

Round Up Spotlight: Hospice of the Highland Rim

Hospice of the Highland Rim Foundation is a non-profit charity organization established for the sole purpose of meeting unmet needs of terminally ill patients to help reduce stress and improve their quality of life during their final days.

The Foundation deals directly with hospice workers to assess the needs of patients and attempt to cover urgent expenses which are not covered by Medicare, Medicaid, insurance, or other resources. Given the nature of these requests, the ability to provide timely assistance is essential.

The most frequent requests are for food (often for the family), utility bill payment, or special needs

while the individual is on end-of-life care. Many times, the need is driven by a family caregiver being unable to earn essential income while caring for a dying loved one.

Each year, Hospice receives requests for help that more than double the resources it has available. An annual 5K “Turkey Trot” helps raise funds to assist these patients in their time of need. This year’s race is set for Saturday, Oct. 21, at Tim’s Ford State Park.

With funds collected through the Round Up program in 2022, the TUA presented \$4,000 to Hospice of the Highland Rim in January.

Rural Route 4 Birthday

So far, I’ve had six birthdays ending with a zero. But in a few days, I will have my seventh. This is disturbing. I am too young to be old! Where did the time go? Is there a mistake on my birth certificate?

Mistakes do happen, you know. Not too far from Rural Route 4 is the city of Arab, Alabama (pronounced A- rab). But it was not supposed to be named Arab. A misspelling was made by the U.S. Postal Service in 1882 of the city’s intended name, taken from Arad Thompson, the son of the town founder, when the application for the post office was made.

Seventy. Years. Old. That’s a half century plus 20. Seventy percent of a whole century. I am feeling feeble just thinking about it. But, honestly, I WILL be 70.

Someone has said that birthdays with a zero have a weird way of making you take a long hard look at your life. That is true. I am sitting here reflecting, and there is a lot to reflect about. I am living with a three-time repaired heart (once for blockages and two times for girls who broke it). Both of my shoulders ache, my right knee cracks like a log in the fire, and my hearing aids have the volume turned all the way up. I hope that I am wiser. A little bit. Ok, just a wee bit, but not in my childhood.

Looking back, my whining and pleading and begging for a pair of PF Flyer tennis shoes reached ridiculous levels. I wanted to run faster and jump higher, just like the advertising promised during the Cousin Cliff Show on television.



Phillip Burgess

(Continued on back)

Watts Happening

(Continued from front)

I should not have pretended to be sick in the third grade when my teacher, Mrs. Bonds, told us to open our math books. A sudden onslaught of severe stomach pains allowed me to walk to my grandparents' house, which was only a short distance from the school. You cannot escape the consequences of your actions; and today, math is a problem for me, and balancing my checkbook isn't easy.

And what was I thinking when I borrowed Daddy Grand's 1967 Impala the day after getting my driver's license and stuffing four friends in the trunk before speeding through the exit at the Shady Side Drive-In?

I should not have pooled my money with a friend to buy a wine-making kit that was advertised in the back of a Superman comic book. "Borrowing" a few watermelons from a neighbor's front porch was wrong. Challenging one of my best friends to a duel over a girl was a mistake. Thankfully, no shots were fired, and the girl rejected both of us.

I regret the painful fistfight at basketball practice that started with a few nasty words and quickly escalated to punches under one goal before ending under the other one. We both were hurt, and adding insult to injury, we had to sit together in the back seat of the principal's car for the trip to the doctor.

On a more serious note, I am ashamed for the hurtful words I spouted at lots of folks when I was struggling with my life. Ditto for the pain I caused my loved ones. I should have answered God's call much sooner than I did. But thankfully, He gave me another chance.

I should have loved my parents more and complained less. I should have thanked the wonderful people in my life who mentored me and gave me the courage to pursue my dreams.

Whew. That's enough reflecting. Someone has said, "We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are here now with the power to shape your day and your future." I like that. Good advice for someone about to turn 70.

But I would still like a pair of PF Flyers.



Tallahoma Wildcat football airs **LIVE** every week on LightTube Channel 23.

Call 455-4515 to sign up today!

Find and Fix Leaks

Monitoring for leaks is the best way to prevent water damage. At TUA, our smart meters alert us if they read unusual water use at your home or business.

This alert has helped hundreds of customers address leaks quickly, before they caused significant damage to their property—or their pocketbook!

Left unchecked, small leaks under your water heater, washing machine, or sink can cause problems throughout your home or business, including structural and foundational damage.

One important thing you can do to ensure your home is protected is **make sure the contact information on your TUA account is up to date**. If we can't reach you, we can't warn you.

Even if you don't see a big bill increase, it's important to address leak notices right away. Small leaks almost always become bigger problems.

Contact our office with questions at 455-4515.



Join us!
3 - 5:30 p.m.
Thursday
October 5
Free pizza, games
and fun on the TUA
grounds!