

THE VIEW FROM THE MOUNTAINS

# Reflect on your life's lessons

I want to ask you a serious question, and I want you to think about it before you answer.

Imagine you die. After you die, what would your dying self tell your present living self? Do you think you will know all of life's answers when you die? If so what do you tell your living self?

As you age, what life lessons have you learned? I was hoping for some true wisdom to help us all.

Granted, the first man I approached said at age 90 he had learned aging is no fun as you watch your body fall apart.

Not to be discouraged, I asked our nurse who has been giving of himself for 30 years. He was sure of his life lesson: empathy. He said he always felt empathy for others, but as he aged, this godly quality has grown stronger. Also, he said he feels the need to live life the best way possible because life passes so quickly.

A 30-year-old told me age had taught her to respect and love herself more. She believes this will help her be a better nurse.

Add 20 years of aging and learning, and I got this answer. The lady said she has learned not to be judgmental and she also said she learned another lesson her Grandpa taught her which was to always take care of your mother and smiling, she added, she always will.

Our executive director answered with something that probably explains why she is successful at leading this facil-

ity. She immediately responded, "I have learned not to sweat the small stuff." She followed with, "If you ask someone a question stay and listen for their answer."

An 84-year-old said age taught him tolerance, not to be so quick to judge. Also, he, who struggles physically, has learned the importance of good health and how he can participate in his health.

A 70-year-old said she had always been timid and never could speak up as to how she felt or what she believed. She said at one time her dad bought her some tennis shoes while she was in junior high school. There was a girl in that school who wanted those shoes so when this gal showered after gym class, she wore these shoes in the shower so the other gal wouldn't take them. She thinks that was the spark that taught her to trust herself and take care of her own problems.

Another lady, though, told me she didn't learn a thing she didn't already know, but then added she had learned the importance of other people in her life.

One of our dining room servers said her grandma taught her the importance of patience. She said it took her 30 years to understand the importance of being patient with other people and herself.

Others talked about learning how much people need each other, as we age especially. When we're young, we need guidance and care from others. In our 20s and 30s, we're usually too busy to think about life lessons. As we age, we begin to see the truth.

One 96-year-old said she

hoped to learn how to die before it's time to die. Another man said he learned to take a positive attitude about life and then share that attitude with everyone he meets.

A man who cares for his wife so sweetly said, as we age, we become more aware of our destiny. As we age friends and family pass on you have to look at your own beliefs, and for me, I know my God, and I am at peace.

Then I went from him to ask a 5-year-old what she had learned as she grew. She looked at me and said, "I know that God is the boss." I'd say she had already started learning life lessons.

As you know, I am 87. The life lessons are these. I've learned the importance of exercise. As we age, our body gets harder to move but if we don't, someday, we can't.

It is essential to keep our brain active. I've learned I want to think and read and write as long as possible, not only for myself, but it allows me to give more to more people.

The third life lesson is humility. I've had an exciting, unorthodox and successful life and career. So what. The older I get I seek ways to give of myself.

So, when you die what do you want to tell your living self?

The view from the mountain is wondrous.

*Jean Brody is a passionate animal lover and mother. She previously lived in Winchester, but now resides in Littleton, Colorado. Her column has appeared in the Sun for more than 25 years.*



Jean Brody

## ENGAGEMENT



### Rebekah King, Adam Godlaski announce their engagement

**Rebekah King and Adam Paul Godlaski recently announced their engagement. King is the daughter of Rebekah B. King of Danville and David A. King, formerly of Danville. She is employed at Jewish Hospital in Louisville. Godlaski is the son of Janice and Theodore "Ted" Godlaski of Winchester. He is self-employed. The couple became engaged on Dec. 15, 2018. A Sept. 21, 2019, wedding is planned in Lexington.**

A X Y D L B A A X R  
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

**1-8 CRYPTOQUOTE**

O N J O Z N Q A Z Z B J S Z J J C  
L J Y Q T Y V S J O J W S N Y A S G Q P J  
B N I N Y Z J J C X T U C Q T Y V S J  
S P N A Y T B U N W S J Y W . — N V F E B V  
X E Y C N

**Yesterday's Cryptoquote:** WHEN I STARTED COUNTING MY BLESSINGS, MY WHOLE LIFE TURNED AROUND. — WILLIE NELSON

# COMMUNITY CALENDAR

**TODAY**

— Winchester GTE/Sylvania/Osram/UAW retirees lunch meeting, 11:30 a.m. at The Broadway Cafe in Winchester. All Sylvania retirees and former employees are welcome.

— Winchester Urban Renewal and Community Development Agency board meeting, 4 p.m. at Winchester City Hall. The board will interview engineering firms for the Lincoln Street project.

— Freedom From Smoking cessation class, 4:30 to 6 p.m. at Clark County Pharmacy, 716 Boone Ave. Cost is \$5, and participants must pre-register by calling Angela Berezna at 744-4482 ext. 1037. Classes meet weekly for eight weeks.

— Clark County Writers Group meeting, 6 p.m. at Clark County Public Library.

— Clark County Board of Education organizational meeting, 6:30 p.m. at Central Office, 1600 W. Lexington Ave. Meeting is open to the public.

**WEDNESDAY, JAN. 9**

— Clark County Fiscal Court meeting, 9:30 a.m. at Clark County Courthouse.

— Tai Chi for seniors (60 and older), 10:30 a.m. at James B. Allen Generations Center, 32 Meadow St. Classes are free. Call 744-3235 for more information.

— Winchester Kiwanis Club meeting, noon at Taste of China, 600 Bypass Road.

— Kentucky Picture Show, 2 p.m. at Clark County Public Library.

