

For The Not So Young Ones... By Linn Lopez

Subject: DO YOU HAVE AAADD?

RECENTLY, I WAS DIAGNOSED WITH A.A.A.D.D - Age Activated Attention Deficit Disorder. This is how it manifests itself:

I decided to water my garden. As I turn on the hose in the driveway, I looked over at my car and decided my car needs washing. As I started toward the garage, I noticed that there is mail on the porch table that I brought up from the mail box earlier. I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only 1 check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find a can of Coke that I had been drinking.

I'm going to look for my checks, but first I need to push the coke aside so that I don't accidentally

knock it over. I see that the coke is getting warm, and I decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye-- they need to be watered.

I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning. Then I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spilled on the floor. So, I set the remote back on the table, get some towels and wipe up the spill, then, I head down the hall trying to remember what I was planning to do.

At the end of the day :
----the car isn't washed,
----the bills aren't paid,
----there is a warm can of Coke sitting on the counter,

----the flowers don't have enough water,
----there is still only 1 check in my checkbook,
----I can't find the remote,
----I can't find my glasses,
----and I don't remember what in the world I did with the car keys!

Then, when I try to figure out why nothing got done today, I'm really baffled, because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Do me a favor, will you? Forward this message to everyone you know, because I don't remember to whom it has been sent.

Don't laugh-- if this isn't you yet, your day is coming!!!

Growing older is mandatory. Laughing at yourself is therapeutic

P.S.
I just walked outside and
SOMEONE LEFT THE WATER
RUNNING IN THE DRIVEWAY
!!!!!!



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