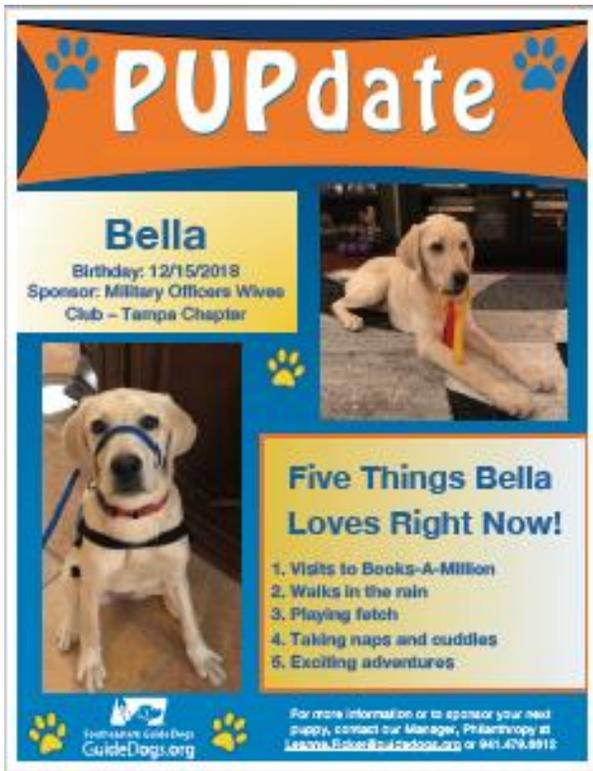


**October Birthdays**

- 13 Joy Harris, Maxine Terry
- 14 Kay Shepard
- 15 Linda Swenson
- 18 Amy Cosgrove
- 19 Flora Davis, Mary Goodson
- 21 Helen Ireland
- 24 Eugenie Wilhelm
- 26 Mary Scott
- 27 Gail Avants
- 28 Fannie Henslee
- 29 Dianne Hoffman, Alice Merlin



**Pupdate on Bella**



Dear MOWC Ladies:

I hope you enjoy the attached Pupdate on Bella. As you may know, she is still with her volunteer puppy raiser, and they are continuing to work on basic obedience and house manners.

Puppies in training at Southeastern Guide Dogs between 6-9 months old are putting the basic obedience skills that they have learned into practice on more complex outings. With their puppy raiser they are venturing out to malls, restaurants, and on public transportation. Prior to this they have been getting to know their neighborhood and only gone to small stores and quiet restaurants. At this age, they are learning the “switch” command when at a doorway and they need to switch to the opposite side of their handler. They practice the “down/under” command when the puppy raiser is seated at a table or desk.

These are important skills for a guide or service dog to learn, and we hope that Bella will continue to progress and someday be someone’s superhero. Thank you again

for supporting our mission and becoming a valued member of our pack!

Warm regards,  
Eva Collins, Administrative Assistant  
Southeastern Guide Dogs

**Aging**

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer until 4 AM or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60 & 70's, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They too, will get old

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet passes? But, broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning silver, and to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).