— Baker Intermediate School-based Decision-making Council meeting, 3:30 p.m. in the school's library at 1645 Martin Luther King Jr. Drive.

— Free team trivia sponsored by the Clark County Public Library, 7 p.m. at Engine House Pizza Pub, 9 W. Lexington Ave.

**THURSDAY, JAN. 10**

— Telephone Pioneers luncheon,

**To add items to the calendar, email news@winchestersun.com or call 744-3123.**

11:30 a.m. at Jade Garden. All former and current Bell South and AT&T employees are invited to attend.

**FRIDAY, JAN. 11**

— Write Local meeting, 10 a.m. at Clark County Public Library.

— Open house, noon to 4 p.m. at Rose Mary C. Brooks Place. Tour the facility and learn about assisted and independent living options. For more information or to schedule a tour, call 745-4904.

— Winchester Rotary Club meeting, noon at Woody's, 923 Bypass Road. Guest speaker will be UK basketball legend Dan Issel.

— Second Thursday program, 6:30 p.m. at Bluegrass Heritage Museum, 217 S. Main St. Speaker will be author, re-enactor and educator Eddie Price on "Kentucky After the War of 1812. Price will also sign copies of his new book, "One Drop A Slave." Program is free and open to the public. Refreshments will be served after the program. For more information, call 745-1358.

**SATURDAY, JAN. 12**

— Birthday party for Gov. James Clark, 2 to 4 p.m. at Holly Road, 28 Beckner St. Tours, talks and cake will be offered to the public. Free.

**MONDAY, JAN. 14**

— Administrative Hearing Board meeting, 5:30 p.m. at Winchester City Hall, 32 Wall St.

— Celebrate Recovery at Grace Baptist Church, 5990 Lexington Road. Dinner at 6 p.m., large group at 7 p.m., small groups at 8 p.m., dessert and fellowship at 9 p.m. For more information call David Tobin at 859-771-2812.

— Dangers in Plain Sight commu-

nity education series, "Bullying and school violence," 6:15 p.m. at BCTC Winchester-Clark County Campus, 2020 Rolling Hills Lane. For parents or guardians of students in kindergarten through 12th grade. A free dinner will be served at 5:15 p.m. For more information, contact Ramsey Flynn at 859-246-6573.

— Clark-Powell County Beekeepers meeting, 6:30 p.m. at the Powell County Extension Office, 169 Maple St., Stanton. Dinner will be a potluck meal. Owning bees is not a requirement for the group.

**TUESDAY, JAN. 15**

— Winchester-Clark County Tourism Commission meeting, 9 a.m. at 2 S. Maple St.

— Clark County Human Service Council meeting, noon at Arby's. All human services agencies serving the community are invited to send a representative.

— Winchester Board of Commissioners meeting, 5:30 p.m. at City Hall.

— Clark County Board of Education meeting, 6:30 p.m. at Central Office, 1600 W. Lexington Ave.

— Clark County 4-H Council meeting, 6:30 p.m. at the Clark County Extension Office, 1400 Fortune Drive.

— Winchester Lions Club meeting, 7 p.m., at Arby's on Bypass Road.

**WEDNESDAY, JAN. 16**

— Tai Chi for seniors (60 and older), 10:30 a.m. at James B. Allen Generations Center, 32 Meadow St. Classes are free. Call 744-3235 for more information.

— Winchester Kiwanis Club meeting, noon at Taste of China, 600 Bypass Road.

— Kentucky Picture Show, 2 p.m. at Clark County Public Library.

— Free team trivia sponsored by the Clark County Public Library, 7 p.m. at Engine House Pizza Pub, 9 W. Lexington Ave.

**THURSDAY, JAN. 17**

— Clark County Agency for Sub-

stance Abuse Policy (ASAP) meeting, 1:30 p.m. at City Hall.

— Strode Station Elementary School-based Decision-making Council meeting, 4 p.m. at the school

— Strode Station Elementary School PTO meeting, 6 p.m. at the school.

**FRIDAY, JAN. 18**

— Write Local meeting, 10 a.m. at Clark County Public Library.

— Winchester Rotary Club meeting, noon at Woody's, 923 Bypass Road.

**SUNDAY, JAN. 20**

— Winchester Elks Lodge No. 2816 Texas Hold 'Em tournament at the lodge, 255 Shoppers Drive. Sign up starts at noon and the tournament begins at 1 p.m. \$50 entry fee gets you \$5,000 in chips. Buy back fee of \$25 once in first hour gets you an additional \$5,000 in chips (must have no chips). Add on at break \$25 gets you \$5,000 in chips. Contact Greg Earlywine via email to sign-up at kif16u@gmail.com. Limited to first 100 players.

**MONDAY, JAN. 21**

— Martin Luther King Jr. Day.

— Winchester-Clark County Industrial Authority meeting, 9 a.m. at 2 S. Maple St.

— Celebrate Recovery at Grace Baptist Church, 5990 Lexington Road. Dinner at 6 p.m., large group at 7 p.m., small groups at 8 p.m., dessert and fellowship at 9 p.m. For more information call David Tobin at 859-771-2812.

— Clark County Landlords Association meeting, 6 p.m. at the Clark County Courthouse in the fiscal court room. Dinner at 5:30 provided by Nice & Clean Carpet Care. For more information call Greg Wood at 859-744-3766

— NAMI Winchester-Clark County (National Alliance on Mental Illness) support and educational meeting, 7 p.m., at McCreedy Hall, Emmanuel Episcopal Church, 2410 Lexington Road. Anyone (including family members and friends) affected by mental illness is invited to attend meetings.