

Written by Regina Brett, 90 years old, of 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.

- 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. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.**
- 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. Take a deep breath. It calms the mind.**
- 17. Get rid of anything that isn't useful, beautiful or joyful.**
- 18. Whatever doesn't kill you really does make you stronger.**
- 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 but 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. *Don't take yourself so seriously. No one else does.*
33. *Believe in miracles.*
34. *God loves you because of who God is, not because of anything you did or didn't do.*
35. *Don't audit life. Show up and make the most of it now.*
36. *Growing old beats the alternative -- dying young.*
37. *Your children get only one childhood.*
38. *All that truly matters in the end is that you loved.*
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. *Envy is a waste of time. You already have all you need.*
42. *The best is yet to come.*
43. *No matter how you feel, get up, dress up and show up.*
44. *Yield.*
45. *Life isn't tied with a bow, but it's still a gift."*

KIDS SAY THE DARNEST THINGS!

What, you ask, is 'Butt dust?' Read on and you'll discover the joy in it! These have to be original and genuine; no adult is this creative!

JACK (age 3)

was watching his Mom breast feeding his new baby sister... After a while he asked: 'Mom why have you got two? Is one for hot and one for cold milk?'

STEVEN (age 3)

hugged and kissed his Mom good night. 'I love you so much that when you die I'm going to bury you outside my bedroom window.'

BRITTANY (age 4)

had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mom explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked: 'How does it know it's me?'

SUSAN (age 4)

was drinking juice when she got the hiccups. 'Please don't give me this juice again,' she said, 'It makes my teeth cough..'

DJ (age 4)

stepped onto the bathroom scale and asked: 'How much do I cost?'

CLINTON (age 5) was in his bedroom looking worried when his Mom asked what was troubling him, he replied, 'I don't know what'll happen with this bed when I get married. How will my wife fit in it?'

MARC (age 4) was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his dad: 'Why is he whispering in her mouth?'

TAMMY (age 4) was with her mother when they met an elderly, rather wrinkled woman her Mom knew. Tammy looked at her for a while and then asked, 'Why doesn't your skin fit your face?'

JAMES (age 4) was listening to a Bible story. His dad read: 'The man named Lot was warned to take his wife and flee out of the city but his wife looked back and was turned to salt.' Concerned, James asked: 'What happened to the flea?'

The Sermon I think this Mom will never forget...

This particular Sunday sermon....'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face. 'Without you, we are but dust...' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four-year-old girl voice, 'Mom, what is butt dust?'

AUTUMN YEARS DATING AGENCY



" It says here that you'd prefer someone with regular bowel movements..Does it matter if they're involuntary ? "

I'LL HAVE A
CHEESEBURGER,
LARGE FRIES,
BLACK COFFEE...

I'M STARTING TO
THINK RETESTING
SENIORS FOR
DRIVING ISN'T A
BAD IDEA!

