

Hi everyone, I'm interested to know whether you think old love letters, from ex partners, should be kept, or thrown out, especially if you are now with a new partner.

There are also countless e-mails being written by active duty troops serving in countries throughout the world right now. These letters which, from here on, includes e-mails are an irreplaceable record of the sacrifices made by military personnel and their families. Many of these letters are also extremely significant, offering eyewitness accounts of famous battles, historic events, or encounters with prominent military leaders. But even the more personal correspondences, such as heartfelt expressions of affection or words of support and encouragement between separated loved ones, offer valuable insight into the wartime experience, and they also need to be preserved. Tragically, many of these correspondences are being thrown away, lost, or irreparably damaged or "if they are e-mails" deleted. Different letters need to be cared for in different ways, and it may not be possible to follow all of the recommendations listed below, but the basic suggestions presented here should help you begin the process of preserving your wartime letters. Although the information below is under copyright, we encourage you to share and distribute it, so long as it is not used for any commercial or for-profit purposes.

Quick Tips If you are receiving e-mails from a friend or loved one who is currently deployed overseas, we recommend that, along with saving them on your computer, you print out every message you receive and save the "hard copies" chronologically. It is not enough to save them on your computer, as the file might crash and the information inside could become irretrievable. Also, if the file becomes too large, you might become discouraged at a later date by the amount of work it would require to go through all of the e-mails that have been saved. Establishing a routine of printing out each e-mail when it comes in is much easier over the long-term. Troops are very modest about what they write and often do not think that their messages are significant. But even their most seemingly "mundane" e-mails might offer some small insight into what they are going through while far from home. Regarding original handwritten or typed letters, one of the best ways of keeping them in mint condition is to handle them as little as possible. Although some professionals allow for the use of plastic paperclips, the Legacy Project does not encourage this. If you have already taped, laminated, or stapled your letters, do not attempt to undo what has already been done. This may only cause even more damage. Some people throw out the envelopes in which the letters were sent, but these should be saved. They might contain important information such as dates and addresses, and troops sometimes embellish envelopes with sketches or write codes or additional short messages on them. It is also best not to write on the letter or their envelopes. Identifying the letters will help other family members, who may find them at a later date, recognize immediately that these are valuable memorabilia and not just a "box of old letters" to be thrown away. Although the Legacy Project recommends that you do not write directly on the letters, some professional archivists allow it "but only if it is done lightly with a No. It is best to write on the back or in the margins or on the envelope. Never use a pen, and never put stickers or labels directly on the letters. If you need to repair or restore your letters, consider contacting a professional conservator. To find a conservator near you, contact:

If the air is too humid, the letters will deteriorate and possibly develop mold. If the air is too dry, the letters will become brittle and fall apart. Some archivists recommend a cooler "though not cold" temperature, if possible. Keep your letters in areas safe from water, heat, light, dust, grime, and pests. Letters should not be stored on the floor where flooding can ruin them, near food which attracts insects and rodents, under pipes, or next to radiators or heating vents. Interior closets are often an ideal place to store letters, so long as the letters are kept in an archive-safe container and not stacked under other items. It is best to store your letters flat unless you have old, brittle letters that might "break" if unfolded, and it is important to check the materials occasionally to make certain no unexpected or gradual damage is occurring. Do not mix letters with newspapers for example, old clippings announcing the end of the war or some other momentous event, which are highly acidic and may stain your letters. If you have a letter that is of particular value "such as a first hand account of a historic event or a letter by a famous military leader" you might want to consider keeping it in a safety deposit box. Just make certain that other family members know where the letter is stored

and that the letter is accessible. It is understandable that you might want to showcase the letter, but please keep in mind that sunlight and even household lamps will fade letters relatively quickly, and the damage is irreversible. Instead of framing or mounting an original letter, consider making a good color photocopy or scan of the letter and displaying that instead. Although it will not cause significant light damage to letters if you make duplicates on a copier machine a few times, doing so excessively will fade the letters. It is also best not to duplicate a letter if it is so fragile that unfolding it and placing it flat on a copying machine will cause the paper to tear. You might also want to consider transcribing your letters if they are handwritten. It makes them easier to read, and you will then have an available copy to share with family members and others interested in history. Do not display or store your letters in scrapbooks with adhesive sometimes called "magnetic" pages, even if these items are advertised for long-term archiving. Anything with a sticky surface will ultimately damage your letters. Ideally, you should store your letters in archival materials. What you use will depend on whether you have only a few letters or stacks of them. Although many office supply stores stock products labeled "preservation safe" or "museum quality," these terms are not uniform and the items may, in the long run, actually damage your letters. There are many mail order companies that specialize in archival material, including those listed below. The following contact information is provided free as a public service, and the Legacy Project is not affiliated with the for-profit companies listed below. If you wish to purchase supplies from these companies, we recommend that you request additional information directly from the companies themselves. Many of these companies also provide detailed brochures and hand-outs on letter preservation.

