

## Notes to Consider...

Arts & Leisure: *Martial Arts, Pankration*

By G.S. Morris — 23 July 2018



In April 1999, I spent my first out of pocket money for armed self-defense training. For a week, I attended Massad Ayoob's old Lethal Force Institute I course. On one particular day, the discussion turned to hand-to-hand training. Mas' advice was to seek out someone whose instruction leaned heavily upon no-holds-barred sparring. In other words, if when you speak to the owner of a gym and the words "non-contact" fall from their mouth; politely move on down the road. As it turns out, there is just such a gym in our area (the subject of next week's article).

The West's oldest form of "full spectrum" hand-to-hand combat was Greek Pankration. A part of the original Olympiads some 600 years B.C., Pankration ("All of Power") combined both stand-up and ground fighting. The only prohibited attacks were to the opponent's eyes or biting.

As one studies Pankration, you cannot help but come to mind images of today's Mixed Martial Arts (MMA) competitions. An appreciation of Pankration is also key in understanding the military successes of the Greeks and later Romans.

Several years ago, I squirrel hunted with my cousin for the first time using a flintlock. Upon my first shot; standing there with what had been instantly transformed into nothing more than a long stick; it immediately dawned on me how useful it would have been to have had a really big belt knife available had I been shooting at more than just small game. Now imagine how essential the brutal hand-to-hand skills honed through Pankration were to the brave 300 Spartans at Thermopylae when their primary weapons (spears, swords, and knives) were finally broken? Might a knowledge of such brutally effective hand-to-hand skills come in handy, today?

Next Week: AFS Academy

**A Call for Help: DAV Ch. 165 is one of the most active providers of full military honors funerals in our state. If you were an honorably discharged veteran who believes these services are worthwhile, we need your help so they may continue. We meet at 1900 on Potter Road off US 421 south of McKee the first Monday of each month (following Monday on holidays).**

## Yards to Paradise Landscaping

Give Your Front Entry a Spruce-Up

By Max Phelps

If the front of your house happens to look a bit bleak, tired, or lacks imagination and appeal, perhaps there are some simple and inexpensive things you could do to change that up a little. Some of them you probably can do yourself, some will require the advice of a professional. There are major projects that you can hire experts for, but most of the following ideas you probably can probably draw up and perform yourself.

A boulder, or even several, can be a quick way to change the appearance of a yard. They should be situated and maybe planted in such a way as to look like they were always there, and you built or designed around them. (A couple big rocks dropped off the tailgate of a pickup truck to keep traffic off the lawn; well, will probably look just like what it actually was.)

A wall, not too tall, can give a bit of privacy near the front entry, yet not block the view. Walls of natural stone are ideal, either masonry work, or dry stacked. But tumbled concrete units or faux stone adhered to concrete blocks may be more suitable for the do-it-yourself project.

Add some raised beds, or just dump a load of dirt and rake it out to create some undulations in a flat boring yard. Using dirt excavated from where you are building a new walk, a new patio, or installing a water feature can also be the source of dirt for raised areas. I once made a winding path through a backyard in my hometown. I took the sod that I cut with a sod cutting machine to make the space for the new walk, and flipped that grass upside down and stacked the pieces to create mounded areas in the lawn. Then I installed small pebbles for the walk. In a few weeks, the piled grass had died and decayed, making earthworm-rich planting soil. The homeowner then planted flowers and mulched these beds.

A small patio or a small wooden deck can instantly transform an entry. An arbor or pergola can be constructed such that you walk under it as you leave the house, or your guests approach the entryway.

A stone or brick or some other masonry or acrylic cover-up of a chipping or cracked sidewalk or driveway can go a long way in giving your place a quick facelift.

And landscaping with plants is perhaps the simplest of all ideas. Yet, it is botched more often than not. The inexperienced person may buy plants that look great individually, but end up not combining for a good look when planted together. Sometimes going to a nursery and showing them a picture of your yard, or sending a friend or a landscaper an email requesting ideas can work out ok. But, beware, nurseries want to sell plants—the more expensive ones they make the most profit on especially. (Also, if you want your yard to look distinguished and not like others nearby, you probably don't want to go seek out the same person who provided the design for the neighbors.)

Adding color, including the color green which is especially useful in winter, to your front entry is usually a good idea. Just don't do it the way the next door neighbor did theirs if you want your front entry to look special.

