

## Looking Back...

Looking back... It can be a good thing or bad thing. While rearranging some stuff that I have collected over the years and believe me I have collected a lot of stuff!! I seem to grow attached to anything that I think I or somebody else can use. Anyway, I found some picture albums that I had forgotten about. As I looked through them I thought to myself, "who is that skinny young person in these pictures?"

Well, needless to say, it was me. So while looking back you get one of two things going on. It either brings a tear to your eye or a smile to your face. I smiled and even laughed out loud a few times, but I had some tears too.

Where did the years go? The wedding was so long ago, the children were so young; tickets and souvenirs from places you were but forgot about, and pictures of people that you knew so many years ago. It's all good because you know that you had a good life that was full of fun before you packed on the pounds, got the aches and pains and, "Oh, my goodness -where did all those wrinkles, lumps, bumps, and gray hairs come from?" Looking back can be fun but it can also be something sad.

I think that I will look for more of my stored mementos just to see how much of my life that I lived but actually forgot. You should try it sometime. You might be surprised at what you forgot. You can never go back but you can always look back.

Till' next month,  
Judy

p.s. Just so you know, I am still adjusting to this time change thingy!! YUK!!