

SMILE HAPPY SMILES

By Diane Parker

I choose not to write about when I could not smile ... it is far too depressing. So I want to share what makes me smile happy smiles.

I am 80 years old and still maintain my high school weight ... that puts a happy smile on my face.

I choose to ignore the wrinkles on my face (most of the time), and stopped using face makeup and lipstick so that puts a happy smile on my face. Besides I've come to believe that all that goo is made for young skin that still knows what hormones and collagen are.

I don't drink any sodas or flavored water (I am convinced there are chemicals in that stuff). That puts a happy smile on my face.

Although I no longer have any house pets, I have plenty of neighbors who like to let me pet theirs. Bless those little four-legged buddies who love you unconditionally. I swear that the little critters have as happy a smile on their faces as I do when we meet up.

Sunshine and balmy, warm temperatures put a happy smile on my face. I am not fond at all of Colorado's rains. The rain drops are not warm but usually have little ice pellets in them ... and they sting!

A big, full, white beautiful moon puts a happy smile on my face. I have so many camping memories of nights sitting out by the campfire and watching the moon crest its way from the eastern plains to the Rocky Mountains.

Seeing my great-granddaughter Brooklynn growing from infancy to toddlerhood definitely puts a warm, happy smile on my face. She will be three years old this September. Such innocence ... full of discovering ... youth and stubbornness!

I wear a happy smile every day knowing that I am still healthy and free of this ugly new virus that has disrupted and invaded my life. Knowing my loved ones, neighbors and friends are still well puts a happy smile on my face.

Each day I start with a cup of coffee, look at my daily schedule, and start prepping myself for whatever adventure is on the calendar. That puts a happy smile on my face.

Okay, I've probably overwritten "puts a happy smile on my face." But really, I am trying to have the happy lines override the sad lines on my face. I need a pat on the back!