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Today's issue will address the thoughts of the respected and very knowledgeable Socrates while relating his comments to those who are part of or support the Hosanna Community. With passion, he stated: "It's a disgrace to grow old through sheer carelessness." As a 17-year Grubb Road resident, I feel that living a positive life is a choice. Things happen and will continue to do so. How you react to them will determine the direction of your life. I believe that concerning yourself with an active fitness lifestyle is truly at the heart of life. More important, I have learned, is to focus on the word *moderation*. What I mean, specifically, is this: It's not necessarily most important **what** you eat, it's **how much** you eat. My point is that whether you have purchased it or it has been given to you, if isn't in your best interest to eat it, then don't!! And, rather than sitting around, accomplishing nothing but gaining weight and a low heart rate, get up and out. Walk around your house. Enjoy the outdoors. Get healthier and gain a better attitude on life. As I stated earlier, life is a choice. Rather than trying to just casually sit back and rarely participate, we all need to make positive committed decisions to accelerate the future of our health. It's a choice. Let's do it.

**Connor's
Corner**

ECR

This week's activities:

Monday, July 3 We're celebrating the 4th of July today with traditional hamburgers and hotdogs with all the fixings. Then we're off to Camp Columbus to listen to music, do some people-watching, and then enjoy some fireworks!!! We will eat dinner at 5:00 and then then head out. FYI—the fireworks don't start until 9:45.

Thursday, July 6, Signal Mountain Playhouse presents *Willy Wonka*. We will eat dinner early and then leave at 6:30.

Friday, July 7, Brooke is back for another art session. Meet in the Treehouse at 10:30.



4TH OF JULY FUN FACTS

Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.

The Declaration of Independence was signed by 56 men from 13 colonies.

The stars on the original American flag were in a circle so all the Colonies would appear equal.

The White House held its first 4th July party in 1801.

Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.

Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

TAKE ME OUT TO THE BALL GAME!!

Even though the Lookouts lost the game, we had a great time last week!

