

# Why Not Now?



Vivian Stancil

*Before you watch. Discuss.*

1. Predict. What do you think the film will be about?
2. Have you ever been scared to do something but overcame your fear?
3. What are some excuses people give for not changing their lives?

*Watch. Answer the questions. After share and compare with others.*

A. What sport did Vivian take up? How old was she?

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B Why was Vivian so scared?

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C. What did Vivian's doctor say might happen to her?

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D. What are some things Vivian has accomplished in life?

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E. What did you learn from watching Vivien's story?

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*After you watch. Rate this video.*

I give this video  because ...

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- A. What sport did Vivian take up? How old was she?

Vivien took up swimming. She was 50 years old.

- B Why was Vivian so scared?

She had heard blind people couldn't swim.

- C. What did Vivian's doctor say might happen to her?

He told her she would die if she didn't lose weight.

- D. What are some things Vivian has accomplished in life?

She has won medals. She lost weight. She is happier.

- E. What did you learn from watching Vivien's story?

I learned to not be afraid of things I haven't tried yet.

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# Why Not Now?

The story of Vivian Stancil



My first time in the pool I was 50 years old. My coach was in the water telling me, "Jump in Vivienne!" He said, "Haven't you been baptized?" I said, "Not like this!"

I was afraid. What is gonna happen to me, in all this water. The kids said "Look at that old lady trying to learn how to swim." and I said to myself "Why not now?" and I jumped in.

I heard that blind people can't swim. Oh yes, they can!

And here you are showing off your first medal. at your first Senior Olympics. Oh you were so proud of it ... and now you have accumulated how many?

221. Mm-hmm and still racking them up. Here's the LA Times article – Doctors Warning Made A Champion Of Her. You took that warning and ran with it, didn't you?

When I was 50 the doctor told me I was gonna die if I didn't lose the weight. I was 320 pounds. I had my teeth wired to lose weight. That was so dangerous. Something, clicked into my head. I realized it's up to me to take control .... You're kicking my butt! "I am?" Yeah you are! You should see it.

I went from a size 24 to a size 12. Ah delicious! I look good. I'm healthier. I have more energy. I started a foundation that teaches swimming lessons free. I've become a City Commissioner for people with disabilities. On my 70th first day I got a rejoicing. My work, it's not finished.

**WHAT CAN YOU DO TO CHANGE YOURSELF AND CHANGE THE WORLD?**

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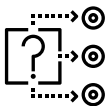
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# THE 5 WS

Be the journalist and tell the story.

<b>WHO?</b> 	<b>WHAT?</b> 
<b>WHERE?</b> 	<b>WHEN?</b> 
<b>WHY?</b> 	

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