**Forgetting**

**Forgetting what lies behind,**

**I press on toward the goal for the prize**

**of the heavenly call of God in Christ Jesus.**

***(Philippians 3:13-14)***

**A young woman gave birth to her first child and because her husband was on military duty, she spent a couple of weeks after the birth at the home of her parents. One day she mentioned to her mother that she was surprised the baby’s hair was reddish when both she and her husband were blonde. “Well Mary,” said the grandmother, “you must remember, your daddy’s hair is red.” “But Mamma,” said Mary, “that doesn’t make any difference, because I’m adopted.” With a little smile, Mamma said the loveliest words that her daughter Mary had ever heard: “I always forget.” *(Bits & Pieces) 12129112***

**Don’t be afraid to forget -- God keeps a complete record of everything. *(Ashleigh Brilliant, in Pot-Shots)***

**Alan Alda: Actor and his wife, Arlene, joke that the secret to their 58-year marriage is forgetfulness. *(AARP: The Magazine / Real Possibilities, 2015)***

**Frank gets on the phone and says: “Hello, Amnesty International? Help! I need to be released from reality!” *(Bob Thaves, in Frank & Ernest comic strip)***

**I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. *(Maya Angelou)***

**The art of forgetting, within reasonable bounds, is as desirable a trait as the development of a keen memory. All of us have rough bumps and heartaches in life. If we weren’t able to forget them, existence would be dismal, drab. Memory has to do with the past. The person with a keen memory has anchored back yonder. The person who has developed the ability to forget has rung down the curtain on the past. He or she is living in the present, planning for the future. Forgetting can be an act of willpower. The stronger our willpower, the easier to blot the past from our conscious minds. The jovial, healthy person with the art of forgetting has a great advantage. He may not be able to entirely ignore the unpleasantries of life as they come along, but he at least doesn’t look at them through a magnifying glass nor preserve their image in memory. *(Bits & Pieces)***

**Little boy waking up mother at night: “I forgot to tell you – I need an asparagus costume for the play tomorrow.” *(Bil Keane, Cowles Syndicate)***

**I've never understood why people consider youth a time of freedom and joy. It's probably because they have forgotten their own. *(Margaret Atwood)***

**Three things are bad for you. I can’t remember the first two, but doughnuts are the third. *(Coach Bill Petersen)***

**Clara Barton, founder of the American Red Cross, reminded once of a cruelty done her, replied serenely, “I distinctly remember forgetting that!” *(Clarence W. Hall, in Reader’s Digest)***

**Every man should keep a fair-sized cemetery in which to bury the faults of his friends. (H. W. Beecher)**

**My Favorite Saying: “May you never forget what is worth remembering or remember what is best to forget.” *(Rose Kniser, in Reminisce magazine)***

**Bird planters: Thick-billed nutcracker birds, native to Scandinavia, hide scores of nuts to eat during the winter. Although a bird remembers where it buried the nuts, it sometimes misses a few. These grow into trees, helping the forest to spread. *(The Diagram Group, in Funky, Freaky Facts, p. 135)***

**Psychiatrist says to Ziggy: “Now where did I put that book on amnesia?” (Tom Wilson, in Ziggy comic strip)**

**The great arrogance of the present is to forget the intelligence of the past. *(Ken Burns, filmmaker)***

**A fellow asked his co-worker why he looked so glum. “Well,” the man replied, “my wife is mad at me. For a whole month she told me not to buy her anything for her birthday. And I still forgot to get her a present.”(James Dent, in Charleston, W. Va., Gazette)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**Forgetting things can make you smarter: A scientific paper in Neuron argued that forgetting outdated memories lets the brain clear out details that don't matter so people can adapt to newer information and make more intelligent decisions. *(Time magazine, July 10-17, 2017)***

**Those who cannot remember the past will spend a lot of time looking for their cars in mall parking lots. (Jay Trachman, in One to One)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**What’s “childhood amnesia”? Psychology jargon for that natural forgetfulness about what happened when you were a toddler. Few people remember much except fragments of their lives until around age 7. *(L. M. Boyd)***

**A clear conscience is usually the sign of a bad memory. (Steven Wright, comedian)**

**Daughter: “What’s that you’re doing, Mom?” Mom: “Cross-stitching a prayer. It’s going to say ‘God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do like, and the eyesight to tell the difference.’” *(Brian Crane, in Pickles comic strip)***

