



Volume 17, Number 13

March 30---Chris Porterfield—The St Jude Golf Classic

April 6—Andrea Rose has a representative from Mission Mississippi as our guest speaker

April 13—Chip Wood has Dr. Jim Epps of Cook Coggin Engineering. Dr. Epps will be discussing the new Roundabout for Droke road and will have video's to demonstrate how they work.

April 20—Pat Ray

April 27—Commissioner Brandon Pressley will be our guest speaker

Former long time Kiwanian. C.K. Little fell a few weeks ago and suffered a severe back injury and is slowly convalesing in Memphis. He is the father of Kiwanian Carroll Little.

A GREAT RECIPE . . .

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Talk to God about what is going on in your life. Buy a lock if you have to.
3. When you wake up in the morning complete the following statement, 'My purpose is to _____ today. I am thankful for _____'
4. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
5. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
6. Try to make at least three people smile each day.
7. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
8. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
9. Life isn't fair, but it's still good.
10. Life is too short to waste time hating anyone.
11. Don't take yourself so seriously. No one else does.
12. You are not so important that you have to win every argument. Agree to disagree.
13. Make peace with your past so it won't spoil the present.
14. Don't compare your life to others. You have no idea what their journey is all about.
15. No one is in charge of your happiness except you.
16. Frame every so-called disaster with these words: 'in five years, will this matter?'
17. Forgive everyone for everything.
18. What other people think of you is none of your business.
19. GOD heals everything - but you have to ask Him.
20. However good or bad a situation is, it will change.
21. Your job won't take care of you when you are sick. Your friends will. Stay in touch!!!
22. Envy is a waste of time. You already have all you need.
23. Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished_____.
24. Remember that you are too blessed to be stressed.
25. When you are feeling down, start listing your many blessings. You'll be smiling before you know it.

Brought to you by Yr ob'st sv't, Bilroy X. Caruth, who stumbled on the above on the net-but still could use some local news

