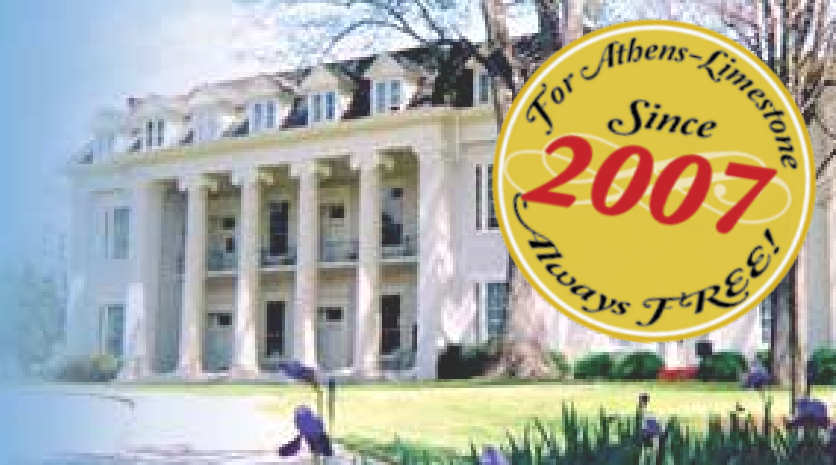


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## PlayAction Sports



**Fall Sports Update...**  
Congratulations go out to James Clemens's Noah Berry for his baseball commitment to Samford...  
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## Athens-Limestone Ministerial Alliance To Sponsor Hope For Athens On November 6

By Ali Elizabeth Turner

On Saturday, November 6, all of Athens-Limestone has an opportunity to come together and strengthen our community by serving each other. This will occur through a repeat event sponsored by Athens-Limestone Ministerial Alliance (ALMA) in connection with local churches, organizations, businesses, and an international charitable organization called Convoy of Hope. Convoy



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## From The Vets' Museum

Athens State University And Alabama Veterans Museum Partner To Host Veterans Day Event...  
The public is invited to a very special event to honor our veterans this year...  
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## Cooking With Anna



**What's Keeping You from Praying?...**  
What is keeping you today from having a better prayer life? While that may be a loaded question, the answer for most...  
**Page 13**

## The 35th Annual Chamber Of Commerce Christmas Open House and Merry Market Will Be Nov 19-21



By Ali Elizabeth Turner

Since 1986, the Greater Limestone County Chamber of Commerce as well as local merchants have been the sponsors of an annual Christmas Open House to kick off the holiday shopping season. I spoke with Pammie Jimmar, the new president of our Chamber

Continued on page 17

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**Publisher's Point**

**Facing Your  
"Fondest Fears"**

It's that time of year, when for some ludicrous reason we seem to think that scaring ourselves and each other is a good idea. There are retreads of splatter flicks, people try to make the hideous into hilarious, and I am always glad when it's over. I never have been a fan of horror flicks, even before I was a believer. And I can remember scaring the bazotts out of myself when I was babysitting as a teenager in a literal mansion that actually had an elevator and things that began to groan and creak. I scared myself, quite frankly because I didn't know how to bring my thoughts under control. I have no words to convey how glad I was to have the family come home!

That was over 50 years ago, and ever since, I have faced down a number of fears. I have endured some things that have been genuinely scary, things like working at a restaurant, getting ready to close, and having a co-worker stick a knife in my belly and tell me that if I didn't deny Christ, he would kill me. I have been broken down on the side of the highway in a freak snowstorm in May with my tender-aged daughter and had to stay there all night. After I was divorced, I dated a truly dangerous guy, and of course, beat myself up for making excuses for his behavior. Steve and

I lived at an orphanage in Juarez, Mexico, in an area that was controlled by the cartel. I was home alone one night with a 14-month-old girl and the cartel tried to bash in the side of the house while Steve was still on the El Paso side. More recently, I spent three years in Iraq, and looked into the eyes of prisoners that it seemed were utterly void of humanity. That sent a chill down to the soles of my feet. I am only talking about these "spooky situations" for two reasons. One is that it is always

good to remember the "goodness of God in the land of the living." Clearly, I have been keeping my angels busy! The other is that lately I became aware of my deepest fear, and it had nothing to do with scary folks or circumstances.

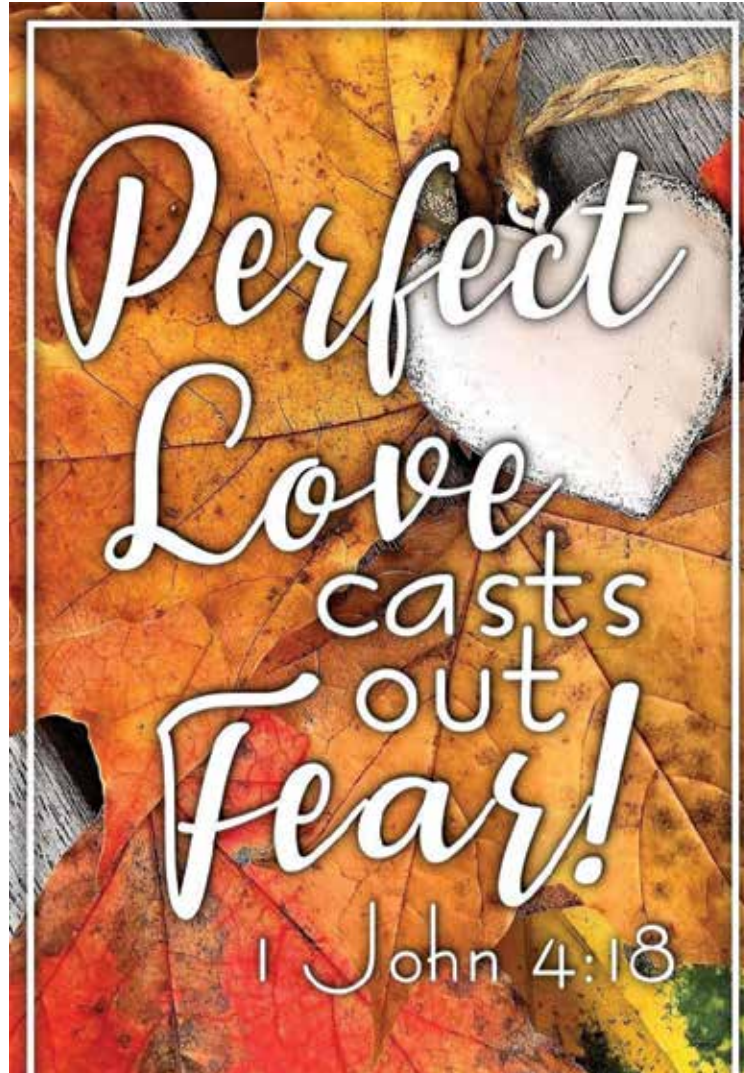
I was on my way to a Christian women's retreat in Indiana, and had lots of time to think and pray before I arrived to do what I had been asked to do, and that was to help other women face some of *their* deepest fears, or to coin a phrase, their "fondest

fear." Before you recoil about the prospect of having a fear about which you are actually fond, perhaps you can think of it this way: your *fondest fear* is the one that keeps you in your own self-made prison, and inspires you to make non-stop excuses for staying there.

What was mine? Believe it or not, success. I was terrified of it. I became aware that I was more afraid of being successful than being vilified or rejected by family and/or friends, being a victim of a crime, being tortured, or having a horrible disease that would ultimately take my life. Why was I so afraid of it? Because long ago I bought into the idea that I could not be successful and make eternity my home. Now, to be sure, most *fond fears* have a measure of truth, something that is a cautionary tale. Success can indeed be dangerous. That being said, the prospect of not allowing love, perfect love to cast out all fear is more so. I invite you to join me in facing down your *fondest fear*, not by yourself, of course, and let's "go up and see what the Lord will do!"

*Ali Elizabeth Turner*

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# The Centennial Celebration Of The Tomb Of The Unknown Soldier

by Ali Elizabeth Turner



On November 9 and 10, the public is going to be allowed to do something that has been prohibited for decades -- approach Arlington National Cemetery's Tomb of the Unknowns and place flowers directly on it. The tomb is 100 years old, and there will be a special ceremony open to the public but for which you have to register ahead of time in order to attend.

There will be complimentary flowers such as roses, sunflowers, and daisies available to place on the tomb, but attendees are encouraged to bring their own to the ceremony. Normally wreaths are placed on stands in front of the tomb, as we have seen presidents and other dignitaries do, and there are only four such ceremonies allowed each day. However, this par-



Courtesy photo. Printed in Great Falls Tribune

ticular commemoration is going to be somewhat similar to the original ceremony.

