

Natural Healing Express Weekly

Column 406 Another State Championship

Last Friday, at Northern Illinois University in DeKalb, Illinois, our Lena Winslow Panthers took home their fourth State Championship title by a hellacious score of 58-20. The other team - C & M - had nothing to hang their heads about as they had a perfect record going into Friday's game. However, only one team can win. I have had several of my out of town friends ask what my humble opinion might be of this Legacy bound football program. I have a few thoughts, but I can tell you that the Coaches at the top, and mainly, Coach Ric Arand, run a tight ship and insist on Excellency, from the ground up. These athletes are in the weight room, they are bonded like brothers and they do the work. If you are going to consistently win championships, you have to do what others are not willing to do. Such as work out harder, be smarter and have some trust and faith in other teammates. They actually become like family. Our community is tight knit as are many small towns in America. Lena however is just a tad different. Most of the time our housing market is scarce and not many homes come up for sale here at any given time. Our school district is run by true professionals who actually care about education and the personal development of the student. Our coaches not only get to know their players, but they get to know their families as well. In short, we all run a tight ship and make it a strong community.

These Coaches may ask a lot, but they know what it takes. And, these athletes do the work. At the semi-final game we were asked how our "recruiting" works. I was so taken off guard; I asked the person what they meant. They said, "How do you guys recruit"? I said, "Honey, we don't recruit at all, our athletes are BORN in our community". He said, "There is no way you all can have that much talent in one small town." I smiled. I just didn't have the words. And then he asked such an interesting question, "Why do you think God blesses that Panthers so much?" I said, I think God blesses everyone who believes in him and asks for what they need. We serve a good God, but different people have different talents and

maybe he just likes seeing the Panthers play. We both grinned and went on about drinking our hot chocolates.

Congratulations to all the team members, you will find that when you are on a state bound team, the friendships you have formed there will last a lifetime. I just spent the afternoon yesterday with a dear friend who was on our State bound Volleyball team with me in 19 oh geez....We are as close as ever and we are tick older than you all. Congratulations to the coaches who know how special each team is and don't make comparisons between them. You are all rock stars. And for the wives and family members who sacrifice their evenings, weekends and holidays so this program can work successfully, thank you! You make it work.

To the moms and dads of these players, you have raised champions! Your commitment in bringing your child to this level is unprecedented. To the teachers that allow for schedule changes and make sure these athletes also succeed in the classroom – thank you for your diligence. And the cheerleaders, band members, class mates – you guys are right there in the trenches cheering them on. Great work.

Being a champion takes so much. Being a four time State Championship Program, it astronomically difficult, but here we are, proving we can do it. The Lena Community, alumni, boosters, businesses and members of the past championship teams all band together to keep that positive energy flowing as the current team and coaches hit the weight room and start gaining ground for another year. Yes, it definitely takes a Village, but let the records and results speak for themselves.

A big Thank you to my Stockton Family who temporarily become Panthers during the Championship. I love every minute of our banter! And to our friends from Michigan, thank you for going with us!
Go Panthers!!

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 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express