

March 2023 Issue

Lighten Up



Begin Every Day With A Smile

Lighten Up

Published monthly by
Red Barn Publishing

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LETTER FROM THE EDITOR. "The Cab Ride" came across my desk and although I know I, along with others, have seen this story before, its story reminds us all to take the time out of our busy lives to share our time and heart with others. You never know another's story and how a kind deed or word can make the difference to them.

On to the beginning of Spring. March on! My wish for you is to enjoy each and every moment of your life and to pass this joy to all you meet. Liz Underhill.

THE CAB RIDE

I arrived at the address and honked the horn, after waiting a few minutes I walked to the door and knocked. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she asked. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness. "It's nothing", I told her. "I just try to treat my passengers the way I would want my mother to be treated."

"Oh, you're such a good boy", she said. When we got in the cab, she gave me an address and then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice."

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued in a soft voice. "The doctor says I don't have very long." I quietly reached over and shut off the meter.

"What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse.

"Nothing," I said.

"You have to make a living", she answered.

"There are other passengers," I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly.

"You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away? On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

*PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID
BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.*

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Come on seniors, be glad you have aches and pains, bad knees, sore back, gout, and all the rest of the "aging" ailments. Without these what would you talk about and another thought, you just might have croaked!

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Staff: Golf course, may I help you?

Caller: Yes, do you have a driving
range there?

Staff: Yes.

Caller: How much for a large buck-
et?

Staff: Four dollars

Caller: Does that include the balls?

Signs Of The Times

In an office:

Toilet out of order..... please use floor
below

In a laundromat:

Automatic washing machines: please
remove all your clothes when the
light goes out.

In a London department store:

Bargain basement upstairs.

In an office:

Would the person who took the step

ladder yesterday please bring it back
or further steps will be taken.

In an office:

After tea break staff should empty the
teapot and stand upside down on the
draining board.

Outside a second-hand shop:

We exchange anything - bicycles,
washing machines, etc. Why not bring
your wife along and get a wonderful
bargain?

Notice in health food shop window:

Closed due to illness.

Spotted in a safari park:

Elephants please stay in your car.

Seen during a conference:

For anyone who has children and
doesn't know it, there is a day care on
the 1st floor.

Notice in a farmer's field:

The farmer allows walkers to cross the
field for free, but the bull charges.

On a repair shop door:

We can repair anything. (please knock
hard on the door—the bell doesn't
work).

My idea of super bowl is when the toi-
let cleans itself.

When I ask my husband to take out
the garbage, you would think I asked
him to clean the entire house.

The shoulder of the road is indeed a
place to pull over to if you need one to
cry on.



"Soup ta Nuts"

Willpower
101

Here I am in February and Valentine's around the corner with another New Year's resolution down the drain. Why I ate so many goodies over the holidays, my love handles became ski slopes.

The only good thing about that I figure, was if a robber came up and tried to grab on, why he'd slide right off and hopefully fall backwards on his behind while my behind is running forward as fast as I can to get away. Hey when you're totin those "few" extra sweets along on your behind, it isn't easy to get away quick.

Now don't get me wrong folks, I'm not obees yet just ogees gotta do something.

Why oh why do all those goodies hang around on your hips and belly anyway? You ever wondered about that?

It's not as though you're like a squirrel and can store it to munch on later. It just hangs around and down and every which way, reminding you in every crevice of what you did!

Now the only way to get it off seems to starve myself, and that takes willpower. Well let me tell you folks about my willpower.

I'm a high roller when it comes to willpower. Willpower to some means struggle. To me, it means setting goals, putting blinders on and gorging straight ahead. I am FOCUSED and I have WILLPOWER.

The only power I accept is my will.

1. I will use my power to attack the contents of the fridge, but only between meals and commercials.
2. I will eat only four quarters of the cake at once, instead of devouring all of it in teenie weenie pieces.
3. I will change my eating habits. Instead of inhaling my one twenty-four-hour meal, I will chew slowly, until I am full, or until the next day arrives, whichever comes first (even if my jaw does drop off).
4. I will eat the whole bag of nachos hidden under the bed, but only if I

promise to tell one person after the deed is done.

5. I will wear my bikini, even if I can't see the tiny straps hidden in the crevices. I know they're there.
6. I will jump on the scales every day, even if I have to adjust them when they don't give me a proper accounting.
7. I will enjoy every spoon of ice cream that slides down my throat knowing that it is cooling my infected tonsils.
8. I will exercise everyday, going as fast as I can down the road with Cranky Cat on her leash.
9. I will give my old size 24 clothes away. By the time I see that size again, the styles will have changed.
10. I will live life to the fullest, even if it means joining those weighting shows, or Weight Factor.