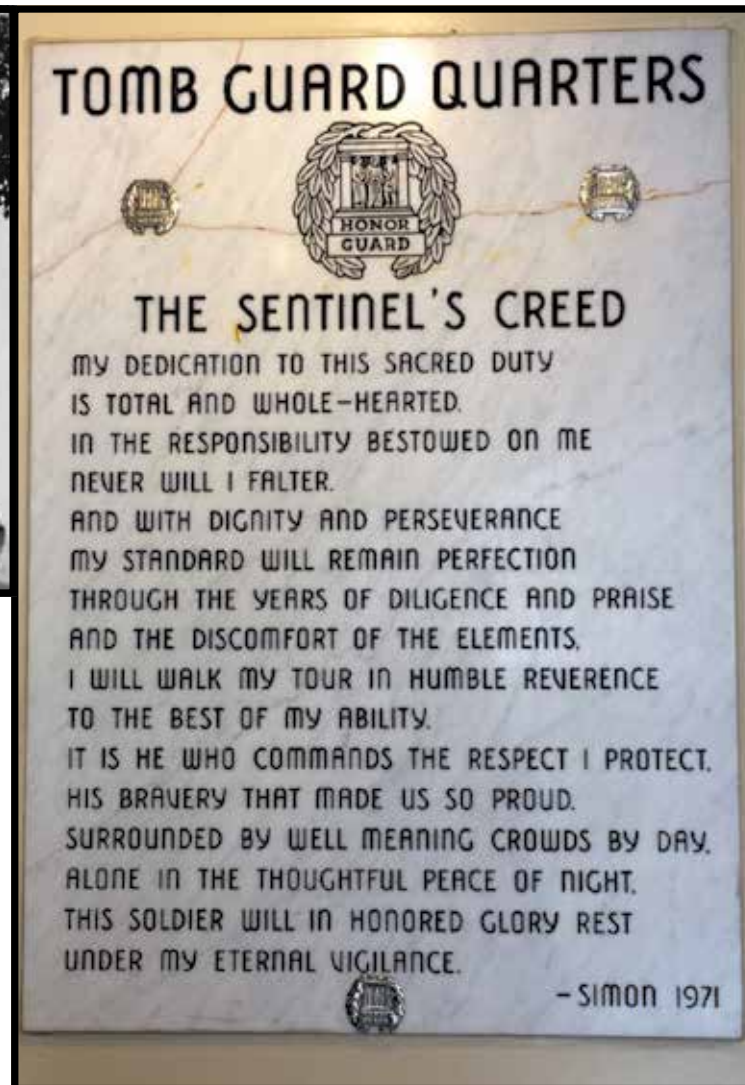
What is historically significant is that when the tomb was dedicated in 1921, Chief Plenty Coups of the Crow Nation was chosen to pray, and when finished, unexpectedly put his war bonnet and coup (pronounced COO) stick, which is a symbol of honor for First Nation warriors right on the memorial. He had encouraged his fellow "red men" to fight for America in WWI, and was chosen to honor the fallen warriors. Here is what he said that day:

*I feel it is an honor to the red man that he takes part in this great event, because it shows that the thousands of Indians who fought in the Great War are appreciated by the white man. I am glad to represent all the Indians of the United States in placing on the grave of this noble warrior*

*this coup stick and war bonnet, every feather of which represents a deed of valor by my race. I hope that the Great Spirit will grant that these noble warriors have not given up their lives in vain and that there will be peace to all men hereafter. This is the Indians' hope and prayer.*

Later Chief Plenty Coups stated, "My heart sings with pride when I think of the fighting ... the red men of all tribes, did in the last great war." The war bonnet is still on display at Arlington.

Athens resident Retired Command Sgt. Major Mike Criscillis used to spend a lot of time in Arlington and was intimately aware of the strict Old Guard protocols practiced by those who guard the tomb. He told me, "There is no way for me to fully describe the respect I have for those soldiers who serve by guarding the tomb." The Tomb Guard has its own creed, which



is stated below:

### The Tomb Guard Creed

*My dedication to this sacred duty*

*Is total and wholehearted.*

*In the responsibility bestowed on me*

*Never will I falter.*

*And with dignity and perseverance*

*My standard will remain perfection*

*Through the years of diligence and praise*

*And the discomfort of the elements,*

*I will walk my tour in humble reverence*

*To the best of my ability.*

*It is he who commands the respect I protect,*

*His bravery that made us so proud.*

*Surrounded by well-meaning crowds by day,*

*Alone in the thoughtful peace of night,*

*This soldier will in honored Glory rest*

*Under my eternal vigilance.*

May we never take for granted the sacrifice of our forebears, irrespective of something which cannot be controlled, the color of one's skin.

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# November Activities

FOR CHILDREN AT  
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[www.alcpl.org](http://www.alcpl.org)

## For Babies

### Baby Storytime

11/1, 11/15, & 11/29

### Mommy & Me

11/8

## Toddler & Preschool

### Storytime

10:30 OR 11:15

11/3- Quilts

11/17 - Taking Time to  
be Thankful

## Storytime in the Park

November 10 at Big Spring Park  
350 Market St. E Athens, AL

## Storytime in the Library Garden

November 13

## Turkey Crafts

11/22-11/24

## Lego Club

K-4th Grades  
11/9

## Choose Your Own Adventure Club

5th-6th Grades  
11/16

## Craft Club

K-6th Grades  
11/30





# Calendar of Events

## ATHENS LIMESTONE PUBLIC LIBRARY EVENTS

· **DEEP Conversation about Managing your Diabetes with the Alabama Cooperative Extension System.** Thursdays 12:00 – 1:30, September 23 – October 28. If you have any questions or to register, please contact Karen Softley (256) 324-2851.

### Yard Sale Athens-Limestone Rescue Squad Oct. 15-16

1401 Freeman Ave., Athens AL. From 7am - ? Come shop a variety of items - household, furniture, and more starting at 8:00AM. Monies go to benefit the rescue squad. To donate or make inquiries: Mickey Brannan 256-345-2212.

### Fall Market Day October 16

with the Treasure Chest (1428 Freeman Avenue in Athens) from 9:00AM-5:00PM with vendors inside and out with a variety of items from artisan goods to antiques and collectibles. For more information: 256-444-0400

### Ardmore Car Show October 16

at John Barnes Park (30515 Ardmore Ridge Road in Ardmore, TN) from 10:00AM-3:00PM. Pre-entry fee: \$20.00. Day of Registration: \$25.00. Proceeds benefit the Ardmore High School Athletic Program. Spectator: \$5.00 per person; Family: \$15.00. 12 and under free. For more information or registration: [www.ardmorecarshow.com](http://www.ardmorecarshow.com)

### Athens Fall Saturday Market October 16

is a state-certified farmers market. Enjoy fresh produce, baked goods, music, art, and crafts at the Green Street pavilion (409 West Green Street in Athens) from 8:00AM to 12:00PM. Trick or Treat for the little ones. Costumes encouraged but not required. [athensmainstreet.org](http://athensmainstreet.org)

### Father-Daughter Dance October 16

With Athens HS Wrestling at Athens High School Cafeteria, 655 U.S. Highway 31S in Athens. 6:00PM-8:30PM. This fundraising event is open to PreK-5th Grade. Tickets are \$35.00 per couple and \$10.00 additional child at [GoFan.co](http://GoFan.co). For more information: [acs-k12.org/wrestling](http://acs-k12.org/wrestling)

### Annual Athens Storytelling Festival Oct 18 - 23

Downtown Athens, AL will make you laugh, cry, and sigh as the storytellers fill the tent with entertainment. For tellers, schedules, and tickets visit the [AthensStorytellingFestival.com](http://AthensStorytellingFestival.com)

### CASA Swing Fore Children Golf Tournament October 21

For CASA of North Alabama at Canebrake Club (23015 Founders Circle in Athens) from TBA. Proceeds will help CASA programs that advocate for abused and neglected children of Limestone County. Team of four entry is \$500.00. Register your team or pay for a sponsorship online at [www.casaofnorthalabama.org](http://www.casaofnorthalabama.org)

### 6th Annual Fall Festival October 23

Ardmore Avenue in Ardmore, AL 5:00PM-9:00PM with a parade, sales and activities with the stores, trunk or treat, food trucks - Mad Mac and Cheese, Ebony's Country Cooking, Ole Time Cafe, and Cassie's Cafe 3, vendors, music with Brad Pllum, Straight Broke, performance by Boo Crew and line dancing with Danny's group.

### Pride of Athens Marching Festival October 23

Larry McCoy Field. Athens Stadium 100 U.S. Highway 31N in Athens. Best in class band, percussion, drum major, color guard, danceline, and majorette. The University of North Alabama Marching Pride Band will perform in exhibition during the night. We also award the Hugo Bates Award (voted on by our band boosters and staff) and the Dan Havelly Award (highest average of all scores). Entry: \$7; Programs: \$3. Concessions available. For more info: [www.acs-k12.org/Page/2014](http://www.acs-k12.org/Page/2014)

### Fall Festival & Truck or Treat October 30

With Studio H Dance Company at John Barnes Park (Hamlett Street in Ardmore, TN) from 4:00PM-8:00PM. Moon bounce, food trucks, vendors, trunk or treats and costume contest. Arm Band: Pre-Sale \$10.00 each; \$15.00 at the gate. Family 4 Pack: Presale \$35.00; \$55.00 at the gate. Tickets: \$0.50 each or 35 for \$15.