Container gardening is a easy solution to a nondescript front entry. Placing a large pretty pot carefully planted with flowers, some trailing vines and at least one upright plant, can be one of the simplest ways of working a quick miracle. A pair or a grouping of attractive containers well-planted with pretties will be a instant winner. By changing out the plants when some begin to look ratty you can keep container gardens looking fresh and pleasing all summer.

A new or freshly repainted front door, door trim, or even new paint on the whole house (even painting a brick house) can be a way to make an impression in short order.

Don't forget the simplest ideas of all for a quick fix for curb appeal. Trim up overgrown trees and shrubs, and spread some fresh mulch.

Any one of these ideas could give your place the spruce-up your entry needs. Several in combination can really make yours the sharpest home entry in your community.

The author is a landscaper. Feedback and queries welcome. (859) 684-0642, (865) 360-6951

## Inspirational Thoughts Into God's Word

By Lynetta Hunter

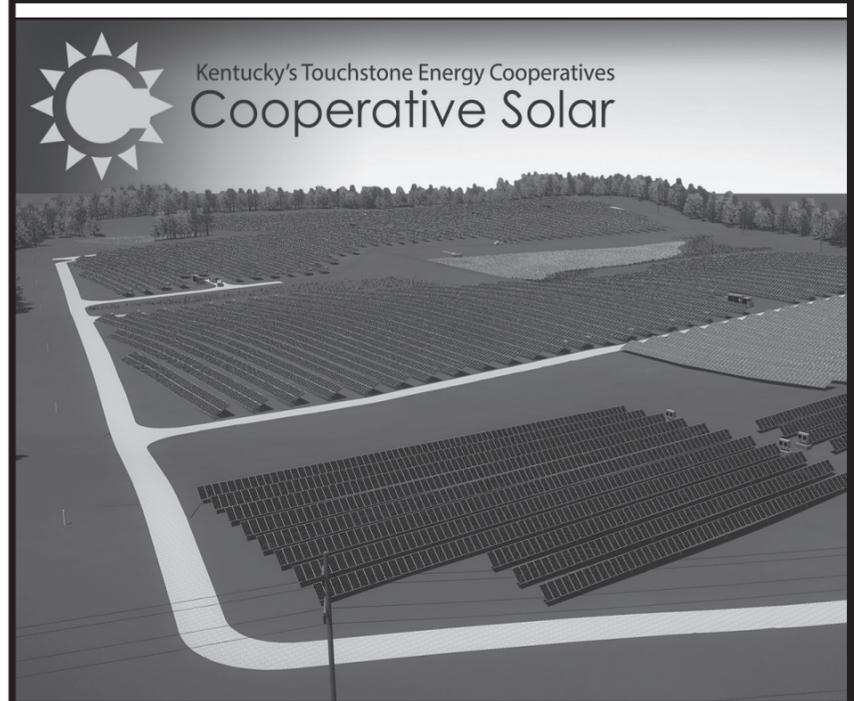
Influential powers are everywhere, from what we allow ourselves to hear, see, be surrounded by, precisely to the thoughts that are allowed to dwell and be a determination in daily decisions.

Jairus urgently and humbly asked Jesus to heal his twelve year old daughter who was back at home dying. His religious title meant nothing at this point as he fell at Jesus' feet, right in front of the crowd of people gathered around. Jesus agreed to go with him, but was stopped along the way to take care of a separate miracle. Jairus' request was delayed just long enough for someone to come tell him that his daughter had died and there was no need to bother Jesus any longer. Then Jesus told Jairus, 'just believe, don't be afraid'. When they got to the house, Jesus tells her weeping family that she is only asleep and they laughed at Him. He then tells them to get out, takes her by the hand, and speaks life back into her.

Jesus didn't tell the messengers or the weeping household to 'just believe', He told Jairus that. The negative powers of influence could have easily deterred Jairus from continuing his belief in Jesus, but somehow he instead chose to be influenced by the few words Jesus spoke to him.

A paraphrase of those words could be this, 'Jairus, you came to Me with a prayer request, full of concern and passion, willing to be mocked or demoted, with all faith that I would answer your request. It hasn't gone perfectly the way you thought it would, there have been delays, opposition, and confusion. You felt forgotten for a while as you watched Me take care of other people, and now you feel abandoned and hopeless because of what other people are telling you. But right now Jairus, I need you to keep believing in Me with that same passion and confidence that you had as you were kneeling at My feet. Don't walk away from Me now, the struggle is almost over, the prayer request is almost answered, you're going to see the miracle that comes from surrendering to My influential power and experience new life with your healed daughter, with unity and strength like you've never had before.'

## This farm is growing



## renewable energy

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