**Congratulations to our 2020 Graduates!**

“Left foot, left foot, right foot, right. Feet in the morning, feet at night!”

Like all seasons of our lives, this one is upon us with anticipation and excitement. It’s been a long, wonderful journey raising these amazing children, giving them roots from which they’ve grown and now wings that they can spread.

This year with mostly “pandemic” on our collective minds, our graduates are growing and learning more than ever as their celebrations have been cancelled and the end of their primary education comes to an end. Life’s journey isn’t always what we predict it will be. One of the biggest lessons for all of us to learn.

As our graduates jump into their next season of life, simply remember some basic life lessons.

The importance of taking care of yourself is, to me, the most important steps towards beginning a healthy and long life of your own. It’s important that it begins now, and it includes regular exercise. My graduation motto begins and ends with, “exercise and make good choices!”

Exercise and make good choices!

Exercise and make good choices! It’s one of the simplest equations you’ll ever study!

Every graduation year, I am reminded of the brilliance that Dr. Seuss has influenced on graduates around the country from their kindergarten through their formative years.

My mom’s graduation gift to my kids always included, “Oh, the places you’ll go!” by Dr. Seuss. How many of us haven’t read this book since we were kids? It’s brilliant, it’s fun, it’s motivational and it’s true!

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And you are the guy who’ll decide where to go.”

Should I, would I, could I eat a midnight pizza every night? Should I, would I, could I stay up late and sleep in every day? Should I, would I, could I become a lazy person and not brush my teeth? So, with these brains in their head, will they make good choices?

“Out there things can happen, and frequently do, to people as brainy and footsy as you!”

It’s so true. The journey that these graduates are about to embark on is going to be an amazing walk through life beginning with their left foot, left foot, right foot, right.

My words of wisdom are presented like this: Always be smart in everything you do. Burn as many calories as you eat. Choose to practice good safety habits. Always wear your seat belt. Don’t put yourself in an unsafe environment. Use a smoke detector. Don’t drink and drive. Don’t get in a car with someone who’s intoxicated. Learn basic first aid and CPR. Don’t have unprotected sex. Don’t drive too fast. Don’t go out with strangers. Get enough sleep every night. Choose your friends wisely. Don’t smoke. Find a career that you are passionate about.

Words of wisdom from Dr. Seuss go like this: Don’t cry because it’s over, smile because it happened. Why fit in when you were born to stand out? Today was good, today was fun, tomorrow will be another one. You’ll miss the best things if you keep your eyes shut. Think and wonder, wonder and think. Think, you can think any think that you wish. If you never did, you should. Things are fun and fun is good. You are you, now isn’t that pleasant? Sometimes the questions are complicated, and the answers are simple. It’s better to know how to learn than to know. Everything stinks, until it’s finished. The more that you read the more that you’ll know; the more that you know the more places you’ll go. Only you can control your future. Be who you are and say what you mean, because those who mind don’t matter and those who matter don’t mind. Oh, the things you can find if you don’t stay behind! Teeth are always in style. Will you succeed? Yes, indeed. Ninety-eight and three-quarters percent guaranteed. Finally, step with care and great tact; and remember that life is a great balancing act.

Congratulations to the Class of 2020 Go out and do amazing things! We are proud of you!