### Fall Family Festival October 31

First Baptist Church of Athens. Sunday Oct 31st, 4-6pm. Horseback rides, inflatable games, candy and prizes. Concession food and drinks available. Great fun for all!






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# What Makes Ronnie Roll

## “It’s My Job”

by Ali Elizabeth Turner

Mayor Ronnie decided to spend part of fall break with his grandson, Quinton, and asked City of Athens Communications Specialist Holly Hollman to fill in for him. Most folks around here are aware that Holly was a veteran reporter for the *Decatur Daily* before she came and worked at City Hall, and she got her journalism degree from Tennessee. What I didn’t know is that Holly is also able to produce videos, and during COVID, came up with an idea to educate our elementary school students about how the city of Athens works, and what department heads do to keep us running smoothly.

During “normal” times, various members of the Athens City team go and visit kids in the classroom, and tell them about what they do, as well as why and how they do it. However, when COVID locked everything down, that was put on hold for a year. Holly showed me several of the 3-5 minutes from the series entitled, *It’s My Job*, and there are more to come. The teachers who have had to educate in unusually trying circumstances have loved them, and while nothing can replace physically being in the classroom for both the speaker and the students, these are an informative joy to watch.



The first one Holly showed me was of Athens City Councilman Frank Travis. Frank talked about the fact that in Alabama, the City government positions are elected, and are non-partisan. That is because we have some rules in the state of Alabama that address how cities deal

with the elections of those in city government. It is called the “Dillon Rule.” He talked about the fact that he loves to help people and those in his district. He gave an overview of how running police, fire, utilities, streets, and parks are all a part of what makes Athens, Athens. Frank will tell you that he loves meeting and solving problems. All of the videos talk about what it takes to have the career in that field, and Frank said, “You have to be willing to help people, to respect people.” He mentioned that the Mayor’s Youth Commission spends time picking up trash. Frank said, “YOU are the future of Athens!”

Police Chief Floyd Johnson was next. I learned that he wanted to be a police officer all his life, and after all these years, he still loves his job. He started off as a dispatcher, then went to patrol, investigation, and the drug unit. He talked a lot about what it takes to be a successful police officer. “Stay out of trouble,” said Chief Johnson, and then added, “If you want to be a cop, start doing volunteer work, and have good character.” I was also made aware of one of the newest additions to the Athens Police Department, and that is Millward the Robot. Millward is used in all kinds of high-risk situations, and has already been able to make some risky arrests less so.

Mayor Ronnie let students know that to be the Mayor of Athens, you have to be 18 years old and to have lived in Athens for at least



90 days. He made it clear that weekends are almost always taken because of events that he needs to attend or address. He loves everything from budgets to reading to kids in the classroom. Some of his favorite projects have been the new high school, the nearly completed Jimmy Gill Park, and the new City Hall.

Next was Johnnie Pryor, who heads up Athens Utilities. These guys keep us “lit,” and they do it in storms both here as well as in other parts of the country. “It’s a brotherhood,” says Johnnie, and one of the things he loves the most is the camaraderie. He is of course cautious because of the electricity, but makes it real clear that he is not afraid. Johnnie says that being a good supervisor “means being able to sympathize” with others. He’s looking for employees who have honesty and good character. There’s that “character thing” again!

Holly helps Mayor Ronnie with the Youth Commission, and is planning on having some of the students do some of the interviewing and filming of the rest of the department heads. She also is going to make sure that there will be an installment of *It’s My Job* that has an interview with a sanitation worker. “Kids LOVE garbage trucks,” she said. We had come to the end of our time and it was time to pray. So we did, and then it was time for Holly (and me) to roll.

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# *Fall Sports Update*

by Tim Lambert

*Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at [www.pasnetwork.net](http://www.pasnetwork.net)! email: [playactionsports@hotmail.com](mailto:playactionsports@hotmail.com)*

Congratulations go out to James Clemens's Noah Berry for his baseball commitment to Samford, Athens High's Emily and Katie Simon for softball commitments to Auburn Montgomery, and Lindsay Lane's Lindsey Holland, who committed to play volleyball at Huntingdon.

### **Football**

West Limestone beat West Morgan 31-14, East Limestone 31-28, and Wilson 47-16. Tanner defeated North Sand Mountain 14-6, Columbia 41-8, Whitesburg Christian 47-12, and Falkville 35-28. James Clemens topped Huntsville 43-40, Lee 55-15, Florence 45-42, and Grissom 31-13. East Limestone turned back Brewer 49-7, Lawrence County 48-14, and Ardmore 42-0. Ardmore stopped Clemens 55-27. Athens got by Buckhorn 27-24. Clemens overcame East Lawrence 47-34.

### **Volleyball**

East Limestone defeated Cullman, Columbia, Ardmore, West Morgan, West Limestone, Tanner, Lee, Lauderdale County, Buckhorn, Lawrence County, Muscle Shoals, Rogers, Central-Florence and Russellville. Athens turned back Calera, North Jackson, Corner, and James Clemens. Lindsay Lane topped Florence, Decatur Heritage, and Lee. Elkmont won against Clemens. West Limestone topped Tanner, Lexington, Clemens, and Decatur. Clemens beat Decatur and Phil Campbell. Tanner turned back Whitesburg Christian, Tharptown, and Oakwood Academy. ABS beat Falkville and Oakwood Academy. James Clemens overcame Ohatchee, Buckhorn, and Cullman. Ardmore defeated ABS, and Mae Jemison. At the Limestone County volleyball tournament, East

Limestone's varsity and middle schools claimed championships while Ardmore's JV took home the title. Lindsay Lane won their area tournament by defeating Oakwood Academy and Decatur Heritage. Elkmont blanked Clemens and finished second to Lauderdale County. James Clemens shut out Austin and held off Bob Jones to claim their area championship. Super regional tournaments begin October 20.

### **Cross Country**

Elkmont's Alex Kuntz finished second in 1A-4A boys at the Fairview Invitational; the Red Devils were ninth as a team. The Clemens girls placed eighth in their division. Ardmore's Carter Richardson won the boys' 5A-7A division at the Kudzu Hills Invitational at Cold Springs; the Lady Tigers' Addison Tiemann finished sec-

ond in the girls' division. Elkmont's Alex Kuntz was first in 3A-4A boys.

The West Limestone junior high girls were runners-up as a team at the Warriors Invitational at Wilson; the varsity Wildcats finished fifth. Athens High finished fifth in the boys' red division at the Jesse Owens Classic cross-country meet. ABS and West Limestone finished seventh and eighth respectively in 1A-4A varsity boys at the Hay of a Run meet at Fairview; the Lady Wildcats were seventh. At the Dew It on the Trails meet at Point Mallard, Athens High was fifth in 5A-7A boys, sixth in JV girls and seventh in both the varsity girls' and JV boys' divisions. Elkmont's Alex Kuntz won

runner-up in 4A-7A. The Lady Tigers' Addison Tiemann came in third in the girls' division. Tyler Moring of Ardmore was also third in JV boys while West Limestone's Bethany Harper, Ashly Romero, and Brooklyn Grisham finished 1-2-3 on the girls' side.

Look for the PlayAction Sports Report podcast featuring news, guests and highlights and dropping every Wednesday on your favorite podcast platform like iTunes, Google, Amazon and more. There's a list of apps and links online at [www.pasnetwork.net](http://www.pasnetwork.net). Enter your name while you're there to be our weekly Good Sport – you might pick up a \$25 gift certificate from Mac's Steakhouse in Athens.



*James Clemens' Noah Berry committed to Samford's baseball team*



*Lindsay Lane's Lindsey Holland made a volleyball commitment to Huntingdon*



*Athens High's Emily and Katie Simon committed to Auburn-Montgomery's softball team*







## From the Alabama Veterans' Museum

# Athens State University And Alabama Veterans Museum Partner To Host Veterans Day Event

by Sandra Thompson, Director, Alabama Veterans' Museum

The public is invited to a very special event to honor our veterans this year. Athens State University and the Alabama Veterans Museum will come together to present a program and luncheon to honor our veterans. Our guest speaker will be Ms. PeggyLee Wright, former Blackhawk pilot and entrepreneur. The event will be held on November 11 at 11 a.m. at the Alabama Veterans Museum event venue, 114 W. Pryor St.

PeggyLee Wright is a former US Army UH-60 Blackhawk pilot, having served at the 82d Airborne Division, Honduras Central America, and Fort Lee, Virginia. Following her military career, PeggyLee used her experience in DoD, logistics, leadership management, behavior analysis, and education to create a new approach to business development and solutions providing, ultimately establishing THE

COMPANY in 2018.

THE COMPANY is a woman-owned, veteran-owned small business located in Huntsville, Alabama. As company president, PeggyLee harnesses the true power of Huntsville's synergy through an expert and veteran approach with measurable impacts across government, industry, academia, non-profit, and military enterprises.

