

# Opinion

Ordinary Days By Lauren Denton

## Real life is spills, stray socks

Everyone knows most of the photos on Facebook, Instagram and Pinterest are cleaned-up versions of real life. Most of us put on our brightest smiles, show the best looking and cleanest corners of our homes, post photos of our kids at their most charming and well-behaved. We've all grown accustomed to seeing folks perched on mountaintops in perfect yoga poses, magazine-worthy living rooms decorated beautifully for every season, families dressed in spotless linen with white sand beaches and pink sunset skies.

There's nothing wrong with these photos, but what I like best are the other sides of life: the mishaps, the spills, the "Oops" moments caught on camera. I love it when people are willing to show others what their real life looks like — bumps, tears, messes and all. It offers a small moment of grace: "Ah, someone else's life is as imperfect as mine."

I visited a friend the other day at her house. This friend is stylish and gorgeous and her house is the same way — a cozy little haven of style and beauty. We'd been standing in her dining room talking for at least 20 minutes when she glanced at the dining table and started laughing. There in the center of her



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beautiful table, laid with pretty plates and candlesticks, was one of her husband's athletic socks. Clean or dirty, who knew? She laughed and apologized, but I loved it. It was like a little nugget of true reality in the midst of something seemingly perfect. All beauty has a rough side and everything rough has beauty — even if

it's buried down deep. That sock made me love her and her sock-wearing husband even more.

The next time a friend stops by your house unexpectedly, or even if you have a formal gathering of people in your home, don't fret if something is left out of place or isn't perfect. Instead of offending guests, it will likely make your friends feel more at home, like they aren't the only ones with a life that isn't magazine-worthy.

Come to think of it, maybe if Pinterest, Instagram and all the glossy magazines would show us those "Oops!" moments, the rest of us would feel a little more normal! Here's to the spills, messes, bumps and crumbs of real life — and yes, even a few stray socks.

*I'd love to connect! Email me at [LaurenKDenton@gmail.com](mailto:LaurenKDenton@gmail.com), find me on Twitter @LaurenKDenton, or visit my blog at [laurenkentonbooks.wordpress.com](http://laurenkentonbooks.wordpress.com).*

# Calendar

## Homewood Events

**Feb. 2: Cynthia Raim-David Wehr Piano Duo with Edward Stephan and Andrew Reamer, percussion.** 7:30 p.m. Brock Recital Hall, Samford University, 800 Lakeshore Drive. \$25/\$10 students. Visit [tickets.samford.edu](http://tickets.samford.edu).

12 p.m. \$10-\$15. Visit [samfordsports.com](http://samfordsports.com).

**Feb. 2: US-Belgium Business Roundtable.** 8 a.m.-1:30 p.m. The Club, 1 Robert S. Smith Drive. As part of the Spotlight on Belgium, senior executives, business leaders, government officials and community leaders from Alabama and Belgium will discuss common issues, networking and agenda setting for future business exchanges.

**Feb. 9: Homewood Chamber of Commerce Ambassador Meeting.** 11:30 a.m. Homewood Chamber of Commerce, 7 Hollywood Blvd. Visit [homewoodchamber.com](http://homewoodchamber.com).

**Feb. 3: Ambassador's Dinner honoring His Excellency Johan Verbeke, Ambassador of Belgium to the United States.** Cocktails, 7 p.m. and dinner, 8 p.m. The Club, 1 Robert S. Smith Drive.

**Feb. 14: I Do With A View.** 9 a.m.-5 p.m. Vulcan Park and Museum, 1701 Valley View Drive. Valentine's Day wedding packages. Visit [visitvulcan.com](http://visitvulcan.com).

**Feb. 3: Ceramic Surface Decoration Demo with Nathan Klein.** 6 p.m. Forstall Art Center, 402 Palisades Blvd. Visit [forstallartcenter.com](http://forstallartcenter.com).

**Feb. 14: Valentine's Day Zip Line Adventure.** 5:30 p.m., 6:15 p.m., 7 p.m., 7:45 p.m. and 8:30 p.m. Red Mountain Park. \$35 ticket includes two rides on the Mega Zip and an ambient campfire. Visit [redmountainreservations.org](http://redmountainreservations.org) for reservations.

**Feb. 3: Skyscapes in Oil with Barbara Davis.** 6 p.m. Forstall Art Center, 402 Palisades Blvd. \$125. All day workshop, lunch provided. Visit [forstallartcenter.com](http://forstallartcenter.com).

**Feb. 15: Author Joshilyn Jackson.** 5 p.m. Alabama Booksmith, 2626 19th Place South. Signing: "The Opposite of Everyone." Visit [alabamabooksmith.com](http://alabamabooksmith.com).

**Feb. 4: Samford basketball.** Pete Hanna Center, 800 Lakeshore Drive. Women host UNCG at 5 p.m. Men host Furman at 7 p.m. \$10-\$15. Visit [samfordsports.com](http://samfordsports.com).

**Feb. 16: Author Dennis Covington.** 4 p.m. Alabama Booksmith, 2626 19th Place South. Signing: "A Search for Faith in a Violent Religious World." Visit [alabamabooksmith.com](http://alabamabooksmith.com).

**Feb. 6: Samford basketball.** Pete Hanna Center, 800 Lakeshore Drive. Women host Western Carolina at 2 p.m. Men host Wofford at

**Feb. 16: Homewood Chamber of Commerce February Membership Luncheon.** 11:30 a.m. The Club, State Rooms, 1 Robert S. Smith Drive. Visit [homewoodchamber.com](http://homewoodchamber.com).

**Feb. 18: Samford men's basketball v. UNCG.** 7 p.m. Pete Hanna Center, 800 Lakeshore Drive, Birmingham. \$10-\$15. Visit [samfordsports.org](http://samfordsports.org).



## Free Seminars on Stress, Hormones and Health

(the true causes of Belly Fat...) and men, this means you too!

**Speaker: Lifestyle Mentor and Wellness Coach, Dr. Farah Sultan**

Dr. Sultan will tell you about the latest scientific breakthroughs and methods that help you permanently and safely remove unwanted belly fat while quickly reclaiming your health, your youth, and your life!



### EIGHT OPTIONS IN FEBRUARY

Tuesday, Feb. 2nd • Thursday, Feb. 4th • Tuesday, Feb. 9th • Thursday, Feb. 11th  
 Tuesday, Feb. 16th • Thursday, Feb. 18th • Saturday, Feb. 20th • Thursday, Feb. 25th

- ✓ Learn how Hormone Imbalances —man or woman— can distort your midsection into a large belly and prevent weight loss even with dieting and exercise.
- ✓ Learn how Hormone Imbalances can affect your sleep cycles, carbohydrate cravings, and fat burning.
- ✓ Learn why "Counting Calories" doesn't work for belly fat.
- ✓ Learn the Biggest Mistake that people make with Exercise that prevents weight loss.
- ✓ LEARN WHAT REALLY WORKS for permanent loss of belly fat and bulges. Safely. Healthfully!

Tired of what you see when you look in the mirror? All that dieting hype? Imagine your life without belly fat!



Limited Seating Available

205.413.8599 or [rsvp@vitalogywellness.com](mailto:rsvp@vitalogywellness.com)

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