

My Biggest Challenge in 1995

By Jan Sklaroff
Chester Springs

My biggest challenge in 1995 was living in another land: a country that is now in the news.

I wanted to stay in the nation for my whole assignment, and I was successful.

The assignment was not easy. It wasn't being in the army, but it had a lot of challenges!

Lack of food, lack of heat, lack of clean water were my main challenges.

The lack of heat, food, and water forced me to focus — not an easy task for me.

In order to survive, I needed these three elements.

I worked hard to gather food, gain heat, and collect water.

If one puts one's mind to something, anything can be accomplished.

Focusing on one's physical comfort and one's health is golden.

I learned to become more focused on health and what I needed to eat.

It wasn't an easy task due to remoteness and shortages.

By focusing on foods that were healthy and nonperishable, I was able to survive and remain healthy.

Heat was accomplished by using a lot of blankets and long johns and primitive electric heaters and heavy socks.

Water was gathered from mountain spigots. These sources of water were as clean as Evian.

I would transport the water using a bucket.

Focusing on one's goals will allow us to survive. That is what I learned.