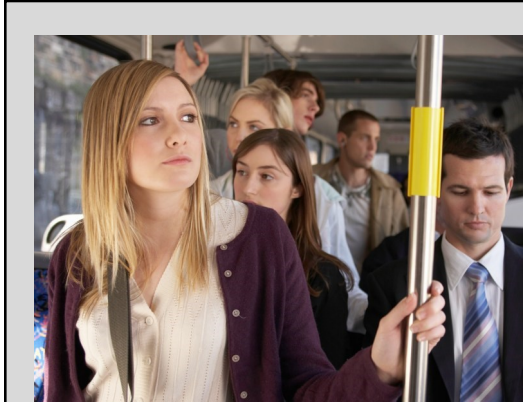


Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

Trouble on the Crosstown Bus



Some years ago, I was stuck on a crosstown bus in New York City during rush hour. Traffic was barely moving. The bus was filled with cold, tired people who were deeply irritated with one another, with the world itself. Two men barked at each other about a shove that might or might not have been intentional. A pregnant woman got on, and nobody offered her a seat. Rage was in the

air; no mercy would be found here.

But as the bus approached Seventh Avenue, the driver got on the intercom. "Folks," he said, "I know you have had a rough day and you are frustrated. I can't do anything about the weather or traffic, but here is what I can do. As each one of you gets off the bus, I will reach out my hand to you.

"As you walk by, drop your troubles into the palm of my hand, okay? Don't take your problems home to your families tonight, just leave them with me. My route goes right by the Hudson River, and when I drive by there later, I will open the window and throw your troubles in the water."

It was as if a spell had lifted. Everyone burst out laughing. Faces gleamed with surprised delight. People who had been pretending for the past hour not to notice each other's existence were suddenly grinning at each other like, is this guy serious? Oh, he was serious.

At the next stop, just as promised, the driver reached out his hand, palm up, and waited. One by one, all the exiting commuters placed their hand just above his and mimed the gesture of dropping something into his palm. Some people laughed as they did this, some teared up but everyone did it. The driver repeated the same lovely ritual at the next stop, too. And the next. All the way to the river.

Continued on Page 2



A mom came into the library with her kids in a stroller.

As they strolled into the children's section, her little girl stared waving her arms in the air in excitement, singing. "Hello, library! Hello, books! I told you I'd be back!!"



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Bringing in the New Year

It was New Years Eve and they had no plans, so Ralph said to his wife Lucy, "Let's go out to eat tonight."

"What are you going to wear?" she asked.

"I'll just wear something comfortable," he replied.

Lucy came back with the classic, "I have nothing to wear."

So Ralph said to her, "Just wear what you had on the last time we went out darling, you looked beautiful!"

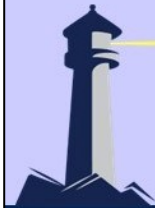
So there they were in their local Chinese restaurant, Ralph in coveralls and a flannel shirt, and Lucy in her wedding dress!



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WHEN EACH MOMENT COUNTS

(Trouble on the Crosstown Bus—Continued from Page 1)

We live in a hard world, my friends. Sometimes it is extra difficult to be a human being. Sometimes you have a bad day. Sometimes you have a bad day that lasts for several years. You struggle and fail. You lose jobs, money, friends, faith, and love. You witness horrible events unfolding in the news, and you become fearful and withdrawn. There are times when everything seems cloaked in darkness. You long for the light but don't know where to find it.

But what if you are the light? What if you are the very agent of illumination that a dark situation begs for? That's what this bus driver taught me, that anyone can be the light, at any moment. This guy wasn't some big power player.



He wasn't a spiritual leader. He wasn't some media-savvy influencer. He was a bus driver, one of society's most invisible workers. But he possessed real power, and he used it beautifully for our benefit.

When life feels especially grim, or when I feel particularly powerless in the face of the world's troubles, I think of this man and ask myself, "What can I do, right now, to be the light?"