PeggyLee's contracting & industry clients span various sectors and include leaders such as Deloitte, Torch Technologies, LINC Research, Innovative International Technology, DCS Corp, Systems Planning Analysis, and Rippleworx. Within the academic arena, she is leading development for the Alabama School of Cyber Technology & Engineering (ASCTE), America's only high school focused on preparing the next generation of cyber leaders. As a result of her multi-discipline approach to consulting,

THE COMPANY has generated tens of millions of dollars in revenue directly impacting the Huntsville Area.

In addition, PeggyLee's work continues to be recognized at high levels, from being featured in the HSV/Madison County Chamber of Commerce recruitment video for veterans to the Economic Development Partnership of Alabama inviting PeggyLee to judge their Reignite Alabama Campaign. From The U.S. Department of Veterans Affairs highlighting the work of THE COMPANY to multiple speaking engagements across Huntsville, her expertise and knowledge provide leading edge insight as companies and organizations seek to strengthen and grow.

Moreover, PeggyLee is active in several non-profits within the Huntsville community. She is on the board for Huntsville SOF Network, an affiliation of Huntsville's unique abilities,



*Former Army Blackhawk pilot-turned-entrepreneur  
Peggy Lee Wright*

technologies, facilities, labs, programs, academia and government, all motivated to connect cutting edge solutions with Special Operations Forces across DoD/USSOCOM, National Intelligence Programs and Interagency. Through her partnership with Healthy Establishments at Local Schools (HEALS), PeggyLee won the "Champion for Children" award -- raising \$75,000 for the organization, one of the largest amounts in institutional history. She is also the vice president of the executive board for Fantasy Playhouse Children's Theatre & Academy.

group mentor for the Flagship program at Leadership Greater Huntsville (LGH), a program chair for LGH's Management Academy, and a mentor for the individual professional mentor/mentee program. Mother of four incredible kids, PeggyLee has been with her husband, TJ Wright, for 25 years.

This Veterans Day event will be free to the public; however, you must be signed up to attend. The event will be limited to 200 guests. Sign up by Nov 5, 2021 at Eventbrite.com, email [advancement@athens.edu](mailto:advancement@athens.edu) or call 256-233-8185 for more information.

PeggyLee is a small

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## Slinkard On Success

# Common Sense Is Not Very Common

by D. A. Slinkard

*D.A. Slinkard would love your feedback. You can contact him at [da.slinkard@gmail.com](mailto:da.slinkard@gmail.com)*



Common sense is not very common, and I do believe having it should be considered a superpower. Too often, people end up making mistakes in their life that are dumb mistakes. For the outsider, it is like watching a train wreck happen in slow motion. There was a movie with the famous line, “I see dead people... they’re all around...they don’t even know they’re dead.” I would say the new famous line should be, “I see stupid people...they’re all around...they don’t even know they’re stupid.”

Yes! That is the society we live in today! With each passing article, I continue to be surprised at the amount of stupidity that encompasses our society as we seem to “level up” to the next level. When I was growing up, my parents did an exceptional job teaching me right from wrong, what to say and what not to say, and how to respect authority. They were not perfect in their parenting skills, but compared to the parenting of today, they were ahead of the curve.

I cannot tell you how thankful I am for my parents, especially when I look at the nonsense going on today in our own community. Who would have thought the shenanigans would have made it to northern Alabama? When I was growing up, if I would have gotten in trouble at school, an in-school suspension would have been the least of my worries, and probably would have seemed like paradise compared to the whooping I would get at home. I grew

up during an age in which my parents believed the authority figure; whereas today, many parents trust their kids as opposed to trusting the authority.

We live in the information age and can see video clips of things happening in real time, with the likes of “live streaming” through social media. The problem comes in that these videos typically only show one side, which just happens to be the side that fails to show what led up to the event. We need to learn how to use root-cause analysis. One of the flaws in our society is that we often have a hard time realizing our failures and accepting responsibility for our own actions.

Speaking realistically, we need to learn how to own up

to our mistakes and our actions. Instead, we have become a society that wants to blame our problems/mistakes/shortcomings/bad attitudes/downfalls on the other person, and this is simply a bad practice. If “A” would not have happened, “B” would not have occurred resulting in the outcome of “C”; but instead, we like to place blame in our society and point fingers. When you point fingers, just know you have three pointing right back at you.

I am a firm believer that the problems we face in our society would dissipate if we would just use the Bible as our final authority. Take for instance 1 Timothy 2:1-3 in my King James Bible reads, “I exhort therefore, that, first

of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour.” This is straight from God’s Word telling us that we should pray for our leaders and all that are in authority.

What would our society look like if we took the time to do this? We have become people that like to complain about authority, as the spoiled children have now become adults and are quick to say, “That isn’t fair.” It amazes me that the ones demanding respect are the very people showing the least amount of it.

If you want to change your stars, you need to change your way of thinking. We are a society in which everyone thinks they are owed something for nothing. Our ideology has morphed into something that is incomprehensible. If our children fail, we have parents that want to blame others instead of just saying, “Yes, this one is on me or this one is on my child.” We live in a society that likes to throw rocks while also living in glass houses. It really is time we try to do what is good and acceptable in the sight of God. Maybe once we humble ourselves, we will begin to see a little less stupidity. Remember, Forrest Gump said, “Stupid is as stupid does.”







## Clean, Green And Beautiful

# Recycling The Right Way

by Ruby McCartney,

Plant Manager Athens-Limestone Recycling Center

I am often asked questions about recycling, and one of the main questions is why is recycling so different from place to place. This depends on the type of facility accepting the recyclables and the company that accepts the recyclable material from the recycling center.

Let me explain -- Athens-Limestone Recycling Center (ALRC) is a source-separated facility which means that materials brought to our facility for processing must be separated by the type of material being recycled. The City of Athens curbside recycling is taken to the City of Decatur, and it is a single-stream facility so the material may be commingled in the blue recycling containers placed at curbside. Items accepted also differ because of the way material is accepted and processed and where the material goes once it leaves these facilities.

Athens-Limestone Recycling Center accepts container plastics #1 (water and soda bottles, etc.), #2 (laundry detergent, milk jugs,

shampoo bottles, etc.), and #5 (margarine containers, Cool Whip containers, some yogurt containers, etc.). The KEY word is CONTAINER plastics. There is a recycling symbol on the bottom of most containers with a number inside the symbol, and if it is not a 1, 2, or 5, please do not include it in your recycling or it will be thrown in the trash.

ALRC also accepts for recycling plastic grocery and retail bags, case over-wrap, dry-cleaning bags, newspaper sleeves, cereal box liners, reclosable plastic food storage bags (clean), produce bags, bread bags (turned inside out and crumbs removed), bubble wrap and air pillows, electronic film packaging, mattress bags, and furniture wrap. All of these items are placed into the recycling container clearly labeled, not with the container plastics.

ALRC accepts flattened cardboard, paperboard placed in the bin with cardboard, office paper, shredded paper (please leave in a bag), magazines, junk mail, news-



paper, books, aluminum cans and aluminum items, aluminum foil and pans, steel cans and steel items, bottle and jar glass (sorted by color), motor oil, cooking oil, electronics and all batteries except alkaline. Hours for drop off at 15896 Lucas Ferry Road are 6:00 a.m. to 2:30 p.m. Monday – Friday.

Community Collection Centers are available for residents' use at the following locations: East Limestone, Johnson, Ardmore, Cedar Hill, Elkmont, Piney Chapel, West Limestone, the old Owens Elementary location, Clements, and Tanner (this is

a new location).

The following items are NOT recyclable at our facility or at our community collection centers: kiddie pools, plastic toys, pool liners, plastic lawn furniture, Styrofoam, tarps, pvc piping, mirrors, window glass, ceramic dishes, windshields, paint, tires, light bulbs of any kind, clothes, mattresses, wood, yard waste, hazardous waste items, and medical waste, such as dialysis tubing and insulin needles. Please dispose of these items properly; placing these items in recycling is what we call "wish-cycling" and is very costly for the recycling center.

Athens City Curbside does **not accept** the same items as Athens-Limestone Recycling Center, so please do not place glass, # 5 plastic or any plastic bags, or film into

your curbside bin. Please do not place any aluminum or steel items other than cans into your curbside bin. No electronics, batteries, motor oil, or cooking oil should be placed into the curbside bin. City curbside is picked up west of Hwy 31 on the 1st and 3rd Mondays and east of Hwy 31 on the 2nd and 4th Mondays each month. And remember, if there is a 5th Monday, there is no curbside on that Monday. Please refer to the City of Athens website if you require more information.

Recycling does not have to be hard on anyone if everyone does their part. The goal of Athens-Limestone Recycling Center from the beginning has been to divert as much recyclable material as possible from the local landfill.



