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We love the Food Bank! Check out the beautiful assortment of peppers we picked up recently and used in several meals. What a blessing this agency is to us and all those who benefit from it!!

Upcoming activities:

Tuesday, Aug. 18, CABIA bowling at Pin Strikes. We'll leave promptly at 5:30 after an early dinner.

Wednesday, Aug. 19, afternoon movies at Hamilton Place: **MAX**, a movie about an absolutely amazing dog. We'll leave at 12:15.

Friday, Aug 20, it's time again for a FUN FRIDAY and we're calling it piggies and pedis. Head on down to Faith House at lunch time to find out what it's all about!

Friday, Aug. 20, This week's musical outing takes us back to Red Bank for a performance by *Mountain Cove Bluegrass*. We'll make the night even more special by having a picnic dinner of Kentucky Fried Chicken!! Concert starts at 6:00pm and we'll leave at 5:30.



A beautiful sky at the Riverfront Nights concert .



Corner

Connor's

Today's issue takes an in-depth look at the word FOCUS. Surely, we realize that we should remain focused on what we do at all times, in an appropriate manner, but we also need to understand that even when we are focused, when we make choices, we must always face the consequences.

It's no exaggeration to assert that most readers of this publication have faced a time during their lives when they've encountered the importance of remaining focused. Remember these circumstances? You were in a highly competitive sporting event; you were undergoing a serious exam; you were facing a situation where the cost of the wrong decision could be the loss of a friend; and on and on. Realize that in each case you most likely found yourself thinking "I've got to succeed. I've got to focus." So the next time someone tells you the best way to succeed is to prioritize, just explain in return that prioritizing is a step in focusing. Then, break down the word FOCUS letter by letter...

F—freely or forever: when you are assessing a situation, it is a free event and you have an eternal timeframe to work with.

O—observe or offer: This calls for outside appearance to watch and learn without active participation. Observe and offer to help when you can.

C—circumstances or condition: Although it may not be a desirable location or place, circumstances and conditions will always differ and must be properly managed.

U—understand or use/utilize: There is no room for avoiding facts. When focused on a situation, you need to look at all sides. It is imperative to use your best and give your best when you have good intentions.

S—situations or seriousness: Different situations call for both differing actions and reactions. When focused, the tendency should be for a completely serious frame of mind, which lead to completing realistic goals.

With this letter-by-letter definition broken down, please understand how much I do feel it is important to remain FOCUSED to achieve happiness and success in life.

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