

I was running through wet grass barefoot, holding my backpack in one hand and my socks and shoes in the other, when I stopped to smile and wave to my neighbor. It was early in the morning, and we were late again, but it was impossible for me to be upset when such a joyful old lady waved to me.

Lois is one of those people who can make your day with just one wave. She is always so consistent and hard working. Every morning she wakes up, probably just before the sun, and walks down our road. Most of the time she's with her friend (whose name also happens to be Lois) and comes out even in the cold. If we don't make it out of the driveway before she walks past our house, we know that we're late. Lois never seems rushed; she always has time to look at the new flowers we plant and to say good morning to our dogs. The sight of Lois walking along the road makes me slow down and appreciate the little things in life.

Lois, being about 90, still has a garden, but to make it easier for her to care for, she has her plants each in their own little bucket. Her garden is always tidy, and I wonder how much time it takes her to water all her plants. She is so industrious and when you look at her garden you can see that. Lois's love for plants also extends to animals. She has a bird feeder which is never empty and is always surrounded by birds. We've heard her tell us stories of the different birds that she has seen in her yard, and the different types of food that she has set out to get them to come. When you see how much she cares about birds, you can assume how much more she must care about people. Another great thing about Lois is that though she's consistent, she is also unexpected. One time the sole of her shoe was starting to fall off and she was explaining how she was going to fix it with Super Glue, when this old lady bent over and touched her toes to show us where her shoes were damaged. It completely shocked me that Lois could touch her toes because very athletic people I know can't! Another thing is that I assumed that Lois no longer drove, but one day I saw her drive down our road! And not only was she driving, but she was driving a big, old, tan pick-up truck!

My favorite thing about Lois is her attitude toward life. The way she always has the time to see everything and smile at all. My hero is always around when I need her to show me how to slow my life down and take the time to notice all the good.

