

GIVING THANKS

Maple trees and sowing seeds

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

-William Arthur Ward

This Thanksgiving, I am grateful for change, for the possibility of change, and for how change shapes lives and propels hope forward. Change helps us

learn, grown, evolve. If it were not for the challenges of change, we would remain complacent and stagnant. Change is often unsettling, mostly when we have little warning, or simply if we fail to see the signs that call us to be vigilant to the present moment.

Nothing shows us about change better than New England weather, as we live in a place where Halloween snowstorms happen and we can experience four seasons in a day. Autumn shows change most dramatically, as evidenced by the crowds of "leaf-peepers" who visit New Hampshire from all over the world, not just to see colors, but to see them change.



Courtesy photo

New England draws 'leaf-peepers' to take in the beauty of the fall season as the foliage changes color.



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Every day, each hour of the day for nearly a month, hillsides move and shift in wind, sunshine, cold, rain, sleet, snow - kaleidoscope colors popping against winter evergreen. Time and space keep the palette moving across winding back roads as switch-back views of mountains, valleys and lakes cause changing views to crop up at every turn. Add in crazy temperature changes

in the span of a few hours along with shorter days, and the mix is even more unpredictable.

Colors do not so much "change" as reveal what is hidden. Once shorter days diminish sunlight and trigger a tree to stop producing chlorophyll, three pigments already in the leaves appear-xanthophyll, reflecting yellow light; carotene, reflecting orange, red and yellow light; and anthocyanin, reflecting red to