Chapter 2 : Quick survey: Do you save old letters and correspondence? â€“ Thoughts En Route

Should you keep old love letters that were written by someone other than your spouse?. Yesterday's story about the year old man divorcing his wife of 77 years over an affair in the s does seem like an opportunity for jokes.

Share Tweet Pin It Love memories can linger in our minds for years, and we all want to burn and discard painful memories so we can forget all about them. But should you really burn old love letters? Doniv Whitgreen reveals why we should never throw away love memories and old love letters from past amours. He burnt his old love letters when he was still in school and regrets it, even to this day. I was in love a few times in my life. My first break up was the most painful and is the one that comes to my mind the most. It comes to my mind, not out of love or hate, but because I have no love memories of that relationship. I have no cards, no dried flowers, no love notes and no photographs. A week after I broke up with her, I collected all her old love letters, gifts, notes and photos and made a bonfire out of it. It felt good back then, and I thought that burning her memories was the best way to overcome the lost love. I missed reading her old love letters and her cards for a while, and after a few years, I almost forgot how she looked. I could remember her, of course, but it was just a vague memory. I dated several women over the years, and every time I broke up, I found that it was bearable. All my romantic love memories are locked up in a blue trunk in my attic even to this day. I occasionally see them, and laugh about it. But I feel quite stupid for having burnt down my first love letters. It was a great memory, because we were class mates and we used to pass love letters during the class hours. I think about that more than I think about her. I can remember my first girlfriend giving me a mushy love letter after our first romantic kiss. I only wish I still had it. I bumped into my first girlfriend a week ago. We sat in a coffee shop and we talked. We spoke like old friends and it was good. No ill feelings and no rift. I had met her after a decade. To me, bumping into her felt like bumping into someone for the first time. I guess she still had my old love letters and love notes from class. She had treasured those years as a memory and she could recollect all of them, and laugh about it. I wished I could have turned back time, and I even wondered if I could ask her for a photocopy of our old love letters! But that would be the most stupid thing to ask for sure. I had lost my love memories, sure, but not my mind thankfully. We exchanged numbers and we hugged each other goodbye. If only I knew back then, about how I would feel now, maybe I would never have burned the stack of old love letters and cards and done the tribal dance around them. Perhaps, I would have sat with my first girlfriend and talked about memories that I found funny too. That would have been nice. If only I had those love letters and kept those love memories in a corner of my blue trunk, I could have read them all over again and remembered what a smooth talker and writer I was, even in tenth grade! Find a nice little corner, and keep it locked away for a rainy day! Liked what you just read?

Chapter 3 : Should I keep old love letters?

A premed advisor once told me that letters of recommendation generally should not be more than a year old. I agree that the more recent a letter is written, the better.

Posted on March 12, by Suzanne Kuhn As an organizer of medical and financial records for seniors and others affected by age, illness and disability, I get this question a lot. The services the doctor, hospital, or other healthcare entity has provided. The amount the doctor, hospital, or other healthcare provider has billed for those services. The amount for which you, the patient or insurance subscriber, are responsible. So, medical EOBs can be useful for: Creating or re-creating a health history for yourself or someone under your care. Documenting billing errors or even fraud. Ensuring that you are receiving the full insurance benefits to which you are entitled. Demonstrating what you have paid if you take the medical expense deduction on your annual IRS Schedule A. What to do with it all and how long to keep these records will vary with your personal situation. Here are two sets of guidelines for medical EOB retention periods and good practices one for people in normal health and one for people with chronic, debilitating or terminal health conditions: Keep medical EOBs in a file for one year. As the bills and EOBs for a medical service come in, match related items together, and address any discrepancies you detect. Examples might include double billing or your health insurance company overlooking the fact that you have met your deductible. If, at the end of the year, you find you have paid enough in medical bills to qualify for the medical tax deduction, file the medical EOBs with your tax documentation, and keep for seven years. If some bills are still outstanding or the patient is still receiving treatment, keep the related EOBs for another year, and repeat the process. Serious Health Condition 1. You could use a file cabinet in another room or a cardboard file box in a dry, mildew-free storage area. If you claimed the medical tax deduction, put a note in your tax records cross-referencing these health files. Keep these medical records according to this timeline: For five years after the serious health condition has cleared up. Indefinitely, if the patient is chronically ill. Until the executor informs you that the estate is completely wrapped up, if the patient has passed away. In both of the above situations, you can keep the medical records on paper or scanned onto a computer based on your preference. If you keep paper files, keep them out of areas where they can get wet, e. If you go the electronic route, be sure to back up your data reliably. All health insurers, including Medicare, can replace an EOB, because they store them electronically.

