

Little Engine That Could



I hope to have grandchildren someday, but before I do, I have been gaining valuable experience from my niece's daughter, who is four and a half.

Wow! Does this little one have energy! When I learned of my niece and her family's upcoming stay at our home for a weekend, I looked around our home to see if we had any age-appropriate toys and books to keep her occupied.

Marble Works turned out to be a huge hit; noisy toy, but still fun. An old wagon that was my children's toy provided a great transport vehicle to the park for her dolls.

I also dug out my children's books. Mingled in with their books were actually some of my own childhood favorites. Low and behold on the top of the box was my original 1964 copy of "The Little Engine That Could."

I sat down to read this now "vintage" book. Reading through the story now as an adult made me think of the story in a different way.

The way that little engine asked for help from the other engines. The way the engine had to really put forth a lot of energy to get up and over the hills. And finally, the satisfaction the engine received for a job well done when it accomplished the task.

I just thought to myself, isn't that a story we, those who live with MS, strive for every day? Life takes more effort for us. We need to ask for help sometimes, but in the end, we can change the "I think I can, I think I can, I think I can" to "I know I can, I know I can, I know I

can.”

Put your mind to it little engines! You **can** do it! Living with MS isn't a race, it's a journey. Learn from it, pick yourself up and enjoy the ride as best as you can.