And, if I get into trouble, I will know it when:

1. The gleam in my eye is not the sun hitting my bifocals, it's food radiation.
2. I sit in my rocker and the rockers flatten.
3. My belt doesn't buckle but my knees do.
4. Everything hurts and what doesn't, I can't find.
5. I finally reach the top of the ladder but can't get down because I've broken all the bottom rungs.
6. I know I'm in for a dull evening just because I've forgotten to buy munchies.
7. My favourite part of the newspaper is advertisements for quick weight loss.
8. The big Ms. Clair Oil lady I spied in the mirror was me.
9. The only energy I have left for exercising is blinking, waving, or flicking....off my shoe.
10. I feel like the morning after and I haven't crawled out of bed from the night before.

Hey, that's why I made my New Year's promises anyway. Felt good at the time. Didn't last long though, my willpower got the best of me. Maybe I'll try again next year. Maybe then folks, I will do something about it, but until then I'm turbo-charging my willpower to have fun. How is your willpower today? Ms. Klara

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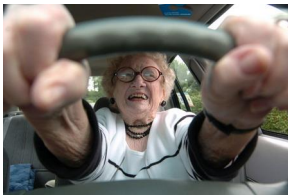
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Eve's Talk With God

"Lord, I have a problem."
 "What's the problem, Eve?"
 "I know that You created me and provided this beautiful garden and all of these wonderful animals, as well as that hilarious comedic snake, but I'm just not happy."
 "And why is that Eve?"
 "Lord, I am lonely, and I'm sick to death of apples."
 "Well, Eve, in that case, I have a solution. I shall create a man for you."
 "Man? What is that, Lord?"
 "A flawed creature, with many bad traits. He'll lie, cheat and be vain; all in all, he'll give you a hard time. But he'll be bigger, faster and will like to hunt and kill things.
 I'll create him in such a way that he will satisfy your physical needs. He will be witless and will revel in childish things like fighting and kicking a ball about. He won't be as smart as you, so he will also need your advice to think properly."
 "Sounds great," says Eve, with cynically raised eyebrows, "but what's the catch, Lord?"
 "Well ... you can have him on one condition."
 "And what's that, Lord?"
 "As I said, he'll be proud, arrogant and self-admiring ... so you'll have to let him believe that I made him first."

A senior citizen said to his 90 year-old buddy.
 "So, I hear you're getting married?"



"Yep!"
 "Do I know her?"
 "Nope!"
 "This woman, is she good looking?"
 "Not really."
 "Is she a good cook?"
 "Naw, she can't cook too well."
 "Does she have lots of money?"
 "Nope! Poor as a church mouse."
 "Why in the world do you want to marry her then?"
 "Because she can still drive!"

Be Careful What You Wish For! A Great Divorce Letter

Dear Wife

I'm writing you this letter to tell you that I'm leaving you forever. I've been a good man to you for 7 years and I have nothing to show for it. These last 2 weeks have been hell. Your boss called to tell me that you quit your job today, and that was the last straw.

Last week, you came home and didn't even notice I had a new haircut. I had cooked your favourite meal, and I even wore a brand new pair of silk boxers. You ate in 2 minutes, and went straight to sleep after watching all of your soaps.

You don't tell me you love me anymore; you don't want sex or anything that connects us as husband and wife. Either you're cheating on me or you don't love me anymore...whatever! In any case - I'm gone. Signed Your EX-Husband.

P.S. Don't try to find me. Your SISTER & I are moving away to West Virginia together!

Dear Ex-Husband:

Nothing has made my day more than receiving your letter. It's true you and I have been married for 7 years, although a good man is a far cry from what you've been.

I watch my soaps so much because they drown out your constant whining and griping. Too bad that doesn't work.

I DID notice when you got a hair cut last week, but the first thing that came to mind was 'you look like a nerd!' Since my mother raised me not to say anything if you can't say something nice, well, you get the picture.

And when you cooked my favourite meal, you must have gotten me confused with MY SISTER, because I stopped eating pork nearly 5 years ago.

About those new silk boxers: I turned away from you because the \$49.99

price tag was still on them, and I prayed it was a coincidence that MY SISTER had just borrowed \$50 from me that morning.

After all of this, I still loved you and felt we could have worked it out. So, when I hit the lotto for 12 million dollars this morning, I quit my job and bought us 2 tickets to Jamaica. But when I got home - you were gone. Everything happens for a reason, I guess.