**This is the time of year when you get home from a short trip to find out that the one thing you forgot to turn off was the dandelions. *(Bill Vaughan, in Reader’s Digest)***

**There is a difference between not thinking of someone and forgetting him. *(Werner Kraus, in Madame, Germany)***

**If you drink to forget, please pay in advance. *(Tavern sign)***

**Monk: “Sorry, Sire, the service just ended.” Sire: “Oh-no! The most important ecclesiastical day of the year!” Monk: “It’s okay, come let us walk together. What does Easter mean to you, Sire?” Sire: “The miracle of new life, spring flowers, baby chicks, baskets of colored eggs and chocolate! Lots and lots of chocolate.” Monk: “Aren’t you forgetting something?” Sire: “God forgive me, I forgot all about the Easter bunny.” *(Parker and Hart, in The Wizard of Id comic strip)***

**Money meant little to Albert Einstein. When he first joined the Princeton Institute for Advanced Study, the salary he requested was so low the officials had to double it to preserve the Institute’s standards. He once used a $1,500 check from the Rockefeller Foundation as a bookmark, then lost the book. The Foundation records were out of kilter for months. When they finally sent a duplicate check, Einstein wrote back, “What’s this for?” *(Bits & Pieces)***

**If a man had been guilty of despicable actions, especially toward me, I would try to forget him. I would write his name down on a piece of scrap paper, drop it into the lowest drawer of my desk, and say to myself, “That finishes the incident.” The drawer became a sort of private wastebasket for discarded personalities. Besides, it seemed to be effective and helped me avoid harboring useless black feelings. *(Dwight D. Eisenhower)***

**Preparing to discuss electricity, the professor asked the class if anyone knew just what electricity is. A student in the back put his arm up hesitantly for a moment or two and then plucked it back down. The old prof saw this but asked him again anyway: “What is electricity?” “I forget,” came the sheepish reply. “Ach,” the professor exploded. “The only man in the world who knows what electricity is, and he forgets!” *(Doug Clark, in Reader’s Digest)***

**We are all looking for something of extraordinary importance whose nature we have forgotten. *(Eugene Ionesco, playwright)***

**Falling out of love is chiefly a matter of forgetting how charming someone is. *(Iris Murdoch)***

**Henry Ford forgot to put reverse gear in the first car he manufactured. Then in 1957, he bragged about the car of the decade. It was the Edsel, renowned for doors that wouldn’t close, a hood that wouldn’t open, paint that peeled, a horn that stuck, and a reputation that made it impossible to resell. However, Ford’s future track record contains more glowing productions. *(Glenn Van Ekeren, in The Speaker’s Sourcebook, p. 150)***

**No man ever saved anybody, or served any great cause, or left any enduring impression who was not willing to forget indignities, bear no grudges. The world saviors have all, in one way or another, loved their enemies and done them good. *(Harry Emerson Fosdick, famous Protestant preacher)***

**Forgetfulness is a form of freedom. *(Kahlil Gibran, American poet and artist)***

**After her 90th birthday, my friend Marie found that shopping for Christmas gifts had become too difficult, so she decided to send checks to everyone instead. On each card she wrote, "Buy your own present," and she mailed them early. Marie enjoyed the usual flurry of family festivities. Only after Christmas did she get around to clearing off her cluttered desk. Under a stack of papers, she was horrified to find the gift checks which she had forgotten to enclose. *(Alice H. Cork, in Reader's Digest)***

**Nelson says to his friend: “My Grampa knows a lot about history, don’t you, Grampa?” Grandpa: “Mm.” Nelson says to his friend: “He told me that he’s forgotten more about history than most people will ever know. Go ahead, ask him something.” Boy: “Who was the 13th President?” Grandpa: “I forgot.” Nelson: “See!” *(Brian Crane, in Pickles comic strip)***

**Even if happiness forgets you a little bit, never completely forget about it. *(Jacques Prevert)***

**A retentive memory may be a good thing, but the ability to forget is the true token of greatness. *(Elbert Hubbard)***

**To err is human, to forgive is divine -- but to forget it altogether is humane. *(Gloria Pitzer's Secret Recipe Report)***

**A weeping woman bursts into her hypnotherapist’s office and declares: “Doctor, I have been faithful to my husband for 15 years, but yesterday I broke that trust and had an affair! The guilt is killing me. I just want to forget that it ever happened!” The hypnotherapist shakes his head. “Not again …” *(Alan Lynch, in Reader’s Digest)***

**Son: “Dad, I have a question! It took me a long time to even talk about this. So please don’t take it the wrong way. I really want an honest answer, and I don’t want you to get mad, but what you say could change my life forever, okay?” Dad: “So what’s the question?” Son: “I forgot.” *(Hector Cantu and Carlos Castellanos, in Baldo comic strip)***

**There are times when forgetting can be just as important as remembering – and even more difficult. *(Harry & Joan Mier, in Happiness Begins Before Breakfast)***

**An injury is much sooner forgotten than an insult. *(Lord Chesterfield)***

**Mick Jagger turned down a L3.5 million advance offer on his memoirs from a publisher because, he said, he “couldn’t remember” enough significant details from his own life. *(Noel Botham, in The Ultimate Book of Useless Information, p. 120)***

**The Chinese spent years copying the American Boeing 707 jet but forgot just one thing: the center of gravity. Now their expensive copy, the Y-10, can’t fly. *(Ripley’s Believe It or Not!: Book of Chance, p. 153)***

**Communism forgets that life is individual. Capitalism forgets that life is social. *(Martin Luther King Jr., in The New York Times)***

**There was one thing said of King Henry VI of England. It said that he never forgot anything but injuries. Of Cranmer it was said: “If you want to get a favor from him, do him a wrong.” And Emerson said of Lincoln: “His heart was so great as the world, but there was no room in it for a memory of a wrong.” Never, ever forget the joys, the kindnesses, the love, the friendship in your life. But always forget the wrong done to you, the bad times, the unkindness and the injuries. *(Christopher Ian Chenoweth, Unity Minister)***

**What we learn with pleasure we never forget. *(Alfred Mercier)***

**I’ve got “Sometimers.” Sometimes I remember and sometimes I forget. *(Spike Lee, in Newsweek)***

**To ease another's heartache is to forget one's own. *(Abraham Lincoln)***

**Successful people forget. They know the past is irrevocable. They’re running a race. They can’t afford to look behind. Their eye is on the finish line. Magnanimous people forget. They’re too big to let little things disturb them. They forget easily. If anyone does them wrong, they consider the source and keep cool. It’s only the small people who cherish revenge. Be a good forgetter. Business dictates it, and success demands it. *(Bits & Pieces)***

**The Listless Feeling: I had just completed a memory-training course and was eager to demonstrate my prowess. One morning, I told my wife I’d do the monthly marketing on the way home from work that evening. After scanning her laboriously compiled list of 67 items, I dramatically tore it up and recited it back to her. “How did the shopping go?” asked my wife when I got back home. I was dumbstruck. I had forgotten to go to the store! *(N. Orsmond, in Reader’s Digest)***

**Perhaps you are harboring a sense of guilt for something done or left undone in the past. Your past is retained only by your thought. It is not the incident but the memory of it that causes the effects of it today. The moment it is dropped from your consciousness, it is gone from the only place it ever existed. (Eric Butterworth, in Celebrate Yourself)**

**Dennis says to his Dad at the grocery store: “It’s a lot more fun shopping when you forget to bring the list!” *(Hank Ketcham, in Dennis the Menace comic strip)***

**My husband was usually preoccupied with the crop and livestock problems on our farm. However, when his mother phoned to say she was going to visit us, he agreed to meet her train. One the day of her arrival, I gave him a list of things we needed in town and asked him to go in a bit early and pick them up. Later in the day, when he came home with a box of groceries, his mother wasn’t with him. I asked if she had missed her train. “Good Lord!” he said. “She wasn’t on the list and I forgot all about her.” (Margaret Parsons, in Reader’s Digest)**

**It is the nature of the mind to forget – and the nature of man to worry about his forgetfulness. *(Gordon H. Bower, psychologist)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**You may forget with whom you laughed, but you will never forget with whom you wept. *(Arab proverb)***

**My Favorite Saying: “May you never forget what is worth remembering or remember what is best to forget.” *(Rose Kniser, in Reminisce magazine)***

**A man who says he never forgets a face has probably never been to a college reunion. *(Franklin P. Jones, in Quote magazine)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**The news is what people have forgotten, not just what people don't know yet. *(David Corn, journalist)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The advantage of a bad memory is that one enjoys several times the same good things for the first time. *(Friedrich Nietzsche)***

