

## Today Is All We Have

*By Hap Hansen*

Like everyone else, I have learned many things over the years about people and human nature. Most folks are kind and decent and we should ignore those who are not. Here are a few things I have learned over the years:

I've learned, that you can do something in an instant that will give you heartache for a long time; that it's taken me a long time to become the person I want to be and I'm still not there; that you should always leave loved ones with loving words, it may be the last time you see them; that you can keep going long after you can't. Don't worry, be happy.

We are responsible for what we do, no matter how we feel; that either we control our attitude, or it controls us; that heroes are the people who do what has to be done, regardless of the consequences. Don't worry, be happy.

I've learned that sometimes the people you expect to kick you when you're down will be the ones to help you get back up; that sometimes when I'm angry, I have the right to be angry, but that doesn't give me the right to be nasty; that maturity has more to do with the types of experiences we've had and what we've learned from them. Don't worry, be happy.

I've learned that your family may not always be there for you. It may seem funny, but people you aren't related to can also take care of you and love you and teach you to trust people; that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that. Sometimes we have to learn to forgive ourselves; that no matter how badly our hearts may be broken, the world doesn't stop for our grief. Don't worry, be happy.

I've learned that our backgrounds and experiences may have influenced who we are, but we are responsible for who we become; that we don't have to change friends if we understand that friends change; that we shouldn't be so eager to find out a secret, it could change our life forever; that two people can look at the exact same thing and see something totally different, especially in politics! That even when we think we have no more to give, we can find a way; when a friend cries out to us, we will find the strength to help and that people we care about most in life are taken from us too soon.

Most of all, I have learned from an old cliché, that yesterday is gone, tomorrow may never come, today is all we have. Make the most of it. Don't worry, be happy.