

To Those of You Still Growing Up,

Life moves fast. Between school, sports, jobs, and social media, it can be hard to slow down and fully experience the little time that we have. Too often our time is spent worrying about the future or replaying the past instead of just enjoying what is happening right now. The story *The Girl With the Three-Minute Memory* reminds us why living in the moment and valuing relationships matters more than we often realize.

Imagine waking up every few minutes and forgetting what just happened. Imagine meeting someone, laughing with them, and then losing that memory almost immediately. For most teenagers, memories are something we expect to keep forever. We assume there will always be more time to talk to friends, visit family members, or say the things we mean. But life does not always work that way.

Living in the moment does not mean ignoring responsibilities or never thinking about the future. It means paying attention to the people around you while you still can. It means appreciating small moments, like laughing during lunch, talking with grandparents, or spending time with friends after school. These moments may seem ordinary now, but someday they could become the memories you value most.

Relationships also require effort. Friends and family members need support, kindness, and honesty. A simple text message, a conversation, or even listening to someone who is struggling can make a bigger difference than you realize. I can't exaggerate how much value just your very existence can hold in someone else's life. The strongest relationships are built through real conversations, shared experiences, and meaningful moments that cannot always be captured on a screen.

The truth is that memories can fade, circumstances can change, and people may not always be around forever. That is why the present matters. Every day gives people another chance to connect with others, create meaningful experiences, and show appreciation for the relationships that shape their lives.

So before rushing through another day, take a moment to truly notice the people around you. Put the phone down once in a while. Laugh a little longer. Say what you mean. Make memories worth keeping. Life is not only about planning for the future—it is also about appreciating the moments happening right now.

Sincerely,
A Fellow Observer

