



## Jill Pertler "Slices of Life"

### The ABCs of making '22 your best '22

Turning the calendar over to a new year is often a time of reflection, not only to look backward but also to look ahead. What can happen to make the future bigger and brighter?

The past year has been overflowing with lessons for my life. It's been a year of change and challenges, struggles and success. Simply put, I've learned a lot – about myself and the world.

I like to play with words and decided it might be fun to put together an ABC guide encompassing some of the eureka's I've experienced that might help create a bigger and better 2022 for us all.

Some of the things 2021 taught me:

- Allow yourself grace when you make a mistake. Allow others the same grace when they mess up. Appreciate everything else.

- Breathe. When the day is long and the road seems steep, take a break and just breathe – in, and then out. If you have to take it one breath at a time, you are still breathing, and that's something.

- Compassion builds bridges, while indifference tears them down. Build bridges.

- Don't take things for granted. It puts you on autopilot. Do pay attention. It puts you in line to see the beauty that surrounds and encompasses you. Don't compare yourself to anyone else. Comparisons minimize your uniqueness. Do be authentically and unapologetically you.

- Endings often have to happen for beginnings to occur.

- Fulfillment comes from within. The world we live in is a beautiful and abundant place. We may be fortunate enough to have loving friends and family in abundance, but we can't be truly fulfilled by the things around us, not even people. That particular abundance must come from a place deep inside.

- Gratitude can serve as the instigator to a joyful outlook. Growth can germinate from the most dire of circumstances. Give more than you receive.

- Hit it out of the park. If you're satisfied with a base hit, you'll never achieve a home run.

- If a door closes, a window may not open. A whole world might open. Don't limit your possibilities.

- Joy is one of the best three-letter words ever invented. Practice joy. Allow joy, even if you can only fathom it in the smallest of increments.

- Kindness can change the world. We need more kindness because we need to change the world.

- Life can be hard, but it can also be joyous. It's also meant to be fun. Sometimes it's all three.

- Miracles are often in the eye of the beholder. Be a beholder.

- Now is the most important time ever. Yesterday is gone. Tomorrow is not yet here. Be present in the moment; pay attention to the now.

- Open your heart, and open your mind. None of us knows the answers to all the questions. Live life with an open outlook, especially and most importantly toward those whose outlook differs from yours.

- Perspective can literally change your world. You (and only you) get to choose your perspective.

- Quit taking life so seriously. This is supposed to be fun. Practice fun.

- Rest when you need to. Radiate joy and love outward whenever you can.

- See things as they really are, and trust in your gut. The sun shines brightly every day, even when clouds attempt to block our view.

- Trust is incompatible with worry and fear. Trust in yourself. Trust in the universe. Trust in life.

- Unconditional love is one of the greatest gifts we can give one another and ourselves. Try to love unconditionally, without outcomes.

- Value what you have over what you want. Value the relationships that ring true in your life, whether they have withstood the

test of time or whether they are in their infancy.

- Worry less. What's the worst thing that could happen? When I ask myself this question, I realize things probably aren't so bad.

- We is always more important than me.

- You are important. You are worthwhile. You matter.

Because X and Z are challenging letters, I followed my advice under "A" and gave myself grace to skip over them. I also couldn't whittle "W" down to just one, so included two, which seems appropriate since it is a double-U.

I hope you find this list useful. If one of my observations meets your needs, I've met my goal.

All the best in 2022. Let's make it the best year ever.

*Jill Pertler is an award-winning syndicated columnist, published playwright and author. Don't miss a slice; follow the Slices of Life page on Facebook.*

By Jean Doran Matua, Editor

We all started 2021 with so much relief that 2020 was over, and hope for everything to soon return to normal. Already weary of the COVID-19 pandemic – and all that came with it – we were not ready for yet another year of it. And yet we faced it, we survived, and we managed to have some fun along the way.

After so many festivals, fishing contests, concerts, anniversaries and birthday parties were canceled in 2020, we showed up in 2021 with extra gusto to party this year. Each of the town festivals had great turnouts. People partied in the streets. Postponed celebrations were held.

Our schools – in one sense the proverbial canary in the coal mine – reacted to changing risks and precautions, fluctuating with each ebb and flow. Teachers, staff, and administrators are to be commended to limiting spread of COVID-19 while being dedicated to keeping kids in school this past year, to the extent possible.

We can look back at those we lost throughout the year – too many might still be with us if not for COVID-19.

There are far more highlights of the past year, though, on which we can reflect, and for which we can be grateful.

# ~ 2021: a look back ~

## JANUARY

The annual Nativity program at St. Anthony and Assumption Churches was an outdoor program this year because of COVID-19. It was delayed because of bitterly cold weather, too, and took place the night of Dec. 30.

An ATV operated by Bruce Lundorff of St. Cloud broke through the ice on Pearl Lake Dec. 31 while returning to shore towing a fish house. Both Lundorff and his 20-year-old grandson passenger made it out of the water and to shore safely; the ATV had to be removed later by Collins Brothers Towing.

Minnesota Lottery winners were announced Jan. 1: Bernard Kiffmeyer of Kimball was the first Minnesota Millionaire Raffle winner of 2021. He purchased the ticket at DeLux Liquors in Luxemburg, and they received a \$5,000 bonus.

The Winter Reading Program at the Kimball Public Library kicked off Jan. 2: "Light Up the Mind."

Residents and staff at Hilltop Health Care Center and Garden View Apartments received COVID-19 vaccinations (Moderna) the morning of Jan. 4 with a second dose scheduled for February.

At a chilly outdoor meeting Jan. 17, the Kimball Boy Scouts took down the Christmas lights at Willow Creek Park, and elected new officers.

A ribbon-cutting was held Jan. 20 at Farmers and Merchants State Bank of Eden Valley at their new building, at the corner of Highways 22 and 55, with the Eden Valley Chamber present.

The Red Cross Bloodmobile came to Kimball Jan. 21, at St. Anne's Catholic Church.

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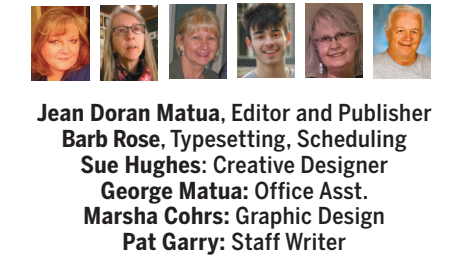
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