

CLASS OF 1968

Melbourne High School



## REUNION NEWS

### REUNION ANXIETY: DON'T LET IT GET IN YOUR WAY

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Are you feeling anxious about our upcoming reunion? If your answer is "yes", then you're not alone. In a recent Chicago Tribune article about his 30th high school reunion, Eric Zorn observed; *"I see why people are inclined to skip such things. We're all busy. We don't need to revive old friendships because we barely have time for the friendships we now have. High school was a fraught time for most of us..."* However, he goes on to conclude that *"old friends hold the keys to our self-understanding and put our lives into context in a way that the day-to-day never does."*

I'm having a wonderful time working with the reunion team, but over these past few months, there have been times when I catch myself reacting like I was 16 years old again. By that I mean, just seeing names and pictures in the yearbook evokes memories of good and not so good experiences. Sometimes I feel apprehensive before picking up the phone to call a classmate. Worried they may not remember me, I say to myself, "Take a deep breath and remember, you are contacting someone who is no longer 16 years old, but is fast approaching 60." I then realize that all of the emotional baggage I had in high school is not part of the "me"

that is making the call. Ultimately, we find ourselves having a great conversation that covers little about our school years but much about our life experiences. We often share stories about children, careers, health, leisure activities, and the losses each of us inevitably face at this stage in our lives. Quickly, the anxiety melts away and I feel good about having reconnected, even for a short time, with someone from my childhood. And I expect nothing less during our 40th reunion. I know we will all be surrounded by trusted friends and *"good, good, good, good vibrations"* that will harmoniously and ever so briefly allow us to revisit our youth.

In his book *Staring at the Sun*, noted psychiatrist Irvin D. Yalom writes that high school reunions are milestones that hold the potential to awaken us to the rest of our lives. He goes on to write, *"For me, a reunion is like the conclusion to stories that I began reading thirty, forty, even fifty years before. Classmates have a shared history, with a deep sense of intimacy with one another. They knew you when you were young, fresh and before you had developed a grown-up persona. Old classmates feel trustworthy, old loves are rekindled, and all are members of a drama begun long ago against a backdrop of limitless hope."*

So, whether you've never been to, or never missed one of our reunions, please join us for what will surely be a weekend to remember.



Melbourne High School Today

### CALLING ALL BULLDOGS!

The big weekend is just around the corner, so please visit us on the web at [melhi68.com](http://melhi68.com) and purchase your tickets. Those of you who will be traveling from out of town need to make your travel plans soon.

The Who's Coming page is filling up fast and the reunion team is expecting a wonderful turnout. So don't wait until the last minute. [Sign Up Today!](#)