Chapter 4 : What to Do With Old Cards and Letters

Different letters need to be cared for in different ways, and it may not be possible to follow all of the recommendations listed below, but the basic suggestions presented here should help you begin the process of preserving your wartime letters.

April 5, at 9: I know that my aunt also kept hers from Worldwide. God used that to call both her and husband and later on myself to the Living Church of God. April 6, at 7: I have every card and letter that my husband wrote to me before and after our marriage, these I can never part with. April 6, at 9: Ancient ones are in a box or bag somewhere. I seldom look back at them, but occasionally run across things from the past that are fun to look at. Most people when they reach a certain age do tend to look backward a long the family tree as they contemplate the type of legacy they will leave their family going forward. The Bible does teach us to be mindful of the legacy we pass on and that is what people are looking for when they research their roots. The character of those who have gone before. Were they like me? Are there parallels that can be drawn between their character and mine? Of course, the other question is how much of this world is going to survive into the millennium? That includes our family histories. How much needs to survive? Still, having a genuine piece of family history in your hand can be quite a thrilling and moving experience. Even the Bible will still be around for those in the second resurrection despite having the people whom God used to author it and live it! I read over the letters my wife and I wrote to each other and the promises we made to one another. I just myself by what I wrote to her in those letters. Am I and have I done what I said I would do? It keeps me on track. I also read the notes that we wrote during our marriage counseling to our minister during that time. It is encouraging to see we are doing exactly what we said we would do. I also have a video tape of the day he died that was on the news. Yes, history is a wonderful thing. April 6, at Riggs today, yes, I have the note from Mrs. She now says her goal is to not keep anything that us children would not be interested in sorting through, or that would not be valuable to us after her and my dad are gone. So on-track church literature for sure, 30 year old bills and paperwork, not so much. However, the love letters between my grandparents from the s provided some embarrassingly interesting family history! April 6, at 2: I do not keep emails unless they are of importance. Not that I dont appreciate anything sent to me, but when the time comes to move or something, I dont want to reminisce about old times. April 6, at 3: They are printed out, holes put in the side, and then put into a folder. I review them from time to time. April 6, at 6: My wife and I keep more than letters, we have books, literally everywhere, boxes of things undiscovered for a long time and old computers. Even my old Amiga C However, one thing we do not have are letters to each other. From pre or post Mrs. That might seem strange, but when we dated we were at college, AC. I thot this funny when I read the posts here mentioning letters from future mates. Steve likes to keep cards we give each other. They are precious pieces of care and love and prayers that people took the time to sit down and send to us. Every now and then I come across them and I may not look at them all but it presents an opportunity to ask God to bless them again for such loving kindness. So our answer is YES. April 7, at 4: I have a correspondence file for each year into which all personal correspondence goes. At the end of the year I review it, discard some, but keep most of what I have received.

Chapter 5 : What to Do With Letters from Exes? - old past relationships | Ask MetaFilter

These are really great ideas " I have boxes of old cards and letters that need to be organized! I like the idea of creating little books of cards and letters " that way, they are in one place, and are preserved.

