

# Idle Thoughts on Idle Thoughts

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Idle Thoughts on having and writing about idle thoughts.....As the title of this column implies, these are just my Idle Thoughts. Oftentimes, when putting fingers to keyboard, I will do some research, especially if the research substantiates or repudiates my thoughts. Most times, I do a free form type of thinking feeling that the reader will understand, that it is indeed how she herself thinks. One thought happily leading to another until the problem is resolved, another task arriving to banish pure thinking or, as so often happens to the over 50 crowd, forgetting what I was thinking about and going on to something entirely different. Idle thinking it can be said, therefore, is good for the psyche. It unclutters the mind and opens the heart to solutions.

It is hard to escape the twin dilemmas occurring today, the economy and who best to lead us out of the crisis. History will define for us the efforts of our President (and his staff) and the economy will do what it usually does, correct itself. I thought that by being diversified, owning real estate, buying bonds, having cash and yes, holding equities was enough to save me from today's situation. But given the fact that all sectors are affected today, other than buying bonds, my actions were not enough to protect my assets. And so I sit, wondering like the rest of you what I should do. I query my patients, staff, family and friends as to their thoughts, listen to their tales of woe and just remember a quote attributed to our 3rd President, Thomas Jefferson, "When you reach the end of your rope, tie a knot in it and hang on."

Fairly smart advice, when you think of it in the context of today's events. Live life moderately, correct those things that are out of balance, bring family/friends close and just hang on.

Some of us like to blame the banking industry, even when those sub-prime mortgages inflated the prices of the homes we sold for more money than what we thought possible. Some of us like to blame the former President while we conveniently forget he was not elected on a foreign policy/terrorism platform and yet managed to keep us from experiencing another attack on domestic soil. And yes, some of us do not know the extent of change necessary to truly effect change, but we have learned and will continue to do so through 2016 or as Thomas Jefferson again so eloquently stated, "No man will ever carry out of the Presidency the reputation which carried him into it". Ah.....to be in government.....not.

We mean well, we try hard, we do our best and, in the end, we hope that our best was enough. Will our actions support our reputations in the end? Recognize that your Idle Thoughts are more appropriate to your state of being than you (and others) sometimes accord credit. Flow with them, give them their due and then act on them! You will be glad you did. In the meantime, just hang on.