

Habitat for Humanity Women Build



Construction Project Began with Groundbreaking on March 10

It was a "pink day" in Habitat Meadows. On Monday, March 10, under a large archway of pink balloons, women sporting pink hard hats and tool belts used shovels adorned with pink ribbons to break ground for Jackson's first Habitat for Humanity Women Build home.

The ceremony was attended by several local dignitaries including both City Mayor Jerry Gist and County Mayor Jimmy Harris, the Chamber Ambassadors (Red Coats) and a host of volunteers. Immediately following the ceremony, the heavy equipment moved in to begin leveling the land and preparing for the foundation.

The house is being built in partnership with first-time homebuyer Jenicia Haynes and her five year old son, Jomari. Joyfully, Jenicia wiped away tears as she spoke, saying "this is a blessing". The house she was renting was destroyed by fire in January, 2007. Jomari can't wait to move in, according to his mom. "Every time we drive by there, he wants to know when we're moving. He's excited about having a back yard." Jenicia is employed with West Tennessee Healthcare.

National Sponsors for the project are Ferguson, Whirlpool Corporation, Larson Doors, Hunter Douglas Blinds and Valspar Paint



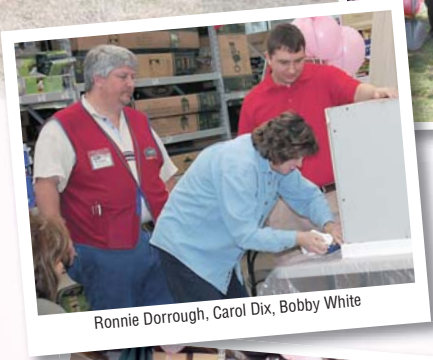
Terri Kozlowitz, Executive Director of the local Habitat for Humanity Affiliate

Donations to Date

It is our goal to have every item needed for the project donated. These businesses and individuals have already contributed. If you would like to contribute, please call Terri Kozlowitz at the Jackson Habitat for Humanity office at 731-427-7967.

- All-Brite Signs and Rentals - Melissa Nichols - portable toilets
- Backyard BBQ - Gary Christian - food
- Bakerstone Builders - Doris Baker Newsom
- BancorpSouth - Gary Grisham - \$3750.00
- Bank of Madison County/First State Bank - \$3000.00
- Beta Sigma Phi Sorority - Pam Woods - landscape labor
- Black & Decker - \$5000 plus an assortment of equipment
- Bio-Seal - Paula and Kevin Fowler - insulation
- BJP Southern Heritage - Alicia Estes
- Bluechip Concrete - Denise Noble - all labor for concrete finishing
- Bob Cook - interior trim
- BT Redi-Mix - Bill Timbes - concrete
- Caterpillar - use of backhoe
- Ceramic Tile Warehouse - ceramic tile for front entry and bath - materials only
- Chick-fil-A - Kurt and Kathleen Wagar - food
- Coca Cola - refreshments
- Custom Products
- Dale Timberlake & Roger Bailey - crews for framing
- Dirt Pilgrims Band - monetary donation
- Do Dah's Donuts - Zac and Lila Duncan - food
- Dutch Garden Center - Bas van Buuren - landscape design and plants
- Edgewood College, Madison, WI - volunteerism & monetary contribution
- 84 Lumber Company - Charlie Conrad - \$3000 credit for material purchases
- First South Bank - Ed Woodside - in partnership with the Federal Home Loan Bank of Cincinnati
- Freddie McGee - dirt work
- Habitat for Humanity Affiliate & ReStore
- Homestead Pest Control - Diane Markowski - termite pretreatment
- Interior Storage Systems - Bryan Thurston - labor to hang closet shelving
- Interworks - Paul Brian - cabling for internet, phone and television
- Jackson Storm Window and Door - Leta Webb - three sets of batten board shutters
- Jackson Sun - \$4990 in-kind contribution, \$500 donation
- Jackson Welding - mail box - labor & materials
- Jenkins Lumber Company - Steve Andrews - interior doors
- Jerold Wilson - framing labor
- Lowe's - \$25,000
- McEarl Electric - electrical supplies
- Madison Heating and Air - labor
- Madison Lighting - Kevin Kimbro - lighting
- Mitchell's Lock & Safe - Troy Mitchell - locks and installation
- Region's Bank - James Dusenberry - \$1000.00
- Rhoades Drywall Co - hang and finish drywall - labor only
- River City Materials - Terry Dozier - sheetrock
- Rushing Sod Farm - 2 pallets of sod - materials only
- Sherry Thompson & Company - hardware
- Showcase Tile & Marble - Brad Nelson - labor for tile in bath
- Southern Gutters, Siding & Windows - gutters - labor & materials; soffit & fascia - labor only
- State University of New York (SUNY), Plattsburgh, NY - volunteerism & monetary donation
- Teel Designs - Connie Teel - website updates
- Thompson and Smith Insurance - builder's risk insurance
- Timberlake Framing - Dale Timberlake - labor for footing and truss work
- Tommy Jordan - plumbing labor
- Tommy Scarborough - dig footing
- Tull Brothers - bathroom mirror - labor & materials
- United Way of West Tennessee - \$3000 annual grant
- Victor Williams Foundation - block laying - labor only
- Whalley Storage Trailers and Containers - Edward Whalley - storage container
- Women's Journal - \$6200 in-kind donation

