

# Appreciation

By: Brian Zongker, PGA, NSP

There are so many good things in life that we seem to ignore or take for granted. We get caught up in daily routines, problems, work and the general stress of our situations so that we often overlook what is truly important. Certainly, this varies from person to person. What stresses me out may cause someone else to thrive and vice versa. Figuring out what is important to you is truly the key.

Living in the White Mountains we can easily get caught up in the negative and overlook the positive. Here's an example: When it snows, you may think about having to shovel the driveway or how it will take you longer to get to work. You may worry about how to keep your house warm or the wood for the fireplace dry. We tend to forget about the beauty of the freshly fallen snow turning the leafless oak trees to magical white lace sculptures. We don't think of the joy and laughter of children on a snow day off from school. The sledding and snowball fights. The way the hot cocoa tastes extra creamy and rich as it helps to warm your soul. The fresh snow on the ski runs...a powder day.

The season is changing. Spring in the White Mountains is usually dominated by wind. Quite frankly no one likes wind, unless you're a pirate. But think about what comes along with the season that brings the wind. The transition from cold to warm. From skiing to golf, if you're that type of person and I am. What about Prom and the excitement and anticipation that comes with those great activities? The school season is winding down. Finals are coming and for some, graduation. How about baseball and the beginning of the longest, most boring sports season in the world. Oops, did I say that out loud? When my kids played, it was my favorite time of year. Nothing like dressing in full ski gear watching your kid swing mercilessly at a ball pitched by one of the coaches while the wind whips dirt into your eyes. I have skied in 20 to 30 degrees below zero and never felt as cold as sitting on those metal bleachers watching baseball in April. Yeah, good times. Trust me, I would go back if I could. Yes, Spring in the White Mountains.

In one of Kenny Chesney's songs, he sings about the "good stuff." The gist of the song is that he needs a drink after a fight and orders the good stuff. The bartender reminds him that the good stuff is not found in a bottle; it's found in life. The good and the bad parts of life. It's all in your focus. If we focus too hard on one thing, then we tend to lose sight of another. So, life in the White Mountains is like life anywhere else except that we have an advantage. The advantage of the changing of the seasons. Transitioning from one part of life to another. We just need to embrace and revel in that change. Know that we can go from Skiing to hiking, camping and fishing and then back again. Don't get caught up in the wind; embrace the change.

I appreciate my life here in the White Mountains. I wouldn't change it for anything. For those of you who live here, you know what I mean. If you don't live here or you don't know life here, it's not too late.

