

**To:** jeevacation@gmail.com[jeevacation@gmail.com]  
**From:** William Riley  
**Sent:** Thur 2/3/2011 9:58:37 AM  
**Subject:** Reflections

As February 4th approaches I have taken the time to reflect back over the past year. No doubt that February 4th was the worse day in my life. It was a day where not only my life but those of my children, grandchildren and friends were changed forever.

While the year has had it sad overtones there also was good in 2010. My grandson, Sean, was born on February 18th. I have had the opportunity and privilege to spend quality time with my kids (Kim, Danny, Mark & Dina), my grandchildren (Madison, Emma, Colin & Sean) and as well with close friends -- both new friends and old friends from over 40 years or more. I also met a lady, Sandy, who I am enjoying my time in developing a relationship and spending time with.

Over this past year I have had my "ups" and my "downs" but thanks to my family they have always bought me back to my core-self. I am who I am!

I believe when there is a sudden and unexpected death it is then you learn just how important it is to hold onto your memories...no matter how small or big, sad or happy, it is the memory that keeps Jan alive inside of me forever. I am learning to endure and move on but never really get over her death. It just becomes part of who I am.

I have learned and experienced that you should not take life for granted - live well, play hard, laugh and love.

Mostly I have learned to live in the moment as nothing else really matters except the love shared between family and friends. Embrace life where it happens!

I learned that it is okay to cry -- not only alone but with family and friends. I am realizing there are many roads and paths one can take after suffering such a tragedy but the right road (for me) is to hold my head high, cherish my memories, love my family and friends and live the remaining years I have on this earth to the fullest.

Lastly, I believe that once we lose the people we love that is when we really understand how important they were to us.

I love y'all,  
Me