



I took this picture when we floated over a balloon. I had never seen a balloon from this angle.

### QUOTE OF THE DAY

*"Like a shamanistic language, flight speaks in different idioms. We can blast rockets to the stars. We can race across the sky on fixed wings. Ballooning appeals because it is more languorous and low-tech; it's adventure in an antique mood.*

*"What a treat to stroll through the veils of twilight, to float across the sky like a slowly forming thought. Flying an airplane, one usually travels the shortest distance between two points. Balloonists can dawdle, lollygag, cast their fate to the wind and become part of the ebb and flow of nature, part of the sky itself, held aloft like any bird, leaf or spore. In that silent realm, far from the mischief and toil of society, all one hears is the urgent breathing of the wind and, now and then, an inspiring gasp of hot air."*

— Diane Ackerman, 'Traveling Light,' op-ed in the New York Times, 11 January 1997.

**This card—What's UP?—is Number 1 in a series of "Diversions for You and Your Friends" by Arlene Harder, MA, MFT, Support4Change Blog.**

Being sick or having a major problem in your life is a pain in the neck. This is because, in large part, any situation that negatively impacts your life forces you to think about *it*, rather than more pleasant things. That is why this card is designed to take your mind off your troubles, at least for a while. It is also a way you can share this diversion with family and friends who need a boost today.



I took this photo from a balloon during a Temecula Valley Balloon and Wine Festival near San Diego, California. I think these balloons UP in the air make a fine illustration for the article inside.

## What's UP?

This following was sent to me in 2012 by my brother, Art, in an email titled, "UP – An English Lesson." I found it interesting and hope you do as well.

This is what my brother had to say about it:

"What is somewhat interesting to me is that if you quickly asked me what form of speech "UP" is, I would say "preposition." However, it seems nearly every occurrence here is an adverb (or an adverbial preposition...if there is such a thing) and sometimes a noun... almost no true prepositions."

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A two-letter word in English has more meanings than any other two-letter word, and that word is 'UP'. It is listed in the dictionary as an [adv.], [prep.], [adj.], [n] or [v].

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election (if there is a tie, it is a toss UP) and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is blocked UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with (UP to) a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP!

Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night? . . . U . . . P!

Did that one crack you UP?

Don't screw UP.. Send this on to everyone you look UP in your address book . . . or not . . . it's UP to you.

Now I'll shut UP!

— Anonymous

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***I hope this has cheered you UP!***

*May you have peace, joy and love*