I hope you have the fulfilling life you always wanted. My lawyer said that the letter you wrote ensures you won't get a dime from me. So, take care!

Signed, Your Ex-Wife, Rich As Heck & Free!

P.S. I don't know if I ever told you this, but my sister Carla was born Carl. I hope that's not a problem.

Crappy Hockey Player



A US first grade teacher explains to her class that she is an American. She asks her students to raise their hands if they are American too.

Not really knowing why but wanting to be like their teacher, their hands explode into the air like flashy fireworks. There is, however, one exception. A girl named Kristen has not gone along with the crowd.

The teacher asks her why she has decided to be different. "Because I am not an American."

"Then", asks the teacher, "What are you?" "I'm a proud Canadian," boasts the little girl.

The teacher is a little perturbed now, her face slightly red. She asks Kristen why she is a Canadian.

"Well, my mom and dad are Canadians, so I'm a Canadian too."

The teacher is now really angry. "That's no reason," she says loudly. "What if your mom was a crappy hockey player and your dad was a crappy hockey player? Would that mean that you're a crappy hockey player too?"

A pause, and a smile. Then, says Kristen, "Nope! That'd mean I'm an American."

Food For Thought!



A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on

his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away - just for this time in my life."

Old age is like a bank account. You withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

OXYMORONS

Why is it called "after dark" when it really is "after light"?

Why are they called "stands" when they are made for sitting?

Why do "overlook" and "oversee" mean opposite things?

Why do they call it a "TV set" when you only have one?

Oliver's Tips

- 1** Store your opened chunks of cheese in aluminum foil. They will stay fresh much longer and not mold.
- 2** Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- 3** To really make scrambled eggs or omelets rich, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in, and then beat them up.
- 4** Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
- 5** Leftover Snickers bars from Hal-lowe'en make a delicious dessert. Simply chop them up with a food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes. Serve alone or with vanilla ice cream.
- 6** For a cool brownie treat, make brownies as directed. Melt chocolate mints in double boiler and pour over warm brownies. Let set for a wonderful minty frosting.

pet Peeves

Do you have Pet Peeves?

Send your pet peeves to:

liz@lizunderhill.com. You can remain anonymous if that is your wish.

If you want someone always willing to go out at any hour for as long and wherever you want...then buy a dog.

If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies...then buy a dog.

If you want someone who is content to get on your bed just to warm your feet and who you can push off if he snores...then buy a dog.

If you want someone who never criticizes what you do, doesn't care if you are pretty or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to, and loves you unconditionally, perpetually...then buy a dog.



BUT, on the other hand...

If you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat and sleep, and acts as if your entire existence is solely to ensure his happiness...THEN...buy a cat!

I.O.U.
I owe you
V.I.P.
Very Important Person
R.I.P.
Rest in Peace
S.R.O.
Standing Room Only
S.N.A.F.U.
Situation Normal, All Fouled Up

P.D.Q.
Pretty Darn Quick
S.W.A.K.
Sealed With A Kiss
B.M.O.C.
Big Man On Campus
R. & R.
Rest & Relaxation
T.G.I.F.
Thank Goodness It's Friday

MEDICAL BLOOPERS

These are sentences actually typed by Medical secretaries in NHS Hospitals in Greater Glasgow, Scotland:

1. The patient has no previous history of suicide.
2. Patient has left her white blood cells at another hospital.
3. Patient's medical history has been remarkably insignificant with only a 40-pound weight gain in the past three days.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status:- Alive, but without my permission.
10. Healthy appearing decrepit 69-year-old male, mentally alert, but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.
13. While in ER, she was examined, x-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life until she got a divorce.
19. Examination of genitalia reveals that he is circus sized.
20. The lab test indicated abnormal lover function.
21. Skin: somewhat pale, but present.
22. The pelvic exam will be done later on the floor.
23. When she fainted, her eyes rolled around the room.
24. The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
25. Between you and me, we ought to be able to get this lady pregnant.
26. She slipped on the ice and apparently her legs went in separate directions in early December.
27. Patient was seen in consultation by Dr. Smith, who felt we should sit on the abdomen and I agree.

28. The patient was to have a bowel resection. However, he took a job as a stock broker instead.

29. By the time he was admitted, his rapid heart had stopped, and he was feeling better.



POETIC ENDEAVOURS

A SMILE WILL PLEASE

The moments rare
when horns do blare
to tell of feats so humble
But should we err, our souls laid bare
seems all do watch our stumble

We go our way, and every day
we live within the rules
Our bills are paid with wages made
by toiling with our tools

For best we strive, to live and thrive
to make our life success
Try all the while, to always smile
though cleaning up some mess

So, when you're down, try not to
frown
look to that other side
A smile will please, and tensions ease
your troubles set aside

Know when you smile,
you show your style
to all of those you meet
They'll know that lift,
that friendship gift
when with a smile you greet!
poetcal ©

*Poet Cal asks everyone to smile
all day, through St. Valentine's Day.
[Try it, you'll love it!]*

Staff: Golf course, may I help you?