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## Cooking with Anna

# What's Keeping You from Praying?

by Anna Hamilton

*What is keeping you today from having a better prayer life? While that may be a loaded question, the answer for most really boils down to two things. You feel you are too sinful and underserving of having an intimate relationship with God through prayer. You limit your prayers because you don't think that God will hear you when you pray. This is far from the truth. You must remember that you're not praying because of who you are; you're praying because of who He is.*

*Having an active prayer life is one of the most important ways to have a spiritually fulfilled life. Throughout the New Testament, Jesus emphasized the importance of prayer in our lives. In the first gospel of the New Testament, Matthew, Jesus gives us a blueprint for how to pray. Most of the world knows this as the Lord's Prayer. "Our Father, who are in heaven, hallowed be they name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen." Matthew 6: 9-13*

*The Lord's Prayer starts off with praise and thanks for God. Jesus knew how important it was for us to acknowledge the power of God and to give him the praise he deserves. In giving praise to God, we should also ask for his will to be done in our lives. God wants us to ask him for what we need, but to also lean on his wisdom to give us what we need. God knows better what we need than even we do. After we give God praise and ask for what we need, we should ask*

*for forgiveness of our sins and that God will help make us strong when we are tempted.*

*Seems simple right? Sure, of course it does, but how many of us make a point to pray, to really talk to God every day. I know that I don't. I'm ashamed to tell you all that I fail miserably in my prayer life. I will go through phases where I will have a wonderful prayer life. I am really feeling one with God and talking to him throughout the day...then, I just stop. Why does that happen? Surely, I'm not the only one who does this.*

*So, I need all of your help to spur me on in my prayer life. It is kind of like eating good healthy foods. Your body feels so much better when you are nourishing it with healthy foods. When you stop eating those foods and stuff yourself with foods packed with sugar and fats, you feel sluggish and yucky. The same thing happens with prayer. When you are actively praying, talking to God every day, you feel good. But when you stop, you start to feel anxious and unsure of life.*

*I want to become a prayer warrior and even though it isn't technically time for resolutions, I'm making one here in the fourth quarter. I am going to pray more and pray harder. This world needs prayer more than anything else in this life. Imagine if everyone started praying every day and developing that intimate relationship with God. The world would become a wonderful place.*

*This week's recipe is a delicious fall Brussels Sprout Salad. Y'all, this stuff is addicting! I can eat the entire bowl by myself! It is perfect to pair with a delicious chicken breast or pork loin. I hope you all love this as much as I do!*

*"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12*

## Brussels Sprouts Salad

### Ingredients:

- 12 oz. Brussels sprouts, outer leaves removed
- 1 pear, chopped
- 1/3 cup fried onions
- 1/3 cup dried cranberries
- 1/3 cup blue cheese, crumbled (feta is delicious also)
- 1/4 cup pecans, roughly chopped
- Dressing:
  - 1/4 cup olive-oil
  - 2 Tbsp balsamic vinegar
  - 1 Tbsp maple syrup
  - 2 tsp Dijon mustard
  - Salt and Pepper to taste

### Directions:

*Holding Brussels sprouts by the stalk, use a sharp knife to cut the Brussels sprouts into thin strips.*



*Place Brussels sprouts in a large bowl, along with chopped pear, crispy onions, cranberries, cheese, and pecans. Toss together. In a small bowl, whisk together olive oil, balsamic vinegar, maple syrup, and mustard. Season generously with salt and pepper. Pour dressing over the salad and toss together until everything is evenly coated. Serve immediately and enjoy!*



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# Athens-Limestone Ministerial Alliance To Sponsor Hope For Athens On November 6

by Ali Elizabeth Turner

*continued from page 1*

of Hope was here in 2018, and wonderfully impacted our community -- both the "guests of honor" as well as the volunteers. Here are the encouraging results of that outreach: almost 3,000 people served, 900 volunteers involved from 24 churches, 5,000 bags of groceries distributed, 3500 meals served, 153 haircuts given, 220 family portraits taken, 85 veterans served, and 2100 pairs of shoes given out.

Pastor Jason Parnell told me, "The reason Convoy of Hope's semi-trucks are not able to make the over 500-mile trip from Springfield, MO, to Athens for the 2021 event is due to the organization's COVID restrictions. Convoy of Hope, however, applauds ALMA for going ahead with the event and is excited to see the generosity of the Athens community taking center stage as local churches, non-profit ministries, businesses, and citizens pull their resources together in order to bring hope to the citizens of Athens and Limestone County." Pastor Jason also mentioned that the groceries are coming through an organization by the way of One Generation Away out of Huntsville.

By way of history, Convoy of Hope has been serving people in the states as well as abroad since 1994. It was started by a family by the name of Donaldson in order to show gratitude for the way people ministered to them after their father, Harold, was killed by a drunk driver in 1969. Now it is part of the missions focus of the Assemblies of God denomination, and as I sat in the planning meeting held at the First United Method-

ist Church Youth Building on Jefferson Street, my heart rejoiced over the fact that people of faith from all over our area are coming together in order to work together to build the Kingdom. ALMA's slogan is "Unity, Community, and Fellowship," and it was apparent from listening to those involved that they mean what they say. Several of those present were part of the first event, and they are more than eager to do it again. Once again, New Life's pastor, Jason Parnell was at the helm, and the complicated logistics for an event like this were coming together impressively.

Since Convoy of Hope was formed over 25 years ago, over 100 million people have been helped world-wide. They respond to natural disasters outside our borders as well as within. Thankfully, in Athens currently we are not in the middle of recovering from any disasters, but that does not mean that there are not people all around us needing help. Freddy Leonard, a life-long resident of Athens and member of Lindsay Lane Baptist Church, told me that he had realized in a whole new way how important Convoy's work is, and is thrilled to be a part once again. I asked both Freddy and Pastor Jason what their favorite part of the 2018 event had been. Freddy quickly replied, "Being inside the prayer tent. Jesus met people." For Jason, it was what he called the "organic prayer" that was going on all over. People were praying together, and for each other, and no one had to tell them to do it.

The 2021 event is going to be held at Swan Creek Park, 101 Swan Creek Dr. in Athens, beginning at 10 a.m. and going to 2 p.m. Convoy always refers to those who attend the event as



"Guests of Honor," and there will be a number of goods and services available and ready to be distributed. These include groceries, a hot lunch, and free shoes for kids. Other moving memories that the guys shared from the 2018 event was seeing the look on the face of a child who was receiving a new pair of shoes for the first time in his life. The other was a child who had been given a donated pair of eyeglasses who said, "Mama, I can see the leaves on the trees!" There will be COVID and flu shots, blood pressure screenings, dental screenings, and COVID/HIV/Hepatitis C tests. Winter coats will be available, as well as hearing tests and vision screening. There will be representatives who will focus on the needs of veterans, people who can give haircuts, a photographer to take family portraits, and folks who will be ready to pray with and for anyone who asks for it. There will also be employment information for those seeking jobs.

ALMA is still looking for people of all ages to come out and help. If you are interested in volunteering, you can register through your church or call the

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Community Event

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**10 AM - 2 PM**

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- ★ KID'S RESOURCES
- ★ FAMILY FUN ZONE
- ★ VETERAN'S SERVICES
- ★ FAMILY PORTRAITS
- ★ HAIRCUTS
- ★ PRAYER

New Life Assembly of God church office at 256-232-6119. You can also go to messenger on the Hope for Athens Facebook page.

Come and join hundreds of helpers and Guests of Honor on November 6, and discover

the "blessing of blessing and being blessed." Or, as Pastor Jason says is the desire of his ALMA colleagues, "We want to inspire change in our city that centers on hope and builds relationships." See you there!



# Staying on Track

by Nick Thomas, owner of Prime Performance Training, and Certified Sports Nutritionist



The weather is finally changing, and with the cooler temperatures comes more time inside on the couch and holiday baking. So with current conditions causing separation from normal holiday events, we have to stay even more focused on our nutrition habits. These things combined tend to make us less active and more snack prone, which means it easy for the weight to creep on and cause issues quickly.

A big part of staying on track is being disciplined in day-to-day life so that when it comes time for those rare moments when we get to dress up and step out in today's world, we can enjoy a few of those indulgences the season brings without guilt or fear of it destroying our daily hard work and fitness goals. Now is the perfect time to really focus on personal ways to stay active and make sure to be consistent at least 3 to 4 days a week. Have a friend check in daily for accountability with exercising and maybe even some basic aspects of nutrition.

One of the simple and most disciplined choices to make when it comes to nutrition is this -- if it is not in the house, it cannot be eaten! Save the treats for when you are out. For example, do not make baking the holiday goodies a

pastime...make it, have a bite or two and then give it away to the favorite people in your life. This limits the temptation and keeps nibbling to a minimum. Also, make the grocery list at home with a good healthy menu for the week, and at the store, stick to only what is on the list. Do not give in to the seasonal specials that inevitably will be on every endcap. Even better, use grocery pick-up or delivery. This keeps exposure low and absolutely no temptations in the store!

If and when those small gatherings do happen, stick to small portions of only the most favorite items! Maybe even eat a small healthy and well-balanced meal prior to going, lessening the temptation to overindulge. When choosing from the amazing food spreads at gatherings, remember the best choices are always the ones that ingredients are easily distinguished. Casseroles and dishes covered in heavy sauces pack a huge unwanted punch, while all-natural whole foods will be filling and tend to be less detrimental to the body.

