

TIMES-CALL

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Love is what matters

Christmas can be a time of enormous stress.

With the pressure to buy gifts for all the people we care about and to make sure that our kids get all the items on their lists, it is easy to forget that love is what really matters at Christmas and all year long.

Holiday pressures can bring out the worst in us.

Families may find that the economic and emotional realities this holiday bring them to a point of violence.

Domestic violence may be triggered by holiday stress, as we can easily put too much emphasis on the "stuff" we think we have to get and give.

If you are feeling fear of violence, call for help.

There are those who care and can help. Contact the Safe Shelter Hot Line at 303-772-4422 or LEVI at 303-774-4534, or, in an emergency, call 911.

My holiday wish is for our community to be a place where every child, every woman and every man lives in a home free of violence.

I'd like to see us all make a pledge to bring back the joy of the holidays by showing love and kindness to the important people in our lives. After all, love is what really matters.

Peace, good will.

BEVERLY B. TITLE
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