

# Times Remembered

*by* Jeanette Cheezum

Delightful days spent at the beach.

Children building castles; as parents  
watched waves glistening under the afternoon  
sunlight. Sanderlings running with beaks down,  
hoping for a tasty morsel through the ebb  
and flow of tides.

As time went by, briefcases, cell phones and  
SUV'S made our busy family go their separate  
ways. Only congregating once or twice a year,  
for graduations, holidays and a death here or  
there....

When stressed, I'll reflect on those pleasant  
memories embedded deeply in my heart.  
Days when waves glistened under  
the sunlight and sanderlings ran to and fro.

