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# The Eufaula Tribune

WEEKEND EDITION ♦ JUNE 7, 2015 ♦ 75 CENTS

## Relay for life raises \$89K



Little Miss Relay for Life Reese Buchanan is pictured during the luminaria ceremony.

SUBMITTED PHOTO

### 27 teams collect money for cancer

BY TIFFINY WOO  
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Barbour County residents turned out last weekend despite the heat for a very special annual event honoring cancer survivors and victims. The Barbour County Relay for Life event raised \$89,123.78 and fundraising continues online until August. Their total goal is \$100,000.

Held on the soccer fields at the Eufaula Community Center, event coordinator Patti Thornsbury said she was pleased with the turnout. "We were glad to be back out on the field," she said. "We really did have a good turnout of people coming in and out all night. People were in high spirits and had a good time. It was the first time in a couple of years we've been able to be outside." Big fundraising events held the night of Relay included Relay Idol, styled off the American Idol singing competition. Thornsbury said there were many good participants, and Sarah Buffy won the competition by raising more than \$400 in change for

her performance. Another big event was Cow Patty Bingo. Cindy White and James Tidwell shared ownership of the winning space and were awarded the \$5,000 prize. The night's events also included several other fundraising games, entertainment for the kids, the traditional survivor's lap and luminaria ceremony. The event hosted more than 70 survivors at the survivor luncheon. In addition, 27 teams represented at Relay for Life this year with more than 200 participants.

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### Medical Center Barbour

## Lunch and learn focuses on healthy minds

BY TIFFINY WOO  
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While most understand that the brain affects the mind, psychiatrist Dr. Bascom Bradshaw reminded community members attending the Medical Center Barbour Lunch and Learn on Wednesday that the mind can also change the brain. That was the basis behind his talk on positive thinking and stress reduction as he urged listeners to reduce the amount of "negative self-talk" they allow themselves.

"Some of us even spend time worrying about worrying," said Bradshaw, adding that it becomes a problem when "we have these automatic thoughts that we're worthless." Negative talk can undermine one's livelihood. Common forms of negative self-talk, said Bradshaw, include: » **Filtering.** You magnify the negative aspects of a situation and filter out all of



Bradshaw

the positive ones. » **Personalizing.** When something bad occurs, you automatically blame yourself. » **Catastrophizing.** You automatically anticipate the worst. » **Polarizing.** You see things only as either good or bad. There is no middle ground. On the topic of improving mental health, Bradshaw said those who practice reflective thought such as prayer and meditation have shown significant changes to the brain. "The foundation of psychotropic therapy is to latch

onto the positive things and not the negative," said Bradshaw. Working with the geriatric inpatient program at Medical Center Barbour, Bradshaw said he often advises those under his care with one simple phrase — "There is a way forward." "Practice positive talk," said Bradshaw. "A lot of good talk can be undermined by underestimating our power to change things. "Surround yourself with positive thinkers. Be open to humor."

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### ShrimpFest and BBQ

## Baumhower event returns to Lakepoint

BY KYLE MOOTY  
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Lakepoint Resort State Park made a great impression on its governing body during last year's Baumhower ShrimpFest and BBQ event. On June 27, another such turnout could play a role in the park's future. Due to budget proposals in the Alabama 2016 General Fund, Lakepoint is one of 15 Alabama state parks that could face closure. There were four such events last year, including Lakepoint, Gulf State Park (Gulf Shores), Lake Guntersville State Park and Joe Wheeler State Park (Rogersville). Alabama Gov. Robert Bentley noted that the events' success contribute to the success of the entire park system. State Parks Director Greg Lein said last year's event at Lakepoint was "a great one." "It was a celebration of our 75th anniversary, and an eye-opener about the public's interest in attending great events in our parks," Lein said. "The more we can share with the public the facts about our financial circumstances and our collective appreciation for this great public program, the better off we will be. We are also encouraged by the formation of a parks coalition to support us in our mission to serve the public." This year's event begins at 4 p.m. and features fresh Alabama Gulf Coast shrimp, barbecue, live music and entertainment for kids. ShrimpFest fundraiser tickets are \$15 in advance and \$20 on the day of the event. For more information about the event, call the park office at 334-687-8011.

*Alabama State Parks is currently facing a funding crisis that threatens to close more than half its parks, including Lakepoint.*

Alabama State Parks is currently facing a funding crisis that threatens to close more than half its parks, including Lakepoint. About 90 percent of the annual funding to operate state parks comes from user fees such as lodging, gate entries, camping and meeting space rentals. All proceeds from this fundraiser will go toward continued funding of state park operations. "Our state park system is experiencing

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FILE PHOTO

Bob Baumhower greets the crowd at last year's ShrimpFest and BBQ event at Lakepoint. The event returns to Eufaula on June 27.

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