

August 2008

# 280 living

Neighborhood news and entertainment

Volume 1, Issue 12


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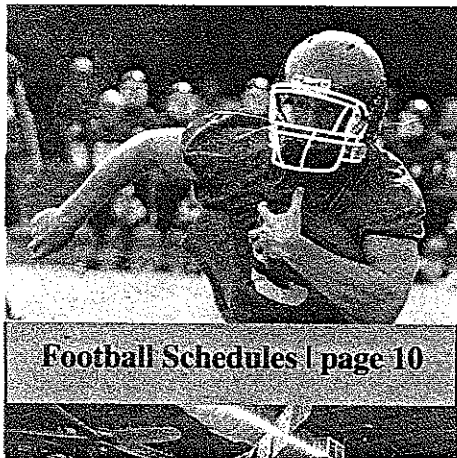
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# Let the Pig Skins Fly!

*Here's what our area high school coaches have to say about the upcoming 2008 Fall Football Season:*



“The Eagles are excited about the 2008 football campaign. The new weight room that opened in October should pay dividends throughout the season. Oak Mountain returns QB Drew

hybrid player seeing time at LB and DB.

This group seems to be coming together as a family unit. I believe that we have the tools in place to be very competitive and to return to the playoff picture in 2008. The kids have done all that we have asked and we are proud of their commitment and

Matthew Spivak, Ryan Scott, & Lucas Bess. The Quarterback duties will fall on the shoulders of Junior, Paul Barber who served as the backup a year ago.”

**Fred Yancey, Head Coach**  
Briarwood Lions



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Ross Ware.

The receiving corp, led by Davis Dudchok returns three starters from 2007.

Defensively, the Eagles will be young with 7 juniors taking the field. Fortunately, many of those have some varsity experience in Region 6. The defensive line should be led by Jeremy Burroughs and Dillon Crawford. The linebackers will include Whit Whitfield, Jay Hammond, Caleb Dodd, and Cole Prater.

The secondary boasts returners Wes Alexander and Thomas Holloway. The corners will be manned by David Stanley and Robert Moseley. Walker Long will be a

### Oak Mountain Eagles



“ After going 14-1 and placing second in the state, the Lions will be working hard to replace 15 starters. Gone are eight players who signed college scholarships. Left to lead the team this season are 31 seniors. Included in the group are Walker May, Ben Bracewell and Evan Simmons. The offensive line will return 4 starters including Bret Thompson,



men have been working very hard in the weight room and on the field preparing for the season. On offense we have 7 returning starters including our quarterback, Blake Yance, running backs Garrett Salter and Zac Hilliard, wide receivers Blake Woo and Luke Moore, and offensive linemen Alex Miller and Brandon Parker, all of whom are seniors. On Defense we have 4 returning starters. Those include linebackers Zac Hilliard and Jake Birdsong, defensive backs Josh Ankensheilm and

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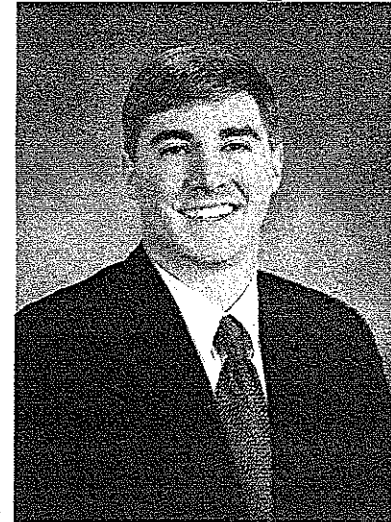
## Angel Investor Network Launched for Birmingham and Surrounding Region

**B**irmingham, AL (July 27, 2008)-- Birmingham Angel Network, LLC (BAN) has launched the first and only formal angel investor network for Birmingham and the surrounding region. BAN will introduce entrepreneurs (generally within 150 miles of Birmingham) needing funding for their businesses to potential investors through online business plan reviews and live presentations. By providing a formal introduction of local entrepreneurs with interested investors, BAN provides a critical component for growth of startup companies that are essential to reviving our economy, many of which could not otherwise exist due to the lack of startup focused venture capital in the region. Joshua Watkins, managing member of Watkins Law Firm and BAN Executive Director, said “Angel investors are the single most important source of equity funding for new and growing companies, but without a formal process many great companies never will find the investors they need to find success.”

The highlight for many BAN members and the goal for entrepreneurs is participation in BAN’s quarterly meetings. Quarterly meetings are

where members view up to three investment presentation out of the many businesses that submit to initial screening. After the investment presentation BAN members individually decide to invest, with other interested members, in opportunities on a deal-by-deal basis. For deals that receive sufficient interest by members, the BAN Board of Advisors and volunteer members oversee the formation of a special purpose LLC investment vehicle and related deal requirements including: due diligence, legal and accounting work, and ongoing quarterly reporting. To encourage the use of best practices by the group, BAN is a member of the Angel Capital Association and BAN leadership makes active use of the advice of both ACA national and other ACA member groups.

