



## **Grandmothers are indeed EXTRAordinary!**

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**Extra in every aspect of the word.**

**Extra because we are a God-given vessel full of love and wisdom,  
Extending nurturing support to our immediate family and community.  
Extra in that we love unconditionally, with sweet dosages of discipline,  
undetected because of the healthy serving of love.**

**Extra in that we seem to have time for everyone,  
everyday for everything,  
(still in 24 hours).**

**Extra in being the bond of the family unit.**

**Extra in being the refuge of haven of serenity as our goodness shines as  
a beacon, promising hope.**

**Extra in being the pinnacle of standards from past experiences and  
encounters to knowledge-based wisdom.**

**Love, warmth, laughter, smiles, and kisses are some key ingredients of  
the culture of grandmothers.**

**I am a GRANDMA!**

*Dr. Gwendolyn Harrison*

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