Letter, email, and phone recommendations can elevate a good candidate to a top choice; they can also drop a good candidate down to the no-longer-considered pile. How to Collect References for a Job The most important thing is to ask people who have good things to say about you to be your references. When you ask for references, I recommend doing so via an indirect method, such as email. Indirect approaches allow a recommender to decline much more easily than a direct approach. Again, you want a good reference, so if you are not sure if you will get one, give the recommender an out by phrasing your inquiry this way: Assign each a role: Sizemore, can you emphasize my ability to work on short deadlines? Keep in touch with your references. As you progress in your job search, keep your references up to date. It is always helpful for them to have a copy of the job description, and basic info on the company. Make them aware that they may be called, and definitely give a time frame for the contact. You may also want to give your reference some direction at this time. Grutman, kept asking me questions about my ability to prioritize tasks. I get the feeling this skill is a big deal for them. When you talk to her, can you work that in? Regardless of the outcome of the search, let your references know what happens, and be sure to extend your thanks for their efforts, especially if you get the job. Nothing is worse than a rushed letter. Make sure that asking someone to write you a letter or recommendation and giving them the materials to do so are separate processes. A good way to request a reference " even from an old employer or professor " goes like this: You may remember that I wrote my final paper on Harriet Beecher Stowe. I am currently applying to be a clerk for the Supreme Court, and am wondering if you would feel comfortable writing a reference for me? As difficult as it may be to hear, you want to give someone the opportunity to say no to serving as a reference for you. A lukewarm letter is a bad reflection on you for a number of reasons " the most important of which is: Is this her best reference? Dividing responsibilities in references is a very smart strategy. One reference can address not only your great personality, but also your event-planning skills. Another can address your super personality but highlight your counseling and disciplining skills. Always, always, always thank your reference-writer. The writer took time to compose a letter for you " you should at the very least return the favor. Similarly, keep your reference writer in the loop " did you get the job? Get into the program? When you do, write another thank-you note. Questions about some of the terminology used in this article? LiveCareer offers assistance to jobseekers at every step of the career journey. Use our Resume Builder and Cover Letter Builder and receive top-to-bottom guidance on how to craft both documents in no time at all. She is a nationally recognized expert on social networking and new media recruiting. With more than 15 years of experience in the recruiting, consulting, and employment areas, her interests include college student recruiting, disabilities in the workplace, business etiquette, and LGBT issues. In addition to her work for QuintZine, she is a contributor to the Boston. She conducts workshops, keynotes, and conference sessions nationally. She lives outside Boston, Massachusetts.

Chapter 6 : Old Love Letters and Memories - Keep Or Throw Them?

They're old love letters and I wouldn't feel comfortable throwing them away either since it's something I would keep as a reminder that I had a good relationship between the girl from the past. And yes I know, but sometimes you need to get reminded of who you were in the past to relate to the future.

Treasure Them or Toss Them? December 30, by D. Wolf 29 Comments Should you keep old love letters that were written by someone other than your spouse? But considering the possible circumstances involved, who are we to judge? But apparently, he discovered letters. What sort of letters might they be? How might that hurt? What does that change? Perhaps this wronged spouse came across communications from as recently as 10 or 20 years ago, in which his wife was writing about the relationship. Perhaps he laid his hands on actual love letters exchanged between his wife and her extramarital partner, dating to the s " or possibly after. If she kept letters for more than half a lifetime, does that mean the man remains close to her heart? Can we blame her spouse for being hurt, not to mention surprised? Must we destroy all traces of another time, simply because we marry " or for that matter, must we destroy traces from happier times if we divorce? Love Letters to Treasure Rare is the man in my life who has penned me a romantic letter. And when it has in fact occurred, I have kept those few precious missives and treasured them. If it was someone I loved and who loved me. Tucked away in a drawer are just a few letters from two different men. And with a marriage dissolved at something, I may not have plunged back into a social life as in my twenties, but do you really think I retreated to the nunnery? I have no intention of destroying those mementos, any more than I would share the details of those relationships other than to characterize them as good and why , how I learned from them and how they ended, and that " if asked. A different matter entirely. They were a delightful find, and reading them years later " in one case some 25 years later, was particularly poignant, as the very special man in question has since passed away. Do you keep love letters or throw them out? Do you believe that once you marry, you must destroy all traces of your previous love life?

Chapter 7 : What Documents Should You Keep After Paying Off Your Mortgage? - Budgeting Money

Old hand-written letters often contain a wealth of fascinating information. From correspondences preserved in presidential archives all the way down to letters your grandparents may have exchanged while courting back in the day, all are worthy of the highest level of archival care.

