

## Wisdom Through the Ages

New Mexico women from all ages were asked to consider what wisdom they might pass on to a woman 10 or 20 years younger than themselves. This is their advice to us.

By Jennifer Myers



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### 20s ARLENE ESPINOZA-ARMILLO

"Stay curious. I believe the fluttering questions of curiosity are your heart's breadcrumbs to your calling. Take time to listen to people's stories — to slow down and prioritize connection."

**THESE ARE THE DAYS OF:**  
"Understanding how I weave into the tapestry of women and the community."

#### THE SECRET TO LOVING LIFE IN YOUR 20s

"Presence. It's about showing up for who's right in front of me."

### 30s LAUREN GARCIA

"Save your money, dump him, and move on from high school insecurities. I had a hard time letting go of my high school friends, but I should have done it much sooner. Stop trying to fit in and start being you."

**THESE ARE THE DAYS OF:**  
"Poop, glitter, giggles and coffee."

#### THE SECRET TO LOVING LIFE IN YOUR 30s

"Slow down. Let the laundry pile up and leave the dishes in the sink. Give yourself permission."

### 40s MELINDA DER GREGORIAN

"Self-care is loving other people. You can't love other people unless you love yourself, too. Kindness is always a choice. And being vulnerable is not being weak. Being vulnerable is the place where you grow."

**THESE ARE THE DAYS OF:**  
"Discovery and growth."

#### THE SECRET TO LOVING LIFE IN YOUR 40s

"Find the positive and the good in everything. There's always a positive."

### 50s SALLY HOFFMAN

"Spend time with those special people in your life. You don't realize how quickly a day goes by and then it's a week, and a month, and a year, and then they're gone."

**THESE ARE THE DAYS OF:**  
"Finding joy in all that I do. I keep creating ways to stretch my own boundaries."

#### THE SECRET TO LOVING LIFE IN YOUR 50s

"Gratitude. It's being gracious and kind to myself and others."

### 60s ANN NEVAREZ

"Make memories every chance you can — rather than buying something, do something. Have a little taste without jumping all-in. Take a cooking class without committing to a culinary degree."

**THESE ARE THE DAYS OF:**  
"Appreciation and anticipation."

#### THE SECRET TO LOVING LIFE IN YOUR 60s

"Appreciation. Seeing sunsets, sunrises, the fall colors. At one time in my life, I missed it because I was jumping in the car to hurry somewhere."

### 70s ROBERTA MONTOYA

"Be true to yourself. It doesn't matter what other people think. If what they say is negative, they're wrong. Hold on to your faith and be of service."

**THESE ARE THE DAYS OF:**  
"Looking outside myself to serve those in need."

#### THE SECRET TO LOVING LIFE IN YOUR 70s

"Being grateful for all that I have and all that I don't have. I'm able to get up in the morning, and that's one more day of serving."

### 80s MARIAN BRUNO

"Eat healthy, nutritious food and exercise every day. Don't gain weight and keep up with your friends and family."

**THESE ARE THE DAYS OF:**  
"Living life with less stress and doing the things you love to do."

#### THE SECRET TO LOVING LIFE IN YOUR 80s

"I can't stress it enough — eating healthy and exercising every day. I'm so thankful that we have no large medical bills. And it's nice to have a husband who loves to cook!"

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