

Natural Healing Express Weekly

Column 314 Those Olympics

This week I have been travelling a bit and when I travel and stay in a hotel, sometimes I will put on the television for some mindless white noise while I digest the day's activities. Well, when doing this I connected to the NBC Broadcast of the Olympics. I was instantly enamored at the spirit of all those athletes and the auxiliary folks that were participating. There were many amazing and heartfelt stories. Too many to take in in the few short hours of that initial broadcast.

Then, the gritty competition began and perhaps showing my age, the agony of defeat ensued. Perhaps remembering the "glory days" of my athletic career, I saw how far many of these sports have come. When I first played pro beach volleyball, the biggest prize was a small trophy, your entry fee returned, free fruit and drink coupons from the bar down the street that was sponsoring the event. Today, the top women pro beach players have sponsorships for ten times what my home is worth. And, there were only a couple of "pro" sports at the time. Mostly, volleyball or basketball.

Today, IN THE OLYMPICS, there are many varied event, including Women's Big Air. Now, granted, if any of my friends or myself would have tried strapping on a board (now a snowboard) and took off sailing down a shoot, catapulting out the other side while doing backflips, side flips and aerials, we probably would still be in the hospital. So, I have respect. I really do. However, most of the shredders of my day would not have passed the drug test and quite possibly would have slept through the day of the competition because of the night before. But, again, I digress.

These new and improved sports are allowing more and more athletes to shine and I love it. So many different ways to succeed! At every turn there is an opportunity to perhaps bring National honor to our country with a medal. Perhaps when we need it most, the stories of driven athletes with pure vision are being showcased and rewarded.

So, I encourage you to grab the kids and actually watch some of these competitions. Show them its ok to dream if you are from a small town. Let them know it IS possible to work hard and invest in a sport that doesn't including gaming and texting ---you know an actual PHYSICAL activity. And, advise them that the rewards could be great. We just don't do this enough. Sometimes our lives are so crazy and tough that we forget what its like to dream. And Dream BIG...Take a few minutes and see what's in your child's heart. I promise you, this will not be time you come to regret.

And I would be remiss to not share my heartfelt sorrow for the recent mass school shooting, Come on people, we are all in this together. The warning signs were there. What is it going to take? Let's stop the screaming and yelling and blaming and actually get SOMETHING done to help prevent more of these tragic behavior

I believe in doing what one can on their home front as well. Talk to you kids, make sure they KNOW what to do if something like this happens in their school. Talk to them about diligence. Encourage them to look up from their phone once in awhile. Share with counselors, teachers, adults if the kid next door is posting guns on his Instagram. Do what they can do, and of course, we need to as well. Godspeed.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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