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DisplayDate: 08/04/1997
DisplayDate_Time: 3:29:40 PM
ComposedDate: 08/04/1997
ComposedDate_Time: 3:28:38 PM
Subject: Advice for runners from Kurt Vonnegut??
A friend from the running club sent this to me. It is pretty good. TO: CC: (bcc: Laura Denk/ARRB)FROM: polikoff
@ erols.com @ INTERNET@WORLDCOM Date: 07/31/97 09:03:49 AM ASTSubject: Advice for runners from
Kurt Vonnegut??>>This was Kurt Vonnegut's commencement>>address at MIT.>>>>>-----
----->>>>Ladies and gentlemen of the class of '97:>>>>Wear sunscreen.>>>>If I could
offer you only one tip for the future, sunscreen>>would be it. The long-term benefits of sunscreen have
been>>proved by scientists, whereas the rest of my advice has no>>basis more reliable than my own
meandering experience. I will>>dispense this advice now.>>>>Enjoy the power and beauty of your youth. Oh,
never mind.>>You will not understand the power and beauty of your youth>>until they've faded. But trust me,
in 20 years, you'll look>>back at photos of yourself and recall in a way you can't grasp>>now how much
possibility lay before you and how fabulous you>>really looked. You are not as fat as you imagine.>>>>Don't
worry about the future. Or worry, but know that worrying>>is as effective as trying to solve an algebra
equation by chewing>>bubble gum. The real troubles in your life are apt to be things that>>never crossed
your worried mind, the kind that blindsides you at 4 pm>>on some idle Tuesday.>>>>Do one thing every day
that scares you.>>>>Sing.>>>>Don't be reckless with other people's hearts. Don't put up with>>people who
are reckless with yours.>>>>Floss..>>>>Don't waste your time on jealousy. Sometimes you're
ahead,>>sometimes you're behind. The race is long and, in the end,>>it's only with yourself.>>>>Remember
compliments you receive. Forget the insults. If you>>succeed in doing this, tell me how.>>>>Keep your old
love letters. Throw away your old bank statements.>>>>Stretch.>>>>Don't feel guilty if you don't know what
you want to do with>>your life. The most interesting people I know didn't know at>>22 what they wanted to
do with their lives. Some of the most>>interesting 40-year-olds I know still don't.>>>>Get plenty of calcium.
Be kind to your knees. You'll miss them>>when they're gone.>>>>Maybe you'll marry, maybe you won't.
Maybe you'll have children,>>maybe you won't. Maybe you'll divorce at 40, maybe you'll dance>>the funky
chicken on your 75th wedding anniversary. Whatever you>>do, don't congratulate yourself too much, or
berate yourself>>either. Your choices are half chance. So are everybody else's.>>>>Enjoy your body. Use it
every way you can. Don't be afraid of>>it or of what other people think of it. It's the greatest>>instrument
you'll ever own.>>>>Dance, even if you have nowhere to do it but your living room.>>>>Read the directions,
even if you don't follow them.>>>>Do not read beauty magazines. They will only make you feel ugly.>>>>Get
to know your parents. You never know when they'll be gone>>for good. Be nice to your siblings. They're your
best link to>>your past and the people most likely to stick with you in the>>future.>>>>Understand that

Body:
recstat: Record
DeliveryPriority: N
DeliveryReport: B
ReturnReceipt:
Categories: