



Ch...Ch... Ch...Ch... Changes!

Are you still mourning the hour you lost last Sunday? I love Benjamin Franklin but I have to say, I have never been fond of his darned daylight's saving time invention. I practically turn inside out with depression when we "fall back." I am, though, always ecstatic to give up the hour of sleep every spring in exchange for more light! The news that we get four weeks of extra light this year was incredibly exciting to this spring baby.

I was born on the date that usually marks the first day of Spring, so I think I popped out of the womb predisposed to have a particularly needy hypothalamus, the apparently crucial part of our brain this time of year. The sun lights me up, inside and out. Springing forward is a change that I love.

On a recent episode of *Grey's Anatomy* one line gave me pause: "Sometimes our blind spots keep our lives bright and shiny." I started thinking about the blind spots I have around change. I have been so focused on the bright and shiny lately with spring in the air, and I realized it's pretty simple, actually: I love changes that feel good, and I don't like the ones that don't feel good.

I have a grandmother whose health has required us to move her recently from her lovely condo into a "home" with people who are also in declining health. My grandmother – and those of us around her – are not dealing with this change very well. It doesn't feel good to see people unhappy or suffering. There are a lot of changes around aging that I would rather sweep under the carpet, and remain blind to. But, this is a blind spot worth uncovering. Life is about changes. It would be far worse if things stayed the same, wouldn't it? Shoving the icky changes into the dark, blind corners prevents us from living to our fullest.

The other day when I visited my grandmother, I took her out to the garden to sit in the sun for a little while. I have to remember that moment; all the changes in that moment seemed to balance themselves out. The spring sun lifted her mood and mine. It's all good. It's just change... sometimes it's not so shiny, and sometimes it's very, very bright.

Bridget Fonger is co-author of "The Lazy Woman's Guide to Just About Everything" and a freelance writer and producer living in Sierra Madre. Visit her website at LazyWoman.com. Send questions you would like to have this Lazy Woman answer in this column to Bridaeti@LazvWoman.com.