**The most fundamental form of human stupidity is forgetting what we were trying to do in the first place. *(Friedrich Nietzsche)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Forgetting is not all bad. It is a way your brain clears out the clutter to maintain an efficiently functioning memory. (Psychologist Alan S. Brown, in Rocky Mountain News))**

**Why O'Brien doesn't fear obscurity: Conan O'Brien has already made his peace with being forgotten, said Dave Itzkoff in The New York Times. The late-night mainstay hosted The Tonight Show until 2010, moved to TBS, and after making no new shows since October, is returning with a half-hour format that looks like a half-step into retirement. "This concept that I must be the king of the night, I don't even know what that means anymore," says O'Brien, 55. "It's an outmoded concept." Two years after he makes his last shows, "It's going to be, Who's Conan? This is going to sound grim, but eventually, all our graves go unattended." O'Brien means this literally. He once visited former President Calvin Coolidge's Vermont resting place and found it desolate -- this despite America's 30th president being "pretty popular" in his day. He credits comic, actor-director Albert Brooks with liberating him from the frantic need to make a permanent mark on the world. "When I met him the first time, I said, you make movies, they live on forever. I just do these late-night shows, they get lost, they're never seen again and who cares?" Brooks, he says, replied, "What are you talking about? None of it matters. It doesn't matter. You'll be forgotten. I'll be forgotten. We'll all be forgotten." After that, O'Brien said, "I was walking on air. It was incredibly freeing." *(The Week magazine, February 1, 2019)***

**Life is much more positive, more productive, and far happier on a past-is-forgotten basis. Memory courses are good and helpful, but most of us have more need of learning to forget. We should not try to get fulfillment from past successes nor be bound by past failures. Consider people such as Lincoln, Churchill and Edison. They respected their minds too much to clutter them with thoughts of failure or bitterness. They had good “forgetteries.” (Eric Butterworth, in Celebrate Yourself)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The man looked worried when the doctor came in for his annual physical, so the doctor asked if anything was troubling him. “Well, yes, Doc,” answered the patient. “I seem to be getting forgetful. I’m never sure where I put the car, or whether I answered a letter, or where I’m going, or what I’m going to do if I get there. What can I do about this?” The doctor mused for a moment, then answered: “Pay me in advance.” (Rocky Mountain News)**

**I had somehow neglected to pay the bill from the local hardware store. When a second bill arrived, I fully expected a polite warning. Instead, there fell out of the envelope a packet of seeds -- forget-me-nots. The bill was promptly paid. (Donald J. Carlson, in Reader's Digest)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**People change and forget to tell each other. (Lillian Hellman, playwright, in Toys in the Attic)**

**If you wish to forget anything on the spot, make a note that this thing is to be remembered. (Edga*r* Allan Poe)**

**POPSICLES: Eleven-year-old Frank Epperson accidentally left a mixture of powdered soda mix and water on his back porch one winter night in 1905. The next morning, he found the stuff frozen, with the stirring stick standing straight up in the jar. He pulled it out, and had the first “Epperson icicle” – or “Epsicle.” He later renamed it “Popsicle,” since he’d made it with soda pop. It was patented in 1923, 18 years later. (Uncle John’s Best Bathroom Reader, p. 28)**

**The long-term accommodation that protects marriage and other such relationships is forgetfulness. (Alice Walker)**

**A pup can’t remember anything for more than 30 seconds. Vets say this explains why you have to get to the little rascal promptly after it strikes, if you want to housebreak it properly. *(Boyd’s Curiosity Shop, p. 172)***

**What we puzzle out for ourselves we’re less likely to forget. *(Bits & Pieces)***

**It was Publilius Syrus out of the age of classics who said: “The remedy for wrongs is to forget them.” *(L. M. Boyd)***

**Elephants and grandchildren never forget. *(Andy Rooney, Tribune Media Services)***

**Remember your humanity; forget the rest. *(Bertrand Russell)***

**A mystery guest on What's My Line? was a Kentucky colonel who sold fried chicken. The old gent charmed the audience and the panel, but everyone forgot him until his first franchise came out. Meet Colonel Sanders. *(Ripley's Believe It or Not!: Book of Chance, p. 24)***

