

“Making Life’s Lemonade”

Literary Arts: Life Experience

Carolyn Woodley-Horne

25 March 2024

Making Life's Lemonade

Lemonade is a traditional Southern beverage enjoyed especially during the Spring and Summer when it's comfortable and pleasant to sit on outside and enjoy Nature's calm cooling breezes. It's a simple and easy to make refreshment that many enjoy and look forward to lazily sipping in a tall glass with ice. Aahhhh! Sweet luxury in its simplest form!

But how does this sweet yet tart beverage of deliciousness relate to life, you ask! Well, just as this simply made beverage, which only requires four ingredients – water, lemons, sugar, and ice – life can be the same. That delectable beverage stands on its own but when we become creative by adding other ingredients, then it becomes a bit complicated. Without the right portions of other things, that well-loved beverage can become something not as enjoyable.

As with life, we all start with the very basic, water. The fresher the water the better for the taste of the lemons once added. Life starts out simply with birth, learning to breathe, move, speak, and enjoy all the things around us.

Then we carefully choose the biggest, freshest, most delectable smelling and juiciest lemons available. In life, as we grow, we choose those people who will love us, encourage us, protect us, enhance our existence. We gently roll the lemons to release the juice inside so that when we cut it open, we can easily squeeze the flavorful pulp into that inviting pitcher of water. In life, we embrace our experiences and marvel in the everyday opportunities we meet.

Once all the juice has been squeezed into the pitcher, we check for the strength of taste of the lemons to decide if more is needed. The taste is sometimes sour, and even a bit bitter if the oils from the peels are inadvertently added, we know that the next ingredient will give us the pleasurable taste we look for. In life, our experiences can be a myriad of happy, sad, good,

bad, sweet, sour, or even bitter. But we make the necessary adjustment by our decision to make the most of that experience. Our choice. Our decision to make.

Finally, we had the sugar. Sweet, natural sugar. No additives. And we sweeten our individual taste with the hope that others will enjoy it as much. In life, our choices and decisions can make this journey very palatable and enjoyable while we enjoy the pleasure of others who find our presence to their liking.

Stir to completely dissolve all the sugar. Pour into aa tall glass generously filled with ice and sip to your heart's content. The same in life, we stir or mix our own life with those whose company we find pleasure and sip to our heart's content. If not enough sugar or sweetness is present, we either can choose not to finish the glass or add more sugar. The choice is yours.

So, when life gives you lemons, make sure you add sugar and make lemonade!

Enjoy!