The last major tip is to drink at least 84-ounces of water every day. Staying well hydrated each day is another way to battle cravings and temptations. Finally, choose beverages wisely at the par-

ty. Steer clear of the alcohol and sugary drinks, at least in excessive amounts. Choosing water not only keeps the body feeling good, but

also helps it better process the treats being consumed. Enjoy the season and all the fun, but as the old saying goes, "Do everything in

moderation" even at home. Do not let the changes of the season destroy the goals and hard work that you have done.



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# The 35th Annual Chamber Of Commerce Christmas Open House and Merry Market Will Be Nov 19-21

by Ali Elizabeth Turner

continued from page 1

of Commerce, and it just so happens that Christmas is her favorite season of the year. She is excited about this event, "The annual Christmas Open House is a staple community holiday event that highlights many of our local businesses and offers a number of festive seasonal activities from ice skating to caroling and many more. We look forward to seeing you on the Square," said Pammie. The theme this year is "I'll Be Home for Christmas," which is a throwback to a popular Christmas carol written during World War II. The most moving line is, "I'll be home for Christmas...if only in my dreams," and inspires one to take a moment to give thanks for the ones who gave everything and went without Christmas so that we could still be free to celebrate Christmas 80 years later. The 2021 Christmas Open House will be from Friday night, November 19 until Sunday afternoon, November 21.

Here is a lineup of what will be available for you and your family to experience at the Open House, and the hope of all is that this will set the stage for your best Christmas, ever.

- Window-decorating judging of the "I'll Be Home for Christmas" theme will be Friday evening, and once again you will be given the opportunity to cast a vote for your favorite window decoration
- New this year -- Athens



Main Street Merchant Alley Stroll Tree Lighting at 5:30 p.m. on Friday, November 19

- Ice skating will be available once again on the east side of the Courthouse on Saturday, and Sunday, Nov 20-21 from 12-4 .pm. Cost is \$5 per skater
- New location for Santa's Workshop is Dream Key Realty, 121 N. Jefferson Street – Photos with Santa from 11 a.m.-3 p.m.
- The Merry Market vendors will be arranged on Marion Street, with shopping hours Friday 4 -8 p.m., Saturday 11 a.m.-8 p.m., and Sunday 12-4 p.m. This is an opportunity for vendors with home-based businesses as well as artisans and crafters to sell their wares. You can get more information as well as register at the Chamber of Commerce office at 101 South Beaty Street, Athens,

AL 35611. Cost: \$125 and for Chamber members \$75

Entertainment will be provided by Oasis Worship Center and several more musical groups on Friday and Saturday.

After the weekend of Christmas Open House in Athens, the rest of the county will have a number of opportunities to celebrate. Churches will have Christmas concerts and nativity pageants. Some churches gather up members in their buses and they go out to sing to people. Check the Facebook pages of Athens-Limestone County churches to see what they are doing to remember the "reason for the season" and join them!

More Christmas in Limestone County events include:

- The 7th Annual North Pole Stroll in Big Spring Memorial Park from December



1-December 31

- Limestone County Commission Tree Lighting- Thursday, December 2 at 5 p.m.
- The Athens-Limestone County Christmas Parade, Thursday, December 2 at 6 p.m.
- The Ardmore Tinsel Trail Tree Lighting December 3 at 5:30 p.m. at the Ardmore Town Hall
- Pictures with Santa and

snacks at the Ardmore Town Hall on Saturday, December from 10 a.m.-noon

- The 11th Annual Sippin' Cider contest will be held in Downtown Athens on December 11 from 4-8 p.m.
- The City of Ardmore's Christmas parade is Monday, December 13 at 6 p.m.

Come join the Chamber and the merchants of Athens on the weekend of November 19-21 and start off your holiday in an atmosphere that is cozy, safe, friendly, and relaxed. And don't stop there, let's enjoy ALL the festivities wherever they are held throughout the month of December!

For more information, please call the Chamber at 256-232-2600, or email them at [info@tourathens.com](mailto:info@tourathens.com)

**CHRISTMAS IN**  
*Limestone*  
**COUNTY**

*I'll Be Home for Christmas*

**Schedule of Events**

**35th Annual Christmas Open House**  
November 19-21 | Downtown Athens

**Window Decorating Judging**  
November 19 | Theme: I'll Be Home for Christmas

**7th Annual North Pole Stroll**  
December 1 - December 31 | Athens Big Spring Memorial Park

**Limestone County Commission Tree Lighting**  
December 2, 2021 at 5:00 P.M. | East Side of Courthouse

**Athens-Limestone County Christmas Parade**  
December 2, 2021 at 6:00 P.M. | I'll Be Home for Christmas

**Ardmore Tinsel Trail Tree Lighting**  
December 3, 2021 at 5:30 P.M. | Ardmore Town Hall

**Santa Pictures & Snacks at Ardmore Town Hall**  
December 4, 2021 at 10:00 A.M. - 12:00 P.M.

**11th Annual Sippin' Cider**  
December 11, 2021 at 4:00 - 8:00 P.M. | Downtown Athens

**Ardmore Christmas Parade**  
December 13, 2021 at 6:00 P.M.



# Leaders Must Give Up To Rise Up

by Eric Betts

Assistant Director, Curtis Coleman Center for Religious Studies and Ethics at Athens State University



Leadership that is marked by great success has experienced great loss. It is normal to admire great leaders. There are many biographies about great leaders who have reached the pinnacle of fame and fortune that grab our attention. We often see and follow the lives of successful people both on television and in our communities. Oftentimes we imitate them in our dress and the way that we approach our lives. There are successful individuals that we read about in history whose memories and legacies we appreciate and even revere. As a society we love to peek in on their lifestyles, the popularity they gain, and the happiness they appear to express. This is true with leaders in industry, business, culture music, entertainment, sports, and politics.

However, while we admire the success they enjoy and the benefits and the fruits of that success, what is so often hidden is the sacrifices that they have made in order to reach the pinnacle of their success. The sacrifices that they are continuing to make in order to remain at the top are also not as visible. The fact that they have sacrificed time, energy, family, friendships, and sometimes even marriages to arrive at their present destination. Leadership expert, John Maxwell calls it "the law of sacrifice." According to Maxwell, the law of sacrifice requires that one must "give up to go up." Those who have arrived at the

pinnacle of greatness have gained much, but many do not realize that they have given up much. This includes common life experiences that are often taken for granted. They have less time to watch sports, go to basketball games, attend graduations, go to amusement parks, go to theatres, etc. Maxwell suggested the following:

*Every person who has achieved any success in life has made sacrifices to do so. Many working people dedicate four or more years and pay thousands of dollars to attend college to get the tools they will need before embarking on their career. Athletes sacrificed countless hours in the gym and on the practice field preparing themselves to perform at a high level. Parents give up much of their free time and sacrifice their resources in order to do a good job raising their children.*

Those who are the most famous because of their success sacrifice their own

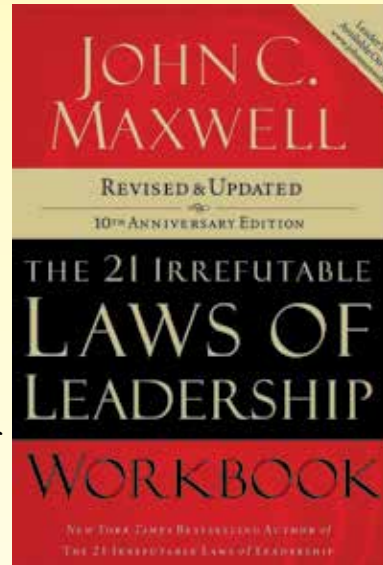
privacy. How often does one hear of presidents, politicians, or entertainers who complain about not being able to shop in a grocery store without being noticed, filmed, or approached? These are sacrifices. While these may not represent the exact sacrifices that one will be required to make, nonetheless, sacrifices must be made in order to succeed. The question is, "How much and how many sacrifices is a leader willing to make in order to succeed?" There is also the old scriptural adage that says, "To whom much is given, much is required (Luke 12: 48.)" Leadership is not about perks and having the spotlight, but it is really about the increase of responsibility. What separates the leaders from those being led is the level of responsibilities. Gerald Brooks, leadership speaker and pastor, says "When you become a leader you lose the right to think about yourself."

Every day leaders step down from positions to

which they aspired because they were overwhelmed by the responsibilities that came with the position. They made the sacrifices to get to the position to which they aspired, but the sacrifice that was required to stay there was more than they could bear.