Thank You!



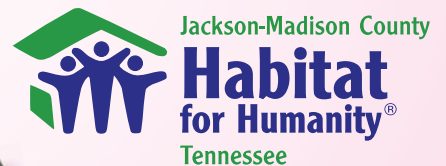
Ronnie Dorrough, Carol Dix, Bobby White



Bobby White and Chiyon Sanders

Final Workshop Held at Lowe's on Saturday, March 29

The final workshop was held at Lowe's North on Saturday, March 29. Bobby White, Territory Manager for Valspar Paint and Lowe's Commercial Sales Specialist Ronnie Dorrough taught "Interior Finish and Trim" to a group of about 30 women. Valspar is a National Partner with Habitat for Humanity. The series of four workshops was designed to prepare volunteers for the Women Build project.



How to Join the Women Build

To volunteer, either on the job site, or to provide contributions, donations of building materials or professional skills, contact the local Jackson Habitat for Humanity Affiliate office at 731-427-7967. Some opportunities include trainers, worksite volunteers and food committee volunteers.



Acupuncture

Ancient Art of Healing
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by Susan Christiansen



Thousands of years ago, healers in China embarked on a new approach to healing. Chances are, they never dreamed that one day their discoveries of acupuncture would treat people around the globe. Today, millions of Americans rely on this ancient treasure.

"Acupuncture has been a miracle for me. I use to live with so much pain. It gave me my life back," says Katrina Hamilton.

Hamilton receives acupuncture from Orlando Ly of the Acupuncture & Chinese Medicine Clinic in Jackson. Success stories like Hamilton's are a part of Ly's daily life.

"The best part of my job is seeing people get better. Many who come to me have run out of hope. When I help them get their health back...and enjoy life again...that's the most rewarding feeling in the world."

As the fourth generation in his family to practice acupuncture, Ly is dedicated to giving quality care with compassion. His

genuine concern means everything to people like Nancy Smith.

"While he treated my physical problem, he was so compassionate. He really cared about my total well being."

In the past, the general public knew little about acupuncture and the many conditions it treats. But that's changing due to growing media attention. Ly saw a big response after he was featured on a national PBS program. Ly has treated ailments from arthritis and shingles to depression, allergies, fibromyalgia, digestive disorders, strokes, skin conditions, weight loss, female problems, neuropathy, migraines, and addictions. Ly's family has successfully treated these and other conditions in West Tennessee for over 25 years.

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Welcome Change

We hear lots of statements about change.

"To everything there is a season..."

"Nothing stays the same."

"The only thing constant is change."

Facing change—whether reacting to it, initiating it, embracing it, or denying it—is a lifelong challenge for all of us.

Change can be subtle, like the growth of the pine tree in the front yard.

Change can be instant and traumatic—a broken hip from a fall or the sudden death of a spouse. Change can be a joyous experience—an unexpected visit from an old friend or the birth of a first grandchild.

And the inevitability of change can make us uncomfortable, particularly when we must face the unknown, leaving the familiar behind. How we deal with change depends on our outlook and, oftentimes, on the help and support we receive from friends and family.

At Cheyenne Trace, we understand that the changes brought by the normal stages of life and aging can sometimes be especially unsettling. As we grow older, it often becomes more difficult to move around, and certain tasks seem to take more effort and care than they used to. And for many of us, asking for help can feel like losing your independence, your freedom, your dignity. But it doesn't have to. That's why we're here.

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