

Upfront

Age appropriate.

Activities, content, or items suitable for a specific period of one's developmental, cognitive, and emotional life. A TV show is age appropriate, or not. An outfit is age appropriate, or not. An amount of autonomy or freedom to choose is age appropriate or not. But a holiday?

As I've grown older, my holiday preferences have changed. As a kid, nothing topped Christmas. The decorations, the cookies, the presents. Once-a-year specials on television. A guy with a flying sleigh and a bright red suit. I'm not a kid anymore, though. My life is well into its second half. Christmas is a lot of work, and too much snacking. Now, Easter and Thanksgiving are a close one and two.

Thanksgiving is easy. One day. A great meal. Football. A reminder to focus on gratitude rather than resentment and regret.

There's a bit more to Easter. Christian religions celebrate an entire Holy Week. If you're buying baskets, you do it in advance. If you're coloring eggs, the kitchen gets dirty. If you're having an Easter egg

hunt, you care-fully identify good hiding places – challenging enough to make things exciting but findable without consuming the entire day.

But the thing about Easter that makes it magical as we age: It's a perfect metaphor for redemption, renewal, and hope. The Faith required to fully embrace the resurrection story empowers us as we otherwise weaken over time. The link between suffering and triumph comforts us as we face struggles and uncertainty. The beautiful awakening of the world in springtime reminds us of the eternally transformative power of light to manifest joy.

Also, as with everything, food. Check out my recipe for prime rib in this issue. And who doesn't love a peanut butter egg?

I'm older, maybe wiser, than I once was. But not wise enough to have all the answers. I've been thinking about technology and AI a lot lately, and I've convinced myself that humans will always have an advantage over machines. We continue to contemplate the unknowable, while machines use algorithms to arrive at solutions without interest in or tolerance for the queries they can't solve. We allow our hearts to supersede our minds in moments of fear. Easter provides us a way to commemorate these acts of surrender and demonstrates the contrarian power of humility as strength.

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