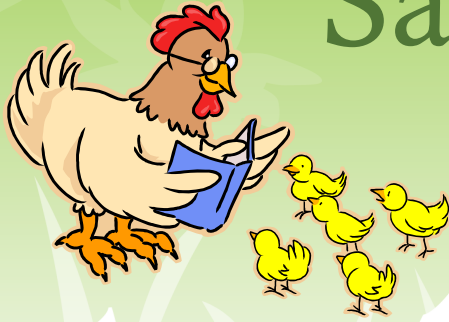


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50 Life Lessons by Regina Brett (Celebrate Growing Older)

This was written By Regina Brett The Plain Dealer, Cleveland , Ohio –

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolls Over to 70 in August, so here goes.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their Journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God Never blinks.
16. Life is too short for long pity parties. Get busy living, or get Busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is Up to you and no one else.
20. When it comes to going after what you love in life, don't take no For an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years, Will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends Will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did Or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd Grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift.

Potluck fun for kids

It is that time of year again pot lucks galore.

Not much fun if you're a child...

Adult conversations, Adult food, and being on your best behavior.

Want to make it fun for a few lucky little ones this year?

A potluck they will remember?

Instead of bringing that pan of lasagna, or that ummm we are not sure what it is casserole...

How about bringing some potluck "Fun Meals"?

Here is how;
 get paper lunch sacks
 you and your children can decorate them.
 Write on the outside "Kid Fun Meal".

Fill them with kid friendly foods like;

a cookie cutter peanut butter and jelly sandwich
 ~make the sandwich and cut a shape out of the middle with a cookie cutter~

a piece of string cheese

some raisins or a fruit roll up

a drink box

and a small toy
 like the kind you give at a birthday party, or stickers.

I guarantee
 you will be the coolest adult here
 when the kids find out
 who was thinking of them...

Thanksgiving

Thanksgiving is more than just another day off...

It is not about Turkey, mashed potatoes and gravy, or even football.

It is a day to look at the people who surround us and be Thankful for having them in our lives.

I know as I look around I am thankful for each and every one of you, and I know I am blessed for having you in my life.

