

From: Lane, Janet
Sent: Friday, May 15, 2020 3:27 PM
Subject: Don't Blink or You May Miss It

Apple blossoms last only a week or two. If you don't make a point to see them or any other short-term beautiful sight, you may miss it for another year.

One of my favorite songs is Kenny Chesney's song, Don't Blink. It was the song my son Matt and I danced to at his wedding. Here is the beginning of this wonderful song:

I turned on the evening news
Saw an old man being interviewed
Turning a hundred and two today
Asked him what's the secret to life
He looked up from his old pipe
Laughed and said "All I can say is"

Don't blink

I live in an area that used to be filled with lots of apple orchards. I could see the apple trees from my front porch. But "progress" has turned some of the orchards into house lots. There is always good that comes from bad things. Two of my daughter Amy's best friends moved into the neighborhood in those new houses built near my house. I actually don't mind that the orchards near my house have been replaced with nice families since I wasn't a fan of the spraying that took place throughout the apple growing season.

Below are some pictures of the orchards I walked by this morning. These orchards are about a mile from my house.







We are all going through a difficult time right now. We are going back into the office on Monday, May 18th. If you are feeling stress and anxiety, you are not alone.

Some of you know that I had breast cancer and some of you don't. Today I am celebrating my 17th anniversary of my cancer diagnosis! I am telling you this to hopefully give you hope. A cancer diagnosis is very hard to hear, and the treatments are challenging. Any difficult experience should put things in perspective. You are stronger than you think, and we will all get through this time in our life and hopefully remember all of the good things that came out of it.

This is what I have learned 17 years ago:

Remember, you are in charge of your own life. You may not have control over everything that happens in your life, but you do have choices on how you handle what life gives you. Live each day. Take good care of yourself. Exercise, eat healthy, get enough rest, and don't smoke. Do things in moderation, laugh often, think positively, have faith in God and pray. Be thankful for your blessings and be kind to yourself and others.

If you think you have a health problem, see a doctor, but don't just accept what the doctor says. Listen to your body, talk with others, and do research. Insist on treatment; don't accept a "wait and see" answer. Early detection and taking good care of yourself does make a difference.

I will see many of you on Monday. Have a good weekend, stay safe and healthy.

Since we are going back to the office, this may be my last email. We'll see what happens. I have enjoyed sending them to you.

Janet