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Dear Edwina Poster [2020]

University of Southern Maine Department of Theatre

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DEAR READERS: My New Year's column has become an annual tradition since 1973. These New Year's resolutions are based on the old adage, "As you sow, so shall you also reap." I am a liberal, and I believe in the liberty of the individual. I am a woman with some of the same resolutions as you own:

Just for today I will live through this day and not fear-aching day to tomorrow. I know I can't live 24 hours that would appeal if I felt I had to keep it up for life.

Just for today I will be happy. Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be." He is right. I will not dwell on thoughts that depress me. I will use them out of my mind and place them with happy thoughts.

Just for today I will adjust myself to what is. I will face reality. I will correct those things I can correct and accept those things I cannot correct.

Just for today I will improve my mind. I will not be a mental sufferer. I will force myself to read

something that requires effort, thought and concentration.

Just for today I will do something positive to improve my health. If I'm a smoker, I'll make the honest effort to quit. If I'm a drinker, I'll make the honest effort to stop drinking. And I'll make the honest effort to exercise — even if it's only a walk around the block.

Just for today I will do something I've been off to for a long time. I will write that letter, make that phone call, clean that closet or start those dresser drawers.

Just for today, before I go to bed, I will ask myself, "Is it true? Is it kind?" and if the answer to either of those questions is negative, I will not do it.

Just for today I will make a conscious effort to be agreeable. I will look as good as I can, dress becomingly, talk softly, act courteously and not interrupt when someone else is talking. Just for today I will be a good friend. I will not follow a program. I may not follow it exactly but I will try to be there by

saving myself from two pests: hurry and indecision.

Just for today I will have quiet half-hour to relax alone. During this time I will reflect on my life. I will think of a better future for myself.

Just for today I will be unafraid. I will have the courage to stand up for my own actions. I will respect nothing from the world. I will realize that the world is not my enemy. I will give to me.

Have a happy, healthy new year, and to ensure a happy new year, I will do my best. If you're drinking, don't drink. LOVE, JOYCE PRESUTTI

Advice To The Lovelorn

(By Beatrice F. ...)

INVITING ...

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