

# To Me-Then From Me-Now

This week I offer advice to the one person I know isn't listening.

**T**en years ago I turned 23. This coming weekend is the tenth anniversary of that birthday.

The most fitting way to celebrate this anniversary is to bestow my knowledge on the younger version of myself. One for each year, here's my list of ten:

**1)** Your bank account is never too low to purchase good moisturizer. Go without food if you must; your future crow's feet will thank you.

**2)** Pop-Tarts: Throw them away right this second. While you're at it, do yourself a favor and give up all food products with bleached flour. Those few hundred extra calories will turn into ten pounds before you know it.

**3)** Tanning beds are the motherf-king devil. I don't care how hot you look with a tan; it's really not worth it.

**4)** That sleeveless denim dress from The Gap is not a good idea. In fact, the pictures will haunt you for years to come. Do not, under any circumstances, take that dress home.



## That's What She Said

BY SARAH NIELSON  
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**5)** That gym membership you're paying for is useless unless you actually go. Develop a workout habit and stick with it. (See No. 2.)

**6)** You know that guy you can't get out of your head — the one who just broke up with his girlfriend? Well you're his rebound relationship and will end up very hurt. Walk away.

**7)** Speaking of dating, stop chasing jocks. You are missing out on all the intelligent, creative guys. The ones that will still look good in 2008, but will also have a wedding band.

**8)** Quit your job and go back to school. Don't you dare put your education off. The older version of yourself is backslapping you for her current college algebra course.

**9)** Drink heavily. Seriously, get it out of your system now because those hangovers in your 30s are among the worst moments of your life.

**10)** Stop buying cars based on gas mileage. Get that black jeep like the one Bailey drove on "Party of Five." Sure, you'll feel guilty about it later on when Al Gore comes on scene, but do it anyway. You'll have your entire adulthood to worry about the planet.

One more thing: Buy Apple stock. Don't ask questions, just do it.

It doesn't really matter that it's impossible to impart this wisdom on my younger self, because truthfully, I would have been stubborn and purposely ignored it.

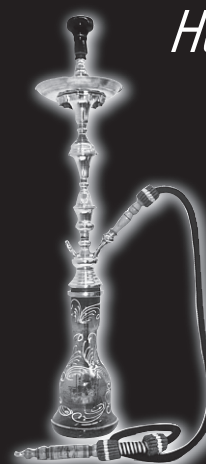
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