Keep the things that matter; repurpose everything else. For cards and letters you want to keep: Scan and store them on your computer. Photo by Katie Clemons 2. Tuck them in your scrapbook or journal. I like combining letters with my own stories, because they offer different perspectives to life events. I keep a simple journal like the ones from Gadanke , my shop. All I have to do is hole punch postcards and letters like the one above from my grandma and put them in my journal. I do the same with photographs and ticket stubs. This book holds my wedding cards. Keep them so you can one day give them back to the writer. A couple of years ago, my grandma got a package in the mail—it was filled with about 24 letters and Christmas cards that she had written to her closest college friend over the years. Getting those letters back was like receiving a time capsule for her. Tips for doing this: For the cards you want to ditch: Photo by Katie Clemons 1. Repurpose them into tags and gift cards. Pretty poems and cute pictures are perfect for repurposing into gift tags. Use them year-round with your gift giving. I like to cut out the images as I get them—“hearts, snowmen, leprechauns. I punch a hole in my cutout and string through a scrap of ribbon or twine. Repurpose them into scrapbook and journal embellishments. Looking for the perfect quote or pretty image for your memory keeping? Pieces from cards are perfect and readily available, especially for Christmas and weddings. Photo by Katie Clemons 3. Repurpose card tops into postcards. Super easy—tear or cut the card in half. Lots of organizations, from Girl Scouts to YMCA and Kiwanis summer camp programs, can use your card tops for their craft projects all year long. They repurpose your card pieces into new cards that are then sold to raise funds for the organization. You appreciated the card at the time. You still appreciate the person.

Chapter 8 : Old Love Letters: Treasure Them or Toss Them? - Daily Plate of Crazy

I think once you are married the old photos and love letters should be tossed unless you think that person might be famous one day.

As an environmental proponent, nature and science are her areas of interest. Receipts, bills, laptop, and a planner on a cushion. Although it may be tempting to trash it all, that approach can lead to expensive results. On the other hand, many people keep a lot more paperwork than necessary or keep it for longer than needed. Knowing what to keep and what to toss can save you time and money. Video of the Day Forever Some documents you should keep forever. Keep receipts you get for major purchases, such as jewelry, antiques, cars and collectibles. Possession of the receipt will expedite any insurance claim. You should also keep receipts or statements proving contributions to a non-deductible retirement account such as a Roth Individual Retirement Account. The Internal Revenue Service can randomly audit your return up to three years after the filing date or if it suspects you made an error. That deadline extends to six years if it believes you underreported income by 25 percent or more. Keep receipts or credit card statements that prove charitable donations, expenses and other deductions for at least three years. If you have self-employment income, keep them for seven years. Once you get the new policy, you can destroy the old one. Paid utility bills can be discarded after a year. You only need to keep ATM and debit card receipts until you reconcile your bank statement. The same is true for receipts for purchases made on your credit card. Once you receive the statement and verify the charges, the receipt can be discarded. You can discard a credit card statement once payment is verified on the following statement. However, if any of the charges are for tax-deductible contributions or expenses, you should maintain the statement or original receipt for three to seven years. File your paycheck stubs until you reconcile them with your annual W-2 form. Varying Keep the receipts for items that are covered by warranties, such as major appliances, until the warranty expires. Maintain the title for your vehicles for as long as you own it. Housing records, specifically receipts that show improvements, should be kept for as long as you own your home plus six years. You can reduce the capital expense, and associated taxes, by itemizing the improvements along with the proof of their costs. Discarding Receipts And Bills Shred receipts and bills when discarding them to help reduce the possibility of identity theft. Your credit card and bank statements show your account numbers. If either falls into the wrong hands, you may see unauthorized charges or withdrawals.

Chapter 9 : The Legacy Project: How to Preserve Your Letters

Doniv Whitgreen reveals why we should never throw away love memories and old love letters from past amours. He burnt his old love letters when he was still in school and regrets it, even to this day. We've all been in and out of love memories, with heartbreaks and aches every now and then.

