

SLOW DANCE

*Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You better slow down.
Don't dance so fast.
Time is short.
The music won't last.*

*Ever told your child,
We'll do it tomorrow?
And in your haste,
Not see his sorrow?
Ever lost touch,
Let a good friendship die
Cause you never had time
To call and say "Hi"?
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.*

*Do you run through each day
On the fly?
When you ask "How are you?"
Do you hear the reply?
When the day is done
Do you lie in your bed
With the next hundred chores
Running through your head?
You'd better slow down
Don't dance so fast.
Time is short.
The music won't last.*

*When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift....
Thrown away.
Life is not a race.
Do take it slower
Hear the music
Before the song is over.*

N.B.: This message is dated a few years, but the principle is altruistic and worth sharing.

**PLEASE FORWARD THIS TO HELP THIS LITTLE GIRL. ALL FORWARDED
E-MAILS ARE TRACKED TO OBTAIN THE TOTAL COUNT.**

Dear All:

PLEASE pass this mail on to everybody you know. It is the request of a special little girl who will soon leave this world as she has cancer. Thank you for your effort, this isn't a chain letter, but a choice for all of us to save a little girl that's dying of a serious and fatal form of cancer. Please send this to everyone you know... or don't know. This little girl has 6 months left to live, and as her dying wish, she wanted to send a letter telling everyone to live their life to the fullest, since she never will. She'll never make it to prom, graduate from high school, or get married and have a family of her own. By you sending this to as many people as possible, you can give her and her family a little hope, because with every name that this is sent to, The American Cancer Society will donate 3 cents per name to her treatment and recovery plan. One guy sent this to 500 people! So I know that we can send it to at least 5 or 6. Just think it could be you one day. It's not even your money, just your time.

"PLEASE PASS ON AS A LAST REQUEST"

**Dr. Dennis Shields, Professor
Department of Developmental and Molecular Biology
1300 Morris Park Avenue, Bronx, New York 10461**