Functionally, BAN is a club, not a venture capital fund, and consists of individual investors interested in financing rapidly growing, privately held companies in an early stage of development who pay annual membership dues to join. BAN board member James McCormick says, “there are a number of proven advantages to a network approach for the investors as well, including managed deal flow and shared due diligence



Joshua M. Watkins  
Executive Director of BAN

and access to the breadth and depth of our members’ professional expertise.” Membership in BAN is limited and members must apply for membership in the group. In addition to the application process, members of BAN must qualify to be an “accredited investor” as defined by Rule 501 of the Securities and Exchange Commission regulations which generally

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## Who goes where?

### Are you ready to really change?

by Nick Nice



I want you to think for a minute about all the characters in the play known as your Life. It might even be helpful to write them all down, so you can really focus your energy on creating lasting change. Now, I want you to draw two boxes -- one that says PAST and one that says FUTURE. Now, I want you to think about what you really want to accomplish in your Life. Not the things you SAY you want to accomplish, just to sound good, and trick yourself into thinking you're actually making positive changes. But think

about the things you REALLY want to accomplish, in your heart of hearts.

For example: If you REALLY want to accomplish not partying every weekend, and begin making more productive decisions with your time and money, then make a mental note of that. If you REALLY want to get out of debt, and actually start saving for the future, then make a mental note of that. If you REALLY want to cultivate new friendships that empower you and push you to higher levels, make a mental note of that. If you REALLY want to improve your education by reading books more consistently, make a mental note of that. Only you REALLY know what you REALLY want -- so get what you REALLY want into your head.

Now, I want you to think about the characters in your Life, (you know, the ones I told you to write down, but you didn't) and decide Who Goes Where. Given the goals you have in your head, some of these characters are going to have to be put in your PAST box. It's a challenging situation, but if you're REALLY serious about making positive changes in your Life, you're going to have to get realistic about who's moving you forward, and who's holding you back. You know who those people are. They could be some of your most cherished relationships, with years of time spent together. But just as the seasons change, if you're REALLY ready about taking your Life in a new direction, you're going to have to let go of relationships that aren't helping you grow.

The Holy Spirit is speaking to you right now about those particular relationships. Please don't hesitate to put those people in your PAST box. If you don't take definitive action in a new direction, you're just going to keep producing the same old results. I'm not saying you're going to have to completely eliminate communication with the people who aren't helping you grow, but the status of the relationship is going to have to change significantly if you're ready for a significant change in your Life.

After you meditate on the people (and events) that belong in your PAST box, I want you to think about the people (and events) that you know belong in your FUTURE box. When I say events, only you know which Life events will empower you. It could be going to church every Sunday morning, committing to exercising three days a week, saving

## BAN

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includes individuals with incomes in excess of \$200,000 per year, couples with incomes in excess of \$300,000 per year or individuals with assets in excess of \$1,000,000. BAN seeks members that are active investors, professionals, executives and those who are interested in being a part of creating the companies that will drive business in Birmingham for years to come.

BAN's Board of Advisors, including Watkins Law Firm, Regions-Morgan Keegan, Pryor and McCormick, LLC and DiPiazza, LaRocca, McDowell & Co. jointly provide professional management and administrative services to BAN. Active BAN investors sit on special committees, provide mentoring and provide critical insight for success of the entrepreneurs and the group. Through BAN we will be able to provide a mechanism for matching entrepreneurs with these investors.

As of July 25<sup>th</sup> interested entrepreneurs are able to submit funding requests on-line via the BAN website ([www.BirminghamAngels.com](http://www.BirminghamAngels.com)). Accredited investors interested in joining the network are encouraged to either: (1) to contact membership chair James McCormick or (2) visit the BAN website.

For more information on Birmingham Angel Network, LLC please contact:

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Watkins Law Firm, LLC  
3540 Independence Drive  
Homewood, AL 35209

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[www.watkinslawfirm.com](http://www.watkinslawfirm.com)

## Bugs

millions of lives until it became less available in recent years. By helping control malaria carrying mosquitoes, DDT at fifty cents per home, was a bargain.

The recent *National Geographic* article on malaria is a shock to the system, even if you are familiar with the situation. In some parts of Africa, malaria cases per one thousand are over one thousand, three hundred. In other words, lots of people are infected more than once a year. Preventive shots and pills help, but are not a guaranty against all malarial strains. In the Third World, daily doses of malaria medicines far exceed the income of the natives, making their use impractical. Infected natives die, lay around until they recover or live a marginal life as they only partially recover.

recent years is partly to blame.

Add to that, plague carrying rats, asthma inducing roaches and Formosan termites gobbling up your biggest investment and you start to see the picture. Pesticides, if used correctly by licensed, trained professionals are an essential part of our world. Pesticide usage in Alabama is closely regulated by the Environmental Protection Agency and the Alabama Department of Agriculture and Industries. Questions about pesticide registration and licensing can be directed to the Department of Agriculture by calling 334-240-7243.

In case you are wondering what I was spraying on my "crops," it was a mixture of garlic oil and dish detergent and it really works when applied correctly. Because of the low toxicity, I don't have to wear protective clothing or gloves and