Of course, I can't personally end all wars, or solve global warming, or transform vexing people into entirely different creatures. I definitely can't control traffic. But I do have some influence on everyone I brush up against, even if we never speak or learn each other's name.

No matter who you are, or where you are, or how mundane or tough your situation may seem, I believe you can illuminate your world. In fact, I believe this is the only way the world will ever be illuminated, one bright act of grace at a time, all the way to the river.

~ Elizabeth Gilbert



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Cinnamon and Sugar on Toast

Times are heavy, we all know. But my 18 year-old daughter made me laugh more than I had in a while. She had toast with peanut butter and bananas sliced on top and sprinkled it with cinnamon and sugar that I already had mixed in a old shaker.

She said to me after her toast was ready, “Mom, you know what is so my childhood?” And I ask, “What?”

She said, “The old cinnamon sugar shaker.”

Being caught off guard, I said, “The one in the spice rack?”

“Yep....it reminds me so much of when we were little and the thousands of times when you made us toast. The warm toast and the melted butter and then the best part - the cinnamon sugar mix!”

I said “Well, ok, but that’s kind of strange. That brings you that much joy?”

“It’s all the memories, Mom, it’s all the memories,” with this sappy little grin on her face.

She pulls it out, shows it to me and said, “The silver lid isn’t even the right one and the words are getting rubbed off.”

And as I stand there and realize she’s right - in one little bottle we can recall countless times of breakfast and snacks that include cinnamon and sugar from that special little shaker. She’s so happy recalling some of those moments.

Then as she’s walking away she asks, “Can I take it to my new apartment in the fall?”

I said, “Well, why don’t I just buy you a new shaker?” and she says, “It won’t be the same, Mom.”

She may be grown and almost flown but she’s still my little girl and will always want her cinnamon and sugar from that shaker.

And I think I will let her take it.

- Brenda Swanson



Old-Timer Tech Quiz

*Give yourself 1 point for each thing you have NEVER done.
 Zero is a perfect score*

- Used a rotary phone
- Used a floppy disc
- Used a typewriter
- Taken photos with a film camera
- Listened to music on a CD
- Listened to music on a cassette tape
- Listened to music on a vinyl record
- Listened to music on a Walkman
- Watched a video on a VHS tape
- Sent or received a fax
- Accessed the internet by dial-up
- Used a phone book
- Sent a postcard
- Used a paper map on a trip
- Owned a dictionary
- Owned an encyclopedia
- Paid for something with a money order

MY SCORE: _____

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*I'm looking to change careers.
Any suggestions?*

You could try being an electrician,
but it has its positives and negatives.

You could try being an elevator
operator, but it has its ups and
downs.

You could try organized crime, but it
has its pros and cons.

You could try being a butcher, if you
can cut it.

You could try being a dentist, but
you're always down in the mouth.

You could try teaching math, but
everything has to add up.

You could try being a baker, but
you'll knead a lot of dough.

You could try being a doctor, but
you will need lots of patience.

You could try being a barber, if you
can make the cut.

You could try being a roofer, but you
have to stay on top of things.

You could try being a mechanic, but
it can be exhausting.

You could try being a welder, but be
wary of burn out.

You could try being a truck driver,
but you need to be in it for the long
haul.

Milestones



Wilma Anthony
Jan 10, 1934—90 years
Nyssa Gardens



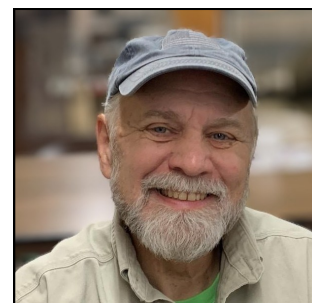
James Eavenson
Jan 15, 1939—85 years
Payette



Albert & Elyssa Alvarez
Jan 31, 1959—65 years
Weiser

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Dave Fisher
Jan 23, 1954—70 years
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