What to Do With Letters from Exes? October 24, 8: I have a stack of letters to and from two exes with whom I had long-distance relationships I kept copies of some of the letters I wrote to them. One SO wrote embarrassing, dramatic letters, one wrote sweet, funny letters. I agree that letter writing is, sadly, a fast declining practice. I only have a limited number of letters - I stick them in a random book and am pleasantly surprised when I find them again. It was sad, but necessary, because I envisioned the "chest in the attic" future where one of my grandkids found them and thought, "Wow. Grampy dated some illiterate bitches. Not the silly cards and "Pooky-Wooky" writings of the women in my past. I read through them all and promptly trashed most of them keeping only dorky letters from people I am still friends with. I found it oddly cleansing, like some big burden was lifted off my shoulders. If you want to keep them, jeez, how neat is your house? Just stick them on a box and stick it at the bottom of the stack at the back of the closet. Kind of like a time capsule of your past relationships. And then someone can find them and make hypotheses about you and your lovers and write a book about it! But of course this is all a very romanticized possibility. By the time I killed the unfortunately titled project I had mailed out of them at random intervals sometimes daily, sometimes monthly to what ended up being s of subscribers. It was an exhausting but empowering and liberating process. I recently moved and went through all my stuff and threw out all my old love letters. Life seems transient enough as it is - I like having physical evidence of my foolish youth. Already those people are ten years gone, and they are fading fast from my memory. Destroy your old tax returns and insurance paperwork, but hang onto your love letters. Never opened it, never even gave it much thought, even when I moved house thrice in eighteen months. I stumbled across it when I was packing for move 4, opened it, had a look, and was baffled: The answer to your question can be drawn from how much connection you still feel to those relationships. If they evoke fond, nostalgic memories and you know your S. None of us here lived those relationships with you; none of us know what they mean to you; nobody here except you can know for sure what the best course of action is. But there may well be a day, a couple of decades away, when you might like to take another look. As Triode said, life is transient enough as it is. Keep them, and in twenty years, reflect back on who you were in. People build time capsules for a reason. Your wife, certainly, would understand. You married her with trust in mind, right? Archaeology is for dinosaur bones. The simplest thing is to box them up. Maybe even put a note on top that says "love letters before I met my wife, the love of my life". She thought I was such an asshole. Throwing away the old letters that I have makes as much sense to me right now as throwing away baby photos. So when I found my "memory box", I scanned those old keepsakes, stowed them in a private directory, and threw most of the originals away. Do you compact old newspapers and whatnot into tunnels so you can get around your house? Do you keep your browser cache at 20 GB? Data is simply data: But every married couple I know wait, let me think. It hints at an underlying resentment at your current married state. I like remembering who I was then, so I keep them. It was an important part of my life. I am not a postman posted by Pericles at 5: It was pre-email, and he was an excellent writer. Keep them if you want. You can tell your wife about them. Mine are in a large potato chip tin and I plan to keep them there forever. Possibly more to the point, if I was your fiancée, I would find the fact that you kept your love letters very telling and wonderful - telling of the fact that you are capable of really caring about someone, that you can maintain a real correspondence, and that you are sentimental to some degree, all of which would, to my mind, bode well for our future together. Remove our memories, remove our selves. Or you can have a simple and sparse sampling of little memory-joggers to help you remember other times. If you want to keep them for looking back at someday, do it. It would be short-sighted to throw them away. My parents are preparing to move and they returned to me a couple of boxes of stuff from my undergraduate and graduate days. Much of the stuff I had not seen in at least a decade. Part of me wishes I could be a minimalist and not not need those physical

reminders of my past. But, I enjoyed looking at an immature me, and how I thought about things. So, I reduced what I saved into one box, put it into the attic to await the next time I dig them up. BTW, the decision about whether to keep that stuff or not had nothing to do with my wife. Those years were mostly before her time, and in no way have any impact on my relationship with her. I am not less committed to her because there are old love letters. I ended up marrying someone not the letter writer and he sat me down one day with a scissors and that box and photographed the entire process of me destroying all of those. For a while I wish I would have kept those. Those letters were a decent diary of the early 90s for me. I divorced him in Last year I sent every last letter of his through the shredder. Destroying them worked for me but not how I would have planned it. So high school love letters are stored with high school papers original writing only; no tests or class notes and notes from friends. College love letters are stored with college papers, notes from friends, letters from family at home and ticket stubs. For some reason, after we broke up, I was unable to write like that anymore. I wish I had the letters much more than I wish I had the girlfriend. I also have all my old diaries from the past 10 years in there. I would never throw them out, not even the ones written to my now unrecognizable teenage self. They are part of your history, and document your emotional life. Now I have to search through yearbooks to remember what he looked like. What tastes good with apples?