

e-Thoughts — Reconnecting with old friends

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

It's easier than ever to find and renew old friendships

Have you ever lost touch with someone you really cared about? Maybe it was an old pal from high school, your college roommate or a friend from your first job or neighborhood? Sometimes people drift apart or lose touch without really intending to.

These days, it can be fairly easy to find and reconnect with people. Using Facebook and other social media, you can do the research to find your old friend. Who knows? It could be the continuation of a great relationship.

I'm big on reconnecting. For me, it began when I heard from a friend I hadn't seen or talked to in over 20 years. She posted a note to me on a school reunion web page and I found it a year after she wrote it. Luckily, she left all her contact information for me and it hadn't changed. I called her as soon as I read it and we chatted and laughed as if we had just seen each other yesterday.

Then I started to reach out to other people I missed in my life. It was fun and rewarding. I now talk to and meet up with a few college and high school friends I really enjoy. There are still some I haven't located, but I'm working on it. It's a challenge.

Think about people you might like to find and reconnect with. It's fun sharing old memories — and making new ones.