

HAROLD A. NORD, M.D.

Genny Petersen, A.P.N., C.N.P. ☞ Angela Klein, A.P.N., C.N.P. ☞

1302 Franklin Avenue, Suite 3000 Normal, IL 61761 ☞

Phone: 309-454-3456 ☞ Fax: 309-454-6977 ☞ www.hnordobgyn.com



The Prime of Life . . .

My how time does fly. On the 23rd of this month I will turn 55 years old. They say that this will be a special birthday, because I was born in the year 1955. I can remember as a teenager that I thought that people past fifty were really "old timers" who sat around waiting for the Lord to take them home. Now I'm looking in the mirror and realizing that I was wrong about people being old at this age. At this age it's how you feel and your attitude that determines whether or not you are young at heart and still going strong physically, mentally and spiritually.

I know a lot of people at this age who feel they are just peaking in their ability to enjoy the true meaning of life.

For most of us we spent the first 5 years of our lives learning how to walk and talk so our parents could send us off to school to learn how to read, write and become wise to the ways of this world. We gained knowledge as we walked up the steps of higher

education, until we branched the tools we would use to attain a career that would provide for our needs in this life.

Over the next 25 -30 years some of us may have married, had children and helped them to go through the same cycle our parents took us through when we were young.

As I reminisce over the past 55 years, I recognize that most of my life has been led by the example my parents set before me. Now that my wife and I are empty nesters, I somewhat like it. My children live in town and the Lord has blessed them with nine wonderful grandchildren that I can love and spoil as their grandfather and never get in trouble.

I also agree that this is a prime time in my life. My children treat me as though I am wise and they ask for my advice when they have tough decisions to make. People give me more respect as I get older and I feel a closer relationship with my Lord and Savior Je-

sus Christ. I try to live my life loving and worshipping God and loving others. He has been my strength when I was weak and my shepherd guiding me back to the path He has set before me.

One thing that I can tell everyone after 55 years of age, is that God has been faithful to the promise He has taught me through the Living Bible. That He loves me and sent His Son Jesus to die for my sins, so that I could have a personal relationship with Him and live forever with Him, if I believe in His son, confess my sins and accept Jesus as my Savior.

My birthday wish is that everyone would come to accept Jesus as their savior and desire to spend eternity with Him in heaven.

I also want to introduce you to the youngest member of our writing team. My oldest grandson, Ernest William Waterson.

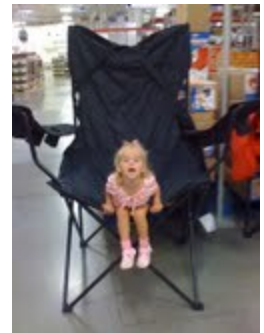
Dr. Harold



Cannon and Carson and a helicopter



Cooper snuggled up



Rae tries out a new chair



Axel headed to school

Ernie's Backpage



My name is Ernie Waterson. I am Dr. Nord's grandson. He asked me if I could write the newsletter for him. I am going to write about my art, because it's fun, and I like to draw and paint. The art I like to draw and paint are birds, boats, and nature. The art you see are boats and birds. When I do art I feel like an artist and I feel excited and creative. Another reason I like art, is because my dad is an artist and I am good at art, because he is an artist. Thank you and goodbye.

