

# ACADEMY

continued from page two

was accepted.”

Maggie said she chose to attend the Gatton Academy because she had a passion for science that a rural high school did not have the means to fill.

“I was excited about all of the opportunities that the Gatton Academy provided for its students such as research and study abroad,” Maggie said.

Maggie is a Gatton Academy Avatar, which is a community leader who acts as a representative for the Gatton Academy. She helps out on preview and interview days by leading tours, serving panels, and speaking to prospective students and parents. She also is the co-founder of the cooking and health club, a Student Y Member, and part of the neuroscience club.

Maggie went further to explain her academics and research.

“I am a part of the Clinical and Applied Research Lab under Dr. Rick Grieve researching body image and sport fan psychology,” Maggie said.

She was also awarded the Research Internship Grant. This is for the Gatton Academy Research Internship Grant, to research male body image and muscle dysmorphia over the summer of 2019. To top the academic

part off, she competed in the Louisville Regional Science Fair and won the Naval Science Award and 2nd Place in the Behavioral and Social Sciences Category.

In the Summer of 2019, Maggie participated in the Gatton Academy's Harlaxton Study Abroad Program.

“I spent three weeks over the summer studying classical English literature in Great Britain,” Maggie said. “I spent a week in London exploring the city and learning about the culture, and two more weeks living and studying in the Harlaxton Manor in the British Countryside.”

Maggie said they took excursions every other day to places such as Newstead Abbey and Stonehenge. She got to experience a hike through the moors in Bronte Country, ate fish and chips on the beach, watched “A Midsummer Night's Dream” at Shakespeare's Globe Theatre, explored towns like Bath and Stratford-Upon Avon, and rode around London on the tube system.

“My favorite part of this trip was definitely getting tea and scones with clotted cream in Stratford,” Maggie said.

Maggie touched on the workload and such just as Samuel did.

“The most challenging

part of the Gatton Academy for me was learning how to study,” Maggie said. “The course load at the Gatton Academy is rigorous. So, I had to learn how to manage time better and study more efficiently while here.”

For Maggie, this has been greatly beneficial and has put her a step ahead of her peers next year in college. As for future plans, she will be attending the University of Alabama in Birmingham.

“I was accepted into the science and technology program, which will allow me to supplement my coursework with extra research-based courses,” Maggie said. “I am the recipient of the Blazer Presidential Scholarship, a competitive out-of-state scholarship for full tuition.”

Maggie will be majoring in neuroscience on a pre-medical track and minoring in mathematics.

“I plan on going to medical school after I finish my undergraduate education at UAB and becoming a neurologist specializing in neurodegenerative disease,” Maggie said.

Another student from Russell County High School, Keegan Fletcher, is also attending the Gatton Academy but was unable to do the interview at this time for the story.



# ASK Dr. Angelia Seek Your Purpose

Early in my counseling journey, I traveled to Atlanta for the American Counseling Association (ACA) Conference to attend a one-day workshop - or so I thought. Our plan was a one-night stay. That night, it snowed a foot in Atlanta, the city was shut down and it became known as the “1993 Snow Storm of the Century” which extended our stay for five more days. ACA invited us to attend workshops for free which was great; washing my clothing in the sink was not so great. That week changed my counseling approach and my life forever.

One session entitled “Logotherapy” revealed an impactful counseling method. In essence, Logotherapy teaches that we choose how life's hardships affect us and how we respond. In difficult times, such as now, we search for meaning and purpose to overcome adversity - or we choose to succumb to the hardship that ultimately leads to an early death. Viktor Frankl, the author of Logotherapy, survived four concentration camps during WWII even though his mother, wife and other family members perished. He noted that some chose death, while others found hope to survive. Frankl wrote, “Everything can be tak-

en from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances”. He stated in his book, Man's Search for Meaning, “When we can no longer change a situation, we are forced to change ourselves”.

We cannot change our present crisis, so how do we change ourselves? Seek meaning in your current situation and find the purpose or meaning for your life. That's exactly what happened to me in Atlanta. I already knew I wanted to help people become their best self, that week I found my path to help in life's unexplainable, crisis situations. It is my hope

that in this crisis, you find the courage to not only overcome this moment; you will thrive for your future!

Again, Jeremiah 29:11 is not reassuring because it means God will shower us with success and blessings in life, but it is reassuring because God has a purpose for our lives. It's up to us to find that purpose and meaning to create your best life. We Will Get Through This - Only Better!

Finally, be Grateful. Live in Peace. Love God and Love every Person. Amen. Dr. Angelia S. Bryant, Licensed Professional Clinical Counselor angelia.s.bryant@gmail.com

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# USDA Announces June 1 Application Cutoff for CSP

The next deadline for Conservation Stewardship Program (CSP) applications to be considered for funding this year is June 1, 2020. Through CSP, USDA's Natural Resources Conservation Service (NRCS) helps farmers, ranchers and forest landowners earn payments for expanding conservation activities while maintaining agricultural production on their land. CSP also encourages adoption of new technologies and management techniques.

“CSP continues to be a very effective tool for private landowners working to achieve their conservation and management goals,” said Greg Stone, NRCS

state conservationist in Kentucky. “It is the largest conservation program in the United States with more than 70 million acres of productive agricultural and forest land enrolled.”

Changes in the 2018 Farm Bill authorize NRCS to accept new CSP enrollments from now until 2023 and makes some improvements to the program.

These updates include:

- NRCS now enrolls eligible, high-ranking applications based on dollars rather than acres.
- Higher payment rates are now available under the 2018 Farm Bill for certain conservation activities, including cover crops and resource conserving crop rotations.

See **CUTOFF**, Page 12

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