



RIVER VALLEY HS  
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Dear Vikes,

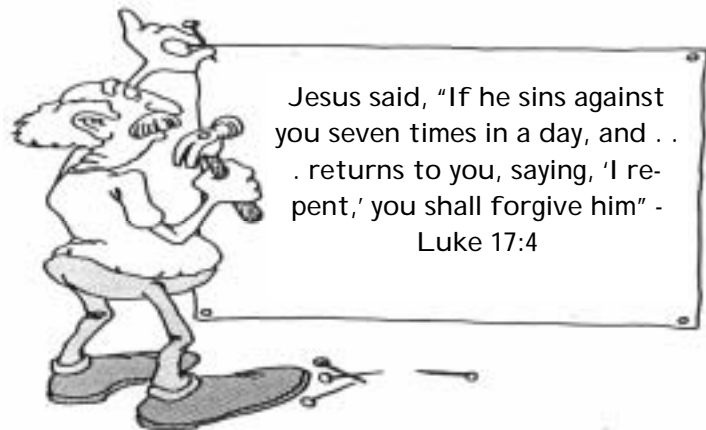
One thing I've learned is that we can't change what happened yesterday, but we can learn from yesterday's mistakes, and with the Lord's help we can use that knowledge to make a better tomorrow.

Like Woodstock, that's what John Mark did. He started on a missionary journey with Paul and Barnabas, but turned back. He abandoned them and went home. We're not told why, but Paul saw it as a complete desertion and character flaw.

Later, Mark became a co-worker with Barnabas. We don't know the details, but at some point Mark must have changed and sought out Paul to ask his forgiveness and they made things right between them. When Paul was in prison, he asked Timothy to come and to bring Mark with him. He wrote that Mark was "useful to me for ministry" (2 Timothy 4:11).

We cannot erase yesterday, but we can learn from it. When we go to someone we've offended and ask for their forgiveness, we can make things right . . . then we can have a restored relationship and a better today and tomorrow.

Upward bound,  
Coach Pat



# Trash Talking

When the top-ranked Ohio State Buckeyes beat Northwestern, 36-10, personal fouls and unsportsman-like conduct tainted the win. OSU's Coach John Cooper made a point to his number 1 ranked team that there is no place in football for trash talking and taunting, that it can be a distraction more than a help. Guard Rob Murphy said, "He got his point across."

With all the flags in the game, Cooper said that is something he wants stopped. Again Murphy said, "I agree. We need to play more and talk less."

"You can have a good, tough, hard-nosed football game without all that stuff," Cooper continued. "I think college football might want to do more to prevent trash talking. It seems like we're more worried about a guy celebrating in the end zone after a touchdown than with what else is going on."

As a Christian and an athlete is there a place, in sports, for trash talking? I don't think so, and I agree with Coach

*"Play more and talk less!"*

Cooper that it's a distraction. Jesus said, "For the mouth speaks out of that which fills the heart" (Matthew 12:34). Like Rob Murphy said, "Play more and talk less." Play with the character that is reflective of a heart surrendered to the Lord. It is not our accomplishments that influence others, but our character.

Trash talking means we must belittle our opponents to somehow build ourselves up as greater and better than them . . . and that's unsportsman-like and unChristian.

