

The Legal Beagle

My 11 Quick Tips to Avoid Stress During the Holidays:

- Enjoy time with your family. Really. Do it
- Take time off for yourself. Give yourself a break. Life isn't easy. Hard times come no matter what, so enjoy the down time as often as you can
- Get sleep. When in doubt, take a nap :)
- Laugh, A LOT! Laugh your ass off. It's great for you.
- Get some exercise. Walking is great
- Drink Responsibly
- Its "ok" to say "no". Remind yourself that the holidays are about enjoying yourself and your family, not being a superstar
- Drink more water than usual
- When shopping, stick to a budget. If possible, make a list before you leave the house
- Don't let the family stress you out- they'll be leaving soon + before you know it ;)
- Don't set yourself up. Expected the expected. Generally speaking, people are who they are no matter what time of the year it is, in other words, that just because it's a big holiday doesn't mean the person's behavior will change



Thank you for your faith in us, in our representation and in your continued support. Have a wonderful holiday full of love and laughter. This year has had it's great moments as we completed a full year in Worcester as well as added 2 new areas of practice; Deportation and Collections.

We also experienced loss. My wife's grandmother passed away just a few days ago. She was a strong funny woman that loved to laugh and enjoy life. We all take great comfort that now she is with her husband, eldest son and eldest daughter, my mother-in-law, Christina Toala.

Life is a wonderful gift that we are given. Do the best you can to be all you can be. Remember, it's not what we do that defines us, but how we rise after falling. Enjoy the holidays, folks. I wish you Hope, Love, Happiness, Safety and the Joy of Laughter.

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8 Year Anniversary—Thank you

We're on the Web!
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Law office of James P. Hentz

We, at the law firm of Attorney James P. Hentz, adopt this doctrine as our Mission Statement:

To provide our clients with the highest quality in legal services; To provide our community with support without regard to compensation; To recognize our commitment to justice and fairness in our dealings with all; To recognize that each of us has worth that transcends our job descriptions and thus we must treat each other as we would have others treat us.

To be ever mindful of the fact that our client's welfare is paramount; To recognize that our system of justice is dependant upon each of us to abide by the Canons of Ethics and the rules of the various courts; and, To adhere to the highest standards of excellence and integrity within our conduct and services in both our professional and personal lives.

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