

The many ways to be and live young:

1. Try everything twice. On one tombstone there is this epitaph: Tried everything twice...loved it both times!

 2. Keep only cheerful friends.
The grouches pull you down. (keep this in mind if you are one of those grouches;)

 3. Keep learning: Learn more about the computer, crafts, gardening, health, quality, excellence..... Whatever! NEVER let the brain get idle. "An idle mind is the devil's workshop." And one devil's name is Alzheimer's!

 4. Enjoy the simple things.

 5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.

 6. The tears happen: Grieve, endure, and then move on. The only person, who is with us our entire life, is ourselves. LIVE while you are alive. Watch the sunrise and sunset; go to the beach and the mountains; lie on your back and look at the moon and stars; cuddle a baby your arms, play with children.....and the child in you, let the child come-out, wonder at nature, enjoy God's incredible creation and wallow unashamedly in its mystery.

 7. Surround yourself with what you love.... Whether it's family, music, colors, keepsakes.... Plants, hobbies, children, grandchildren..... Whatever. Your home is your refuge. Share it when you can.

 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, and, don't wait.

 9. Don't take guilt trips. Take a trip to the mall, even to the next county, across the country, to a foreign country, but NOT to where the guilt is.

 10. Tell the people you love that you love them, at every opportunity....your brother, your sister, your grandparents, your mom, your dad, your wife, your husband, your friends.

 11. Forgive now those who made you cry. You might not get a second time to forgive.
- Care enough, love enough, and be aware enough

Why? Because like lost sleep can never be recovered, lost time can never be found! We have one life to live, one life to give, one life to be, one life to become. While we are being, we are becoming.

Remember: We are God's gift to us. What we become is our gift to God.