Maxwell draws a valuable lesson from the world of sports. He references how difficult it is for a team who has won a championship to continue to repeat that success in the following years. He says:

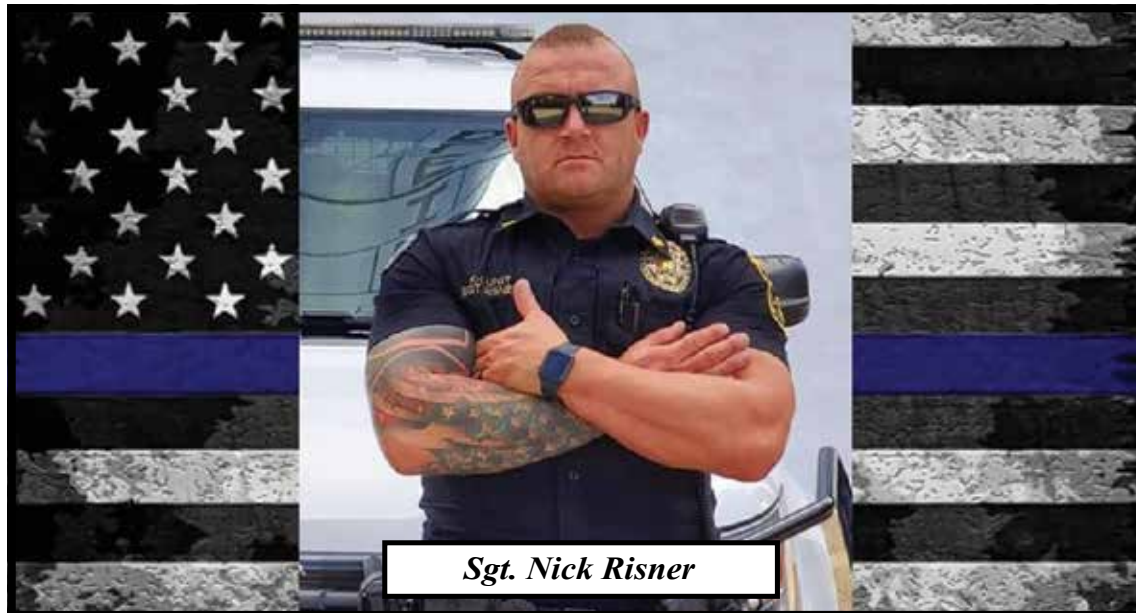
*Have you ever considered how infrequently sports teams have back-to-back championship seasons? The reason is simple. If a leader can win one championship with his team, he often assumes he can duplicate the results the next year by doing the same things. He becomes reluctant to make additional sacrifices in the offseason to prepare for what is often an even greater challenge the next year.*



*But today's success is the greatest threat to tomorrow's success, and what gets a team to the top isn't what keeps it there. The only way to stay up is to give up even more.*

Remember that in order to rise up, one must be willing to sacrifice and give up. Additionally, in order to remain up, one must develop a lifestyle of continual sacrifice. This is the plight of the most successful leaders.

Then there are those we admire because they believed in a cause that was greater than themselves and made the ultimate sacrifices. This includes military leaders and, very recently, police officers such as Officer Nick Risner in North Alabama; Civil Rights leaders such as Dr. Martin Luther King Jr., Medgar Evers, and Viola Liuzzo. They did not live to see their success, but those they leave behind benefit from their sacrifices and are celebrated. Therefore, they become heroes and heroines in the eyes of history.



Sgt. Nick Risner



## The View From The Bridge

# Tis The Season -The Smell And Taste Of Fall

by Jackie Warner

Career Development Facilitator "Impact, Engage, Grow" Community Matters

The weather is just right for hanging outside and enjoying the beautiful colors of the fall season. I have never been much of an outside person but when the weather cools off and leaves start falling, it's one of my most favorite times of the year. This is the time of the year when I enjoy being outside. It's not too hot and not too cold.

Watching the leaves change colors and dressing our yards is so relaxing and inviting. Pulling out the decorations and going shopping for those oversized mums just makes for the perfect recipe for outdoor fun with our friends and families.

And don't mention those desserts... Most of my family don't think of me as a chef, but all who know me will say, "Enjoy Jackie's cooking during this time of year because if not, you will have to wait until the next fall." It is just something about fall and being around family. Maybe it's the smell of chili or pumpkin spice. Perhaps it's sweater weather being all wrapped up in a warm blanket, eating popcorn at those high school and college football games, and cheering on my girls during a band performance. For several years, being a

leaves **FALL**  
PIES  
FOOTBALL  
PUMPKINS  
CAMEL APPLES  
GIVING THANKS  
HARVEST FAMILY  
SCARECROWS and FRIENDS  
acorns HAY RIDES

band mom and taking the Friday trips with the students to all the games...yes, it got cold in the stadium, but you could feel the warmth and excitement all around you.

As we prepare for the holiday season, remember the joy of season changes -- the smell, taste, and feel of fall. It is the time of the personal harvest, an opportunity to prepare for your purge, release, and reflection. "Fall shows up and shows us how beautiful it is to let things go." Anonymous

Romans 12:1-2 1  
Therefore, I urge you, brothers and sisters, in view of God's mercy,

to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper

worship. 2 Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing, and perfect will.

Enjoy one of my favorite desserts that always ends up on the menu during the Thanksgiving Holidays.

It's just so good...

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Be Sincere, Kind and  
Intentional*

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*Chocolate Chip Pecan Pie*

SERVES: 8-10

1 Pastry Crust - homemade or storebought	1 tsp. vanilla
1 c. light corn syrup	3 eggs
1/2 c. sugar	1 c. semi-sweet chocolate chips
1/4 c. butter, melted	1 1/2 cups pecan halves

Optional Garnish: whipped cream, 1/4 c. chopped toasted pecans and a TBSP. of chocolate chips  
Create a decorative ring of whipped cream around perimeter of pie and sprinkle with chips + pecans.

Prepare pie plate with pastry crust - homemade or store-bought.  
Preheat oven to 325°. In large bowl, combine all of the ingredients except for the chocolate chips and pecans. Once mixed well, stir in chips and pecans.

Bake for 55-60 minutes or until deep golden brown and filling is set. Cool completely.  
If desired, garnish with whipped cream, chopped toasted pecans and a few more chips.

**TIP: You may need to cover the edges of your pie with tin foil to prevent browning. Grab a piece of tin foil big enough to cover pie. Fold in half. Cut semi-circle on folded edge of foil. (like you used to make hearts in elementary school). Open and you should have a piece of tin foil with a big hole in it. Cover pie if needed.**

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## Spooky

by Deb Kitchenmaster

Is there a difference between a 'spooky' horse and a horse that is 'spooked'? The answer is "YES." A *spooky* horse has more intensity of fear levels in his behavior than a *spooked* horse; there's a lack of confidence. It is completely natural for a horse to spook when they are threatened or unsafe and their fight, flight, or freeze response kicks in. When any of these three responses kicks in, one of two things will occur. Instinctively, the horse will run away to free itself from the threat. When a horse is cornered it will strike out, kick, bite, rear, or buck. This is NOT the time to say "Let her buck," especially when you are on its back! This reaction can catch you off guard and feeling vulnerable in the saddle. A horse can freeze in that moment of time. Bottom line, a spooky horse is nervous and anxious about many things, but nothing a connecting relationship cannot dissolve with time, patience, and repetition. A spooked horse is afraid of something in the moment. For example, a new or unfamiliar object; a sudden noise; plastic caught by the wind; coming upon a coven of quail, deer, or wild turkeys resting in the grasses while trail riding; and the sudden movement that comes from entering their space.

Security is important for horse riders, possibly the difference of staying in the saddle or going thud to the ground. This secure position as a rider is not achieved overnight. You must work on your riding position consistently to develop a balanced, secure, independent (quiet) seat. (This is in no way connected with 'passing gases').

It's easy to become upset, frustrated, and impatient when your horse gets spooked at something. I encourage you to consider creative ways to relax and calm your horse and yourself. Praise and reward are two ways to reassure your horse. A gentle touch (put your heart in your hand) on your horse's neck, a verbal praise, or release pressure on your reins.

Have you heard the term "keep your leg on"? That's when you remove your legs from having contact with your horse's barrel and rely entirely on the reins for control. This is not a good choice. You want to close your calves at the girth, sit back deep on butt bones, and send your horse forward. A horse moving forward is less likely to rear or buck. This also helps return your horse's attention back on you and focusing on moving its legs. Stay calm, cool, and collected. Resist the tendency to dismount unless you know in your *knower* to "get off the horse now," then do, regardless of who is around you.



Try not to make a big deal out of the spook *incident* by sending your horse forward. This positive forward-thinking mindset is great for confidence building in both you and your horse. Remember, the more confidence your horse has the

less spooked your horse will be. 'Being' in the moment, as a confident leader, stabilizes the follower (horse) in building confidence within so that the confidence within is greater than the scare outside. This could be a word! A word for



humanity! A word that says, "Do not, therefore, fling away your (fearless) confidence, for it has a glorious and great reward. For you have need of patient endurance (to bear up under difficult circumstances without compromising), so that when you are on a spooked horse you may receive and enjoy soundness of mind in yourself and your horse." No! "So that when you have carried out the will of God, you may **RECEIVE** and **ENJOY** the FULL what is **PROMISED**." This is from the book of Hebrews 10:35-36.

