

Command on the *River*

Whitewater rafting on the Ocoee River in nearby Polk County has become one of Southeast Tennessee's biggest draws for tourists. It attracted worldwide attention in 1996 when this river was chosen for the whitewater competition of the Atlanta Olympics. Life Care associates who come for the *Journey* or the annual meeting of directors of nursing or the annual management meeting have the opportunity to make their own run down the cascading stream.

The experience offers some lessons about discipline and teamwork. When a whitewater raft guide shouts, "Eddy out!" the guide doesn't mean to throw someone named Edward out of the boat. It's the command for the people on one side to hold their paddles against the current while the others stroke. This turns the raft out of the swift water and into the quiet eddies along the river's edge.

Shooting the rapids is exciting but tiring. When it's obvious that everyone needs a break, the guide says, "Eddy out!"



Perhaps your opportunities, demands and achievements are coming hard and fast lately. *Now* is the most important word in your vocabulary. This seems to be especially true in the work of Life Care, Century Park and Life Care at Home.

But remember: Along the river of life, there is a time to paddle and a time to Eddy out! Make sure you are listening to your Guide – our Lord.

--Beecher Hunter