will help you with the first resolution; in fact, you may be dancing on the ceiling!
3. Binge-watch every episode of every version of the “Real Housewives” from every single city....as well as do your best to “kontinue” to “keep” up with all the “Kardashians.”
4. Do as much Yoga as you possibly can in order to justify wearing Yoga pants 24/7/365.
5. Come to terms with the fact that you still absolutely love Paul McCartney even though he is much older than when he sang “When I’m Sixty-Four.”
6. Vow to put on a full outfit for Zoom meetings, and not just a nice blouse over pajama bottoms and bunny slippers.

7. Eat dessert BEFORE dinner; after all, pumpkin is a fruit, cheese(cake) is a source of protein, and chocolate...well, is chocolate!

8. Celebrate obscure holidays. Valentine's Day, the Fourth of July, Labor Day – everyone commemorates those. How about National Bubble Wrap Appreciation Day (Jan. 31), National Maple Syrup Day (Dec. 17), and, of course, Seinfeld's famous "Festivus...for the Rest of Us."

9. Wear different color shoes to your next party and see who notices...and thinks you are a trendsetter!

10. Stop making Top 10 lists. David Letterman is, and always will be, the best at this, so don't try and outdo him.

Seriously, though, let us all resolve to reaffirm and strengthen our commitment to the Lois' Food4Kids program at the Palm Beach County Food Bank and the Pups4Patriots program at American Humane – both of which are once again beneficiaries of our Annual Lady in Red Gala. By doing so, we will be helping ensure that children in Palm Beach County don't go hungry and that they always have healthy and nutritious food every day of the year...and that veterans suffering from PTSD and Traumatic Brain Injuries are given a new "leash" on life by being paired with a specially-trained Certified Service Dog.

And that leaves one final resolution for 2023: to buy tickets, tables and sponsorships for the 29th Annual Lady in Red Gala, Sunday, March 26 at The Breakers. With headline entertainment from legendary music superstar Paul Anka and comedian extraordinaire Rita Rudner, the event is already the hottest event in town-even without a Waterford crystal ball descending from the sky, semi-drunk TV hosts, and freezing cold weather!

May you all be blessed with a year filled with good health, lots of happiness, and an abundance of peace and prosperity.

With love always,

Lois



Start the New Year Off With a Smile

*Many thanks to Barbara Marulli for submitting
these funnies to brighten our day!*

Friends have a way of speaking without words.

(ANON)



M-I-L-K

THE FIRST THING I WANT YOU TO
DO IS FORGET EVERYTHING YOU
KNOW ABOUT TEXTING



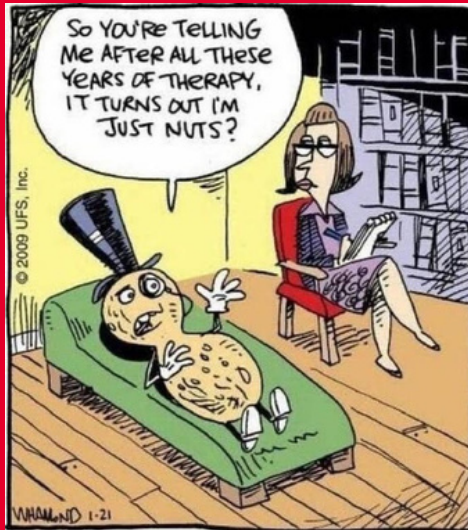
MY PRIEST AFTER HEARING
MY CONFESSION



...YOU'VE GOT THE WHOLE PLANE
TO YOURSELF! THE LARGE GROUP
GOING TO THE PSYCHIC CONVENTION
ALL CANCELED AT THE LAST MOMENT!



SO YOU'RE TELLING
ME AFTER ALL THESE
YEARS OF THERAPY,
IT TURNS OUT I'M
JUST NUTS?



And now, having each recited the
vows they have written themselves,
we all realize the importance of
education.



Love doesn't make the world go round.
but it makes the ride worthwhile.

(FRANKLIN P. JONES)



M-I-L-K



29th Annual "Lady in Red" Gala

SUNDAY, MARCH 26, 2023 + THE BREAKERS

LIFE'S JOURNAL CONTRACT



All God's angels come to us in disguise.



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PROCEEDS BENEFIT DISABLED VETERANS THROUGH AMERICAN HUMANE'S "PUPS4PATRIOTS" PROGRAM AND SOUTH FLORIDA YOUTH THROUGH THE PALM BEACH COUNTY FOOD BANK'S "LOIS' FOOD4KIDS" PROGRAM.

PLEASE SEND PAYMENT AND COPY NO LATER THAN **FEBRUARY 28, 2023** TO:



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Click here to reserve your spot in the
29th Annual "Lady in Red" Gala Journal today!