Caller: Yes, do you have a driving range there?

Staff: Yes.

Caller: How much for a large bucket?

Staff: Four dollars

Caller: Does that include the balls?

A TEST FOR OLD KIDS

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, Who was that masked man? Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?

02. When the Beatles first came to the U.S in early 1964, we all watched them on The _____ Show.

03 Get your kicks, _____.

04. The story you are about to see is true. The names have been changed to _____.

05. In the jungle, the mighty jungle,

06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the _____.

07. Nestle's makes the very best _____.

08. Satchmo was America's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.

09. What takes a licking and keeps on ticking? _____.

10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and _____'.

11. Some Americans who protested the Vietnam War did so by burning their _____.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.

13 In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.

14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.

Comments made in the year 1955!

(That's 68 years ago!)

"I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20.00."

"Have you seen the new cars coming out next year? It won't be long before \$2,000.00 will only buy a used one."
"If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."

"Did you hear the post office is thinking about charging a dime just to mail a letter?"

"If they raise the minimum wage to \$1.00, nobody will be able to hire outside help at the store."

"When I first started driving, who would have thought gas would someday cost 29 cents a gallon? Guess we'd be better off leaving the car in the garage."

"I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying

"DAMN" in GONE WITH THE WIND, it seems every new movie has either HELL or DAMN in it."

"I read the other day where some scientists think it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas."

"Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the President."

"I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."

"It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."

"It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."

I'm afraid the Volkswagen car is going to open the door to a whole lot of

foreign business."

"Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress."

With a little Bit of Luck

Lessons from Life's Journey by Buzz Lightly (aka) Doug Lester.

Heart Day

As a boy growing up in the country Valentine's Day was not one of the big occasions during the year.

On starvation wages there were no boxes of chocolates or bouquets of roses at our house. I think the teachers may have made a bit of a fuss but nothing like the red and white cupcake for everyone in the class, balloons, streamers, and store-bought cards we have evolved into.

However, cupid was alive and well and by the ripe age of eight I was smitten by one of the arrows of love. The object of my affections was a younger woman and so to properly impress her, I chose to use handwriting on a handmade card. Surely any grade-two girl receiving a card from a guy in grade three in mature handwriting would be suitably wowed.

I struggled to get the b's and d's facing in the right direction and finished my masterpiece with an arrow through the heart. I was quite proud of my accomplishment and was all set to win her heart on the fourteenth of the month when fate intervened.

On a particularly mild day in early February, I met the object of my dreams on the way home from school. As we walked along somehow my conversation slipped into an area where I should not have gone.

Proud of my red rimmed rubber boots, I began to expound on the benefits of male footwear over the polite shoes that she was wearing. Suddenly for no apparent reason the young woman pushed me so violently that I fell backwards into a large puddle on the sidewalk. I quickly jumped to my feet and tried to say something clever.

As I walked home with wet trousers and a damaged ego I decided to postpone my Valentine giving until I had a little more luck in conversations with the opposite sex.

Bitterness shows you where you need to heal, where you're holding judgments on others and yourself. Resentment shows you where you're living in the past and not allowing the present to be as it is.

Discomfort shows you that you need to pay attention right now to what is happening because you're being given the opportunity to change, to do something different than you typically do it.

Anger shows you what you're passionate about, where your boundaries are, and what you believe needs to change about the world.

Disappointment shows you that you tried for something, that you did not give in to apathy, that you still care. Guilt shows you that you're still living life in other people's expectations of what you should do.

Shame shows you that you're internalizing other people's beliefs about who you should be or who you are.

Anxiety shows you that you need to wake up, right now, and that you need to be present, that you're stuck in the past and living in the fear of the future.

Sadness shows you the depth of your feeling, the depth of your care for others and this world.

Answers from Page 3

A Test For Old Kids

01. The Lone Ranger left behind a silver bullet.
02. The Ed Sullivan Show
03. On Route 66
04. To protect the innocent.
05. The Lion Sleeps Tonight
06. The limbo
07. Chocolate
08. Louis Armstrong
09. The Timex watch
10. Freddy The Freeloader and 'Good Night and God Bless.'
11. Draft cards (Bras were also burned. Not flags, as some have guessed)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik