

Another Milestone

As this birthday fast approaches. I'm inspired to reflect, ponder, think plan, dream and wish. As I reflect, I have come to recognize how this once a year event has come to transpire for everyone. We all share this one something in common. We are born, we age, and at some point we leave this earth.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

How old are you? I'm four **and a half!** You're never thirty-six and a half. You're four and a half, going on five! That's a big key!

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

How old are you? I'm **gonna' be** 16! You could be 13, but hey, you're gonna' be 16! And when that day comes, then that will be the greatest day of your life.

You **become** 21. Even the words sound like a ceremony **YOU BECOME 21. YES!**

But then you **turn** 30. Ouch... what happened there? This now makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no more fun now, you're just a sour-dumpling. What's wrong with that? What has changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH** 50 and now your dreams are gone.

But wait! You **MAKE it** to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH** 40, **REACH** 50 and **MAKE it** to 60. You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you **HIT** Wednesday!

Then you **get into** your 80's and every day is a complete cycle; you **HIT** lunch; you **TURN** 4:30; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards; seems like yesterday I **Was JUST** 92.

Then a strange thing happens. If you make it over 100, you become a little kid again. I'm 100 and a half!
May you make it to a healthy 100 and a half!

Here are some tips on ways to enhance your life & **HOW TO STAY YOUNG**

1. **Throw out the nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. **Keep cheerful friends close.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop. And the **devil's** name is **Alzheimer's**.
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love,** whether it's family, pets, keepsakes, music, plants, hobbies or whatever. **Your home is your refuge.**
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

Live simply. Love generously. Care deeply. Speak kindly.
Leave the rest to God.

May life be as enjoyable as a piece of good
Always,
Karlyn



and flavored

