

What She Knew

The early morning mist filtered the orange-red sunrise over the tree covered field in the sparsely populated community. The atmosphere was conducive to an early morning walk-run for Sydney as she prepared for the upcoming race. Often it was a struggle to get up so early, but she was beginning to relish this time she considered her own.

She loved the calm and quiet before the road became busy with rush hour traffic as the world awakened to the day's activities. Although Sydney was in her early seventies, and carried a few extra pounds on her diminutive frame, she was proud that she was still healthy and active enough to train for the upcoming race. The challenge was not in winning but being determined and disciplined enough to make the effort to compete. After all, she was retired and staying indoors in her comfortable bed was her well-earned right!

As she maneuvered the trail, she became astutely aware of her surroundings, and the natural beauty of the landscape. She saw the evenly manicured rows of the fields awaiting the first turn of soil for sowing of seeds for the anticipated crops of cotton on one side of the street and cabbage or some other vegetable on the other. Although never having witnessed the planting, she was always amazed when one day there was the first sprouting.

Not only being aware of the weather on the mornings she trained, but a deep sense of appreciation and awe at what nature presented at the start of each new day as no two days were ever the same as the day before. There were smells of freshly tilled soil with the subtly pervasive aroma of fertilizer one morning with the misty haze of sun-warmed dew. The next morning the air was fresh and clean while the sun began by painting the sky glorious hues of orange, peach, red and yellow.

Soon she noticed there were developing crops which she knew that one morning they would be harvested, leaving the fields barren again with just the obviously tilled brown soil remaining. She wondered when the harvesting occurred as she never remembered seeing the machines or workers gathering the resultant crops. Modern day technology allowed such labor to transpire without too much disruption and attention.

As the weather grew warmer, and the sunrise was occurring earlier as the days grew longer, she began to encounter a few more people on the trail. There were polite acknowledgments as they passed and occasionally a beloved pet accompanied. The motor traffic was also beginning to increase slightly, but there still remained a sense of calm and quiet.

One morning there was the unusual warmer start to the day which fostered an unexpected layer of eerie ground fog. The denseness reduced visibility, and caution was required for safety to avoid colliding with some other brave soul. The trees were

shrouded in a gentle blanket which enhanced their majestic presence. Sunrise added a dimension of hazy color of orange pink and peach resembling a muted pastel watercolor.

After a glorious start to an unscheduled day, as she returned home, she realized there was a sudden change in the way she felt. She hurried to get upstairs and inside her nice but minimally decorated apartment home. She soon entered the refreshingly cool, safe, and comfortable living room where she was able to sit down and gather herself. She waited for a brief moment while deciding her next course of action. She was alone.

Sensations of unease were trying to pervade her mind as she sat there trying to steady herself enough to get a drink of water. The last thing she needed was to lose consciousness and no one knew. She also knew that panicking would only serve to exacerbate this unknown feeling.

Seconds seemed excruciatingly long as she attempted to assess what was happening to her body. She managed to steady her breathing and realized her heart rate was slowly decreasing as well. Although her phone was close her blurred vision did not allow her to make a call. She was able to calm herself enough to mentally perform a review of her systems. Primarily, she wanted to be sure she was not having a stroke!

What she knew was she needed medical attention as soon as possible for a more thorough professional assessment and diagnosis. What she knew was she was unable to drive herself anywhere. Miraculously after what seemed like an hour the sudden sensations disappeared!

She steadied herself, went to the kitchen and got a drink of tap water. As she returned to the sofa, she knew she needed to call the Triage Nurse and then her sister and brother-in-love. Sydney now felt more comfortable as she waited for her sister's arrival and was escorted to Urgent Care. What she knew was that everything was going to be alright, and unless directed otherwise, in a couple of days, she would resume her early morning outdoor activity in the fresh air and glorious sunrise.