

Jake's Jabbers



June 6th is National Yo-Yo Day. Not even sure if the young 'uns nowadays know what a yo-yo is, let alone know how to master it. It's all in the flick of the wrist and the twist of the arm, all with a steady and balanced movement. There are tutorials explaining the step-by-step process. As with any lessons, it's the connection between each step that is challenging to make for a seamless, successful, yo-yo trick. And patience. Yo-yo's can do many things, even "sleep" and provide stress relief! My fave is "Walk the Dog" since it's exactly how I look on the end of my leash just like the yo-yo trick.



As in life, once the basic concept is understood, a whole new world is opened to dealing with or creating a variety of options and tricks. Emerging from the last several months in our shelter-in-place environments, we may need to refine our step-by-step processes and learn a new way to create seamless and balanced connections in our lives.

Here are some snippets from Facebook, friend's emails, and other pop-ups from the internet world I've gathered in the hopes that they provide some touchstones as we bounce back like a yo-yo to our new normal:

- *View obstacles as opportunities
- *Color outside the lines
- *The only way out is through
- *When you can't feel the sunshine, be the sunshine
- *Confidence is silent; Insecurities are loud
- *Better an oops than a What If
- *Be part of the solution rather than the problem
- *As soap is for the body, laughter is for the soul
- *The world - look at it without borders - we are all in this together
- *There will always be rocks in the road ahead of us. They will be stumbling blocks or stepping stones; it all depends on how you use them. ~ Friedrich Nietzsche

May you enjoy being the master of your own yo-yo's in life!
And, remember....Patience!

Jake's Jokes

What goes Buzzzzz, Zzzzzub, Buzzzzz, Zzzzzub?

A bee stuck to a yo-yo.

Why did the yo-yo cross the road?

Because it was Walking The Dog.

What is Why Oh, Why Oh? **yo-yo. Spells yo-yo.**

How do you remember to yo-yo? **oy-oy finger. Tie a string to your finger.**

