



Humor's Healing Power: Sweet Baby Boomer Nostalgia!

(Source: Anonymous Forward. Sadly, I don't know who created this delightful wander down memory lane, but I am very grateful that (s)he did and hope it brings a smile to your face too.)

If you remember Hula-Hoops and 45s (and I sure do!) let the following soothe that child of the '50s and '60s who's still in there somewhere underneath those grown-up clothes. When the world is spinning a little too fast, let the following remind you of a gentler time and that it truly is the little things that lift our spirits most.

Sweet Nostalgia (Source unknown)

Close your eyes and go back ...
Before the Internet or the MAC,
Before semiautomatics and crack,
Before chronic and immuno,
Before SEGA or Super Nintendo.

Way back ...
I'm talkin' about hide and go seek at dusk,
Sitting on the porch,
Hot bread and butter.

Eatin' a "super dooper sandwich"(Dagwood),
Red light, Green light,
Chocolate milk, lunch tickets,
Penny candy in a brown paper bag.

Hopscotch, butterscotch, double-dutch,
Jacks, kickball, dodgeball, y'all!
Mother, May I?

Hula Hoops and sunflower seeds,
Jaw breakers, blow-pops, Mary Janes,
Running through the sprinkler *(No! I can't get wet! Oh, all right, just don't wet my hair.)*

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

CONTINUED



Humor's Healing Power: Sweet Baby Boomer Nostalgia
- Anonymous Forward

I'm remembering the smell of the sun and lickin' salty lips ...
Catchin' lightening bugs in a jar,
Playin' sling shot and Red Rover.

When around the corner seemed far away,
And going downtown seemed like going somewhere.

Remember bedtime, climbing trees, a million mosquito bites and sticky fingers,
Cops and Robbers,
Cowboys and Indians,
Sittin' on the curb,
Jumpin' down the steps,
Jumpin' on the bed.

Pillow fights,
Being tickled to death,
Runnin' till you were out of breath,
Laughing so hard that your stomach hurt,
Being tired from playing.
Remember that?

What about the girl that had the big bubbly handwriting?
Licking the beaters when your mother made a cake.
When there were two types of sneakers for girls and boys: Keds & PF Flyers,
And the only time you wore them at school was for "gym."

I'm thinking about when nearly everyone's Mom was at home when the kids got there,
When nobody owned a purebred dog,
When a quarter was a decent allowance and another quarter a huge bonus,
When you'd reach into a muddy gutter for a penny,
When girls neither dated nor kissed until late high school, if then,
When your Mom wore nylons that came in two pieces,
When all of your male teachers wore neckties,
and female teachers had their hair done, every day.

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

CONTINUED



Humor's Healing Power: Sweet Baby Boomer Nostalgia
- Anonymous Forward

I'm thinking of when you got your windshield cleaned, oil checked, and gas pumped for free, without asking, every time. And you got trading stamps, to boot!

When laundry detergent had free glasses, dishes or towels hidden inside the box,
When any parent could scold any kid or feed him or ask him to carry groceries, and nobody, not even the kid, thought a thing of it,
When it was considered a great privilege to be taken out to dinner at a real restaurant with your parents.
When they threatened to keep kids back a grade if they failed ... and then did it!
When being sent to the principal's office was nothing compared to the fate that awaited you at home.
Oh, we were in fear for our lives, but it wasn't because of drive by shootings, drugs, gangs, etc.
Disapproval of our parents and grandparents was a much bigger punishment.

It wasn't odd to have two or three best friends.
Being old referred to anyone over 20.
The net on a tennis court was the perfect height to play volleyball, and rules didn't matter.
The worst thing you could catch from the opposite sex was cooties.
It was magic when dad would "remove" his thumb.
It was unbelievable that dodgeball wasn't an Olympic event.
Having a weapon in school meant being caught with a slingshot.

Decisions were made by going "*eeny-meeny-miney-mo.*"
Mistakes were corrected by simply exclaiming, "*do over!*"
"*Race issue*" meant arguing about who ran the fastest.
Money issues were handled by whoever was the banker in "*Monopoly.*"
And catching fireflies could happily occupy an entire evening.

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

CONTINUED



Humor's Healing Power: Sweet Baby Boomer Nostalgia - Anonymous Forward

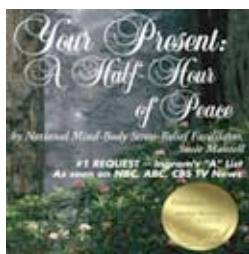
Nobody was prettier than Mom,
Scrapes and bruises were kissed and made better,
It was a big deal to finally be tall enough to ride the "big people" rides at the amusement park,
Getting a foot of snow was a dream come true,
Abilities were discovered because of a "double-dog-dare,"
Saturday morning cartoons weren't 30-minute ads for action figures,
No shopping trip was complete unless a new toy was brought home.

"Oly-oly-oxen-free" made perfect sense,
Spinning around, getting dizzy and falling down was cause for giggles,
The worst embarrassment was being picked last for a team,
War was a card game,
Water balloons were the ultimate weapon,
Baseball cards in the spokes transformed any bike into a motorcycle,
Taking drugs meant orange-flavored chewable aspirin,
Ice cream was considered a basic food group,
Older siblings were the worst tormentors but also the fiercest protectors.

Closing note from Susie: This wonderful "author unknown" piece came to me from my own older sister, now gone, with whom I had shared so many of these moments. Oh, we tortured one another too, each in her own special ways, but we loved and understood one another as adults in ways that only a sibling or a lifelong friend from childhood ever could. It isn't easy raising children these days, but I hope you will create memories like these small moments for the children in your own life, and perhaps share this "anonymous forward" with the people you know who may need a little break from their "grown-up" lives!

Enjoy lots more, (and more serious) stress-relief tips on Susie Mantell's website at www.relaxintuit.com

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com



END OF THIS TIP