



Player speaks about 'Life' with heart

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April 17, 2008

ST. GEORGE - Jared Needham is a junior at Pine View High School. He was born with a deformed right foot and a right femur bone shorter than his left.

But that hasn't stopped him from playing football for the Panthers.

"There are many choices you don't get to choose," Needham told members of the St. George Area Chamber of Commerce. "But the choices I have now (are to) associate and appreciate.

"I'm a normal kid," Needham continued. "I don't expect to be treated differently. I'm thankful for the opportunity to have a fake leg. Even though I have one foot, I'm not missing my heart."

Needham joined Jack Rolfe in speaking about The School of Life Foundation on Wednesday.

Rolfe, who created the foundation with his wife Lexie, asked, "what is in your life that is shaping your life?"

"Find what brings you joy and match it to the needs of the world," Rolfe added, quoting a graduate student named Sean de Four.

"We try to teach young people that the toughest opponent they'll face is life itself."

It does so through distribution of a small book listing the 10 A's, which are important to success. They include appreciation for what one has, assisting others, having the proper attitude, aiming for something, associating with good friends, aligning oneself with positive situations, taking action, avoiding such things as drugs, adapting to their situation and always remembering God.

"Every day people have choices," Needham said. He noted that his parents chose to put their faith in the skill of doctors to help their son overcome his birth defect.

"Ever since then I've been able to do what I want to do," Needham said.

"You have only failed when you fail to try," Needham said.

Rolfe added, "in life we get kicked; we get stepped on. ...but you never lose the value of what you have inside to help other people."

He noted that we can learn from the past and we can plan for the future. "But today is a gift. That is why it is called the present. And that is why we need to live in it," he said.

The School of Life Foundation is a 501c3 agency that receives its funding through donations from local businesses. Its program is used by such youth organizations as Boys and Girls Clubs and schools in several states.

The straight A's of life

Appreciate - If you do nothing else but learn to be thankful for life itself, then you have succeeded. I have found the more I appreciate life, the more I enjoy it. The more I enjoy life, the more I gain from it. The more I gain from life, the more I can give back to it. What great things we could accomplish in this world if everyone would show appreciation

Assist - Providing genuine acts of service to others will make the world we live in a better place. In serving, we improve our own lives as well as the lives of those we serve.

Attitude - We can choose whether our lives will be a success or failure. We can choose to govern our lives with a positive attitude. This positive attitude not only benefits us and our families but all other people in the human chain with whom we come in contact. Your thoughts and attitude determine your destiny. It is important to have an attitude of continually striving to improve.

Aim - The key to goals is to make sure that they are in harmony with your personal mission statement, which should include your deepest values and be based on correct principles. Strive to maintain balance in your life.

Associate - We cannot climb the mountain alone and achieve true success in life unless we allow others to be a part of our lives. Happiness and fulfillment come by serving others and sharing our lives with them. The more people we allow to be part of our lives for the right reason, the more success and joy we will have.

Align - If you will put your life in order and reach out to those around you, you will make the world a better place, and your life, as well as the lives of others, will improve. Organization is important, but take care that once you organize, you allow for flexibility. Get organized and control your life instead of allowing life to control you.

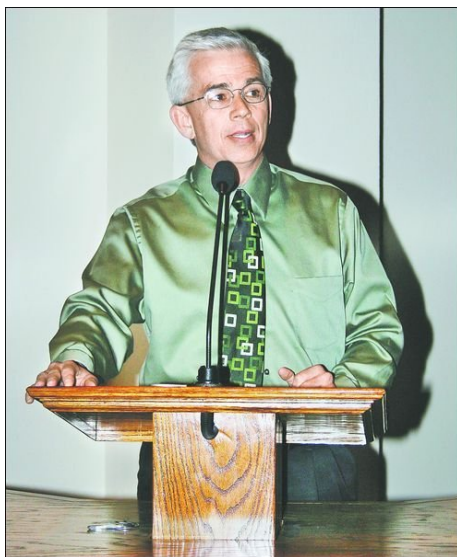
Action - Remember there are three types of people in this world. There are the people who make things happen, the people who watch things happen, and finally the people who wonder what happened! You can spend your life wondering and watching, and simply exist, but if you really want to experience this beautiful adventure called life, you need to spend more time making things happen. Taking action is the key to all the other A's. In the process of taking action it is important to learn from our mistakes and failures. The will to take action must be strong enough to overcome obstacles and failures; you need to keep trying.

Avoid - Stay away from those people, places, and things that will harm you, or hinder your success. Focus on the good things in your life.

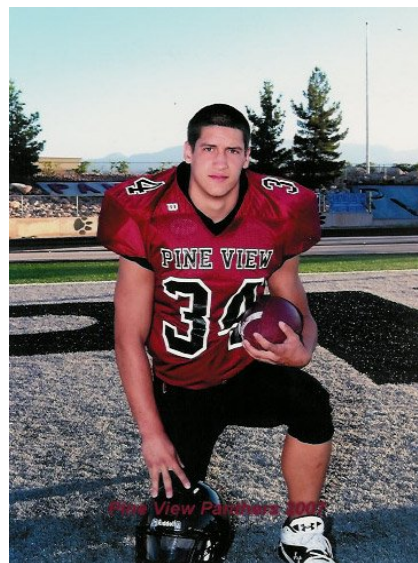
Adapt - Whatever task you set out to accomplish, you must commit to its completion and stay true to your commitment. Along the path to completion of your task you will encounter challenges. You should consider these challenges opportunities instead of problems. When we encounter major barriers, we need to be flexible, adapt and change if necessary. Do not become so involved trying to open a closed door, that you miss the open ones. If you can master this principle, you will be able to learn and benefit from success and failure equally.

Always - The last and most important A is to Always remember God. Everything we have and do is given to us by God. Remembering God is the foundation upon which all the other A's are established. God can guide us during trials, successes, failures, changes and all other challenges in our life. I promise you that your life will be better if you believe in God.

For more information, visit www.schooloflifefoundation.com or call 435-632-2947



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