**Dolly: “I got the sled, but Santa forgot to bring me the snow.” *(Bil Keane, in The Family Circus comic strip)***

**Fanaticism consists in redoubling your effort when you have forgotten your aim. *(George Santayana)***

**Bob was having trouble getting to sleep at night. He went to see his doctor, who prescribed some extra-strong sleeping pills. Sunday night Bob took the pills, slept well and was awake before he heard the alarm. He took his time getting to the office, strolled in and said to his boss: “I didn’t have a bit of trouble getting up this morning.” “That’s fine,” roared the boss, “but where were you Monday and Tuesday?” *(H. B. McClung, in Reader’s Digest)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\****

**In the wintertime squirrels lose about half of their nuts because they forget where they stored them. *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 52)***

**Every year millions of trees grow thanks to squirrels forgetting where they buried their acorns. *(Kute Blackson, in The Magic of Surrender, p. 128)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Keep your eyes open to your mercies. The man who forgets to be thankful has fallen asleep in life. *(Robert Louis Stevenson)***

**To pass time at stoplights, you can call to mind what things you think were essential in the stock of an Old West general store. Am told most people when so challenged forget two of the more basic: whiskey and Bibles. *(L. M. Boyd)***

**A good storyteller is a person who has a good memory and hopes other people haven’t. *(Irvin S. Cobb, humorist)***

**The sign says: REPAY STUDENT LOANS HERE. Frank asks the man working behind the counter: “Do I have to pay it all back, since I forgot most of what I learned anyway?” *(Bob Thaves, in Frank & Ernest comic strip)***

**Successful people forget. They know the past is irrevocable. They’re running a race. They can’t afford to look behind. Their eye is on the finish line. Magnanimous people forget. They’re too big to let little things disturb them. They forget easily. If anyone does them wrong, they consider the source and keep cool. It’s only the small people who cherish revenge. Be a good forgetter. Business dictates it, and success demands it. *(Bits & Pieces)***

**At the coin laundry, a little gray-haired woman was wearing a T-shirt that read: “I finally got it all together and now I forgot where I put it.” *(Nadine Saunders Saundwes, in Reader’s Digest)***

**They may forget what you said, but they will never forget how you made them feel. *(Carl W. Buechner)***

**Though the past haunts me as a spirit, I do not ask to forget. *(Felicia Dorothea Browne Hemans)***

**We forget all too soon the things we thought we could never forget. *(Joan Didion)***

**The best way to forget all your troubles is to wear tight shoes. *(Bedside Bits)***

**Why do I keep forgetting what I want to remember, and remembering what I want to forget? *(Ashleigh Brilliant, in Pot-Shots)***

**Why It’s OK to Forget Sometimes: Forgetting things can be frustrating or even worrying, but it might actually be good for our brains. Based on pre-clinical trials, researchers at Trinity College Dublin and the University of Toronto propose that forgetting is something the brain does to prune clutter. On the flip side, their research suggests that buried memories could be brought back, even in people with amnesia. If further study supports these findings, more serious memory loss could be treated. Also, a new German study shows that cognitive processing speed generally begins to change after age 60. In the study, older participants took longer to settle on decisions, but mainly because they were more careful to avoid making mistakes – which is, of course, a smart thing if you want to make better choices. *(Reader’s Digest, September, 2022, page 46)***

**The man who says his wife can't take a joke forgets that she took him. *(Oscar Wilde)***

**Woodrow Wilson used to tell about a group of college professors who were considering the misconduct of a certain student. One of the professors urged severe punishment. “After all,” he said, “God has given us eyes.” “Yes,” replied another professor, “but he has also given us eyelids.” *(Bits & Pieces)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**A young parish minister about to deliver his first sermon asked a retired cleric for advice on how to capture the congregation’s attention. “Start with an opening line that’s certain to grab them,” the older man said. “For example: ‘Some of the best years of my life were spent in the arms of a woman who was not my wife.’” He smiled at the younger man’s shocked expression before adding, “She was my mother.” The next Sunday the young clergyman nervously clutched the pulpit rail in front of the congregation. Finally he said, “Some of the best years of my life were spent in the arms of a woman.” He was pleased at the instant reaction – then became panic-stricken. “But for the life of me, I can’t remember who she was!” *(Gil Harris, in Reader’s Digest)***

**Women over 50 don’t have babies because they would put them down and forget where they left them. *(Rocky Mountain News)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The best way to forget your own problems is to help others solve theirs. (Bits & Pieces) 49015**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***