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The bad days aren't really so bad

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On any given day, even what we think of as our “worst,” we are truly ahead of 99 percent of the entire planet. It is overwhelming to see the victims of tornadoes, entire towns removed into thin air in minutes, without feeling simultaneously saddened and sympathetic to their plight, while also being grateful that we are not usually in danger of facing the same grave situation where we live.

We have no need to live in constant fear of a volcano, monsoon, typhoon, mudslide, or hurricane or earthquake. Wildfire devastation, engulfing and causing the destruction of entire neighborhoods, or thousands of acres of forest preserves is simply out of our conscious thoughts, with the exception of footage on the evening news.

Ironically, the cost of acquiring a relatively decent family home in some of the very areas that are in the most precarious positions, and the most likely to face such devastation, is many times the cost of housing here.

Some homes you and I take for granted would cost millions there. Also, we seem to be finally weaning away from the few huge employers that we have traditionally had to rely upon, as many new incubator, high tech, and other new businesses abound, at the same time as an unprecedented resurgence of city development of new housing appears to be in full swing.

We are able to get food whenever we need it. Indeed we have our choice of everything we could want to eat just down the street, if it is not already neatly tucked away in the refrigerator in the next room. Some people don't have that. We live near the largest resource for fresh water, and if that isn't enough we have relatively decent running water in our homes and at work, filtered water in many places. Some don't have that luxury either.



If that isn't enough, we have bottled water at our disposal every day at the same store we take a short jaunt to, when we want more food.

This may seem unimportant, but we constantly analyze our surroundings, and circumstances in life, even if we are not consciously aware of it. It is so very easy to forget how lucky we really are. We also deserve credit for making good choices in life. It certainly isn't all luck, but many of us were born into or near this area of the world, and this area of the country. Sometimes we forget just what we have here. Sometimes we even forget what a wonderful country we live in.

Needless to say, those who suffer through the daily horrors of war or famine draw upon enormous strength to get through each day — strength I doubt I could muster.

I mention all of this for your consideration to offer solace on the “bad” days, not to instill guilt. Guilt will accomplish nothing positive. But, having the ability to realize how fortunate we are may help. So perhaps the next time the workload seems to be a bit too much, or the demands of the kids, or friends, or parents seem overwhelming, you can give yourself a break, and take a minute to give yourself the luxury of enjoying what we have on a daily basis — that so many live without. We can't change the world all at once, but working toward helping others certainly keeps things going in the right direction, and often those small individual efforts collectively make a difference.

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