Spooking is a natural behavior, responding to something perceived as threatening. The beauty in this situation is to stay calm, resist the urge to make a big deal out of a normal response, and rein your thoughts to thinking 'forward' and 'peaceful' ones.

Let us not be spooked by the news we may hear, the reports that are released into our hands, and concerning clips we see from time to time. Let us mount up on wings of eagles and ride to the unforced rhythms of God's amazing and abundant grace, spook free.

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# Trauma Bonding, Part 2

by Lisa Philippart,  
Licensed Professional Counselor



*“If they do it often,  
it isn’t a mistake;  
it’s just their  
behavior.”*

- Unknown

In recognition of October as Domestic Violence Awareness Month, I am discussing the topic of traumatic bonds. In my previous article, I presented ways to recognize the signs of trauma bonding. In this article I was going to just address the ways to break these bonds, but instead decided it was important to know and understand the causes of traumatic bonds. People who haven’t experienced abuse often struggle to understand why someone would remain in an abusive relationship. They might believe that you are perfectly capable of leaving. In reality, though, the trauma bond makes this extremely difficult. People don’t choose abuse. They also can’t help the development of trauma bonds, which are driven by some pretty strong biological processes.

Hopefully, you are familiar with the fight or flight response, which is your body’s automatic response to any perceived threat. Maybe you are also aware that people respond to threats in four different ways: fight, flight, freeze, and faint. When



you face abuse or fear the possibility of future abuse, your brain recognizes the impending distress and sends a warning to the rest of your body. Adrenaline and cortisol (the stress hormones) flood in, jumpstarting your survival instincts and triggering emotional and physical tension. Here is where the power imbalance comes into play -- if you don’t feel as though you can safely escape or stand up to the person abusing you, freezing might feel like the best option. So, you stay. When thoughts of the abuse become too painful or difficult to bear, you choose to focus on the positive parts of your relationship and ignore or block the rest. You might make excuses for them and justify the behavior to rationalize your need to stay. Each repetition of this cycle can reinforce

this sense of powerlessness...the seeming certainty that you’ll never be able to escape. You come to believe the false reality the abuser has constructed to control you: You need them, they need you, you are nothing without them, no one else cares. These lies can chip away larger and larger blocks from your identity and self-worth, tying you more tightly to the relationship.

Hormones can play a part in the traumatic bonding cycle. Hormones can be powerful reinforcers. You only have to look at dopamine’s role in addiction to find support for this. Dopamine has a similar function in trauma bonding. After an incident of abuse occurs, the period of calm that often follows can ease your stress and fear. Apologies, gifts, or physical affection of-

ferred by the abusive person serve as rewards that help reinforce the rush of relief and trigger the release of dopamine. Since dopamine creates feelings of pleasure, it can strengthen your connection with the abuser. You want the dopamine boost, so you continue trying to make them happy to earn their affection. Physical affection or intimacy also prompts the release of oxytocin, another feel-good hormone that can further strengthen bonds. Not only does oxytocin promote connection and positive

feelings, it can also ease fear and anxiety. Physical affection from an abusive partner then might dim distress and emotional pain, making it easier to focus on the positive treatment.

My final article on traumatic bonding will address how to break the bonds.

*Lisa Philippart is a Licensed Professional Counselor, who divides her time between her own private practice in Huntsville and providing personal counseling services at Athens State University.*

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## The Alternative Approach

# All-Healing Man Root

by Lana E. Woody



Panax ginseng translated means “cure all.” Some say it is miraculous, however many find practical use in the healing properties of Korean red ginseng. It is one of the most comprehensive and versatile natural health supplements out there. This particular kind has the best quality-grown ginseng because it comes from the Korean peninsula with the best possible soil and nutrients making the perfect growing environment for the ginseng plant. The benefits are so undeniable once a person has added it to their supplement routine that they don’t want to stop taking it. Unlike other synthetic stimulants, it is actually healthy for your body, and it increases your circulation, improving blood flow.

There are many different varieties of ginseng. A little under a dozen different varieties of ginseng are known of. Each variety has different properties that have been revered by different cultures. It is not easily harvested. Depending on the region, it can be quite elusive to dig. The plant itself is in fact a root for the most part that takes

20 years to reach maturity in the wild. The root itself is thought to resemble the human body and is a staple in oriental and traditional Chinese medicine (TCM).

Research and studies have proven the benefits of the root repeatedly. From being non-habit forming to a natural anti-depressant, increasing serotonin levels and elevating your mood, boosting your immune system, lowering cortisol levels, improving circulation, helping reduce the risk of heart disease which helps increase libido, helps with E.D., and is considered a mild aphrodisiac for both men and woman in TCM and other naturopathic medicines. Korean Red Ginseng HRG80 can actually help improve energy, and performance levels in strength while reducing anxiety and depression. It is known to help protect your brain cells from free radical environmental death, help improve your memory, overall mental clarity, and focus.

This root has been used for over 3000 years. It is an adaptogen and an antioxidant that helps reduce free radicals entering the bloodstream. Inflammation is easily combated

with its anti-inflammatory properties. The most special attribute of red ginseng is that it can help fight cancer by stopping cell cycle arrest. Then stopping the metastasizing process and apoptosis. It does this by helping stop blood supply to the tumors, killing them instead of feeding them. Korean red ginseng has been found to reanimate T & B cells that are defender cells. This not only helps kill cancer cells, but it also helps strengthen your body on a cellular level and boosts your immune system.

The Korean red ginseng root helps strengthen the heart, brain, blood flow, circulation, and gives you good clean energy and vitality. Over time it just keeps increasing your energy level, your health, and helping your immune system get to its optimal level. Ginseng is an excellent replacement for caffeine and other stimulants. Replacing caffeine with red ginseng has helped me personally so much. As for me, I feel more alert, more focused, have better clarity, and have endurance to complete the tasks I have set forth. My energy levels are more balanced and steadier, yet I still have motivation that is from a pure natural source. Personally, I believe in this product and what I have seen it do for me and for others around me. It has my seal of approval for a natural supplement that is unsurpassed in so many



Happy Herbs & More crew: From left Lana Woody, Roy Williams, and Abbie Cooper

ways.

The reasons for this are that Korean red ginseng reduces oxidative stress, and fights free radicals, it is an excellent tool in your toolbox for anti-aging and youthfulness. It is known to help improve your mood, your complexion, gives the appearance of younger more attractive looking skin, is healing for your lungs, and spleen, improves your circulatory system, your heart, your brain, your hormones (to include cortisol stress levels), and your sex drive. Red ginseng helps reduce cholesterol, and improves blood sugar in individuals with diabetes. Seems like no big secret why it is called a miraculous cure-all supplement for so many centuries and for so many different cultures sometimes being called the “all-healing man root.”

We want to thank you from

Herbs and More in Athens Alabama for helping us become the largest distributor of HRG80 Korean Red Ginseng in the United States! We are so proud to spread the word about this amazing product and its benefits. This product is truly safe and you can be assured that it works. How do I know besides my own use? Virtually everyone keeps coming back for more. Be sure you ask for the HRG80 Korean Red Ginseng and join the Energy Revolution.

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# Tennessee Valley Spotlight



**Mondays at 10am**

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# The Beauty Of Discomfort

by Mae Lewis

Change is not your enemy.

I have noticed that many people do not like change. They often complain about “the good old days” and spend a lot of energy reminiscing and trying to return to a former state of imagined bliss. They are highly resistant to changes, and will fight, argue, plead, and weep over the changes of life.

There is nothing wrong with taking a trip down memory lane, but ignorance is revealed in someone who is unwilling to let go of the past, or who fights to hang on to a dead past. Some of us refuse to acknowledge that changes happen.

To be human means to live in change. From the time you are born, your body is changing, always, until the day that you die. It is never the same on any given day.

The same can be said of the entire universe. Seasons come and go. Plants grow, bear fruit, and die. Animals grow, give birth, and die. Everywhere we look, we see a cycle of life and death, of change, and of transformation.

Why, then, are so many of us resistant to change? If change is a fundamental law of the universe, why do so many of us fight it? Change is and can be uncomfortable, scary even. Some changes are terrible, but it is an unreasonable expectation to assume that you won't lose a loved one or face tragedy in your life.

Nothing lasts forever, and death comes to us all.

I know many who are so affected by the death of a loved one that they become stuck in their grief, and are never able to move on. I heard Billy Graham say once, “War does not increase death.” This may seem an obvious statement, but it drives home the point that we will all die, and we cannot escape it. This is not an attempt to diminish anyone's grief. Grief is real, and some changes must be grieved.

But no real transformation, no real LIFE can happen without change. If we are willing to embrace change, we will find growth and abundance.

I've talked before about the law of entropy: Everything is in a constant

state of decay unless some external force of energy is applied. Decay itself is change, and keeping something from decay involves change. We cannot avoid change. Problems will always arise, and they must be fixed.

You can't fix problems in your life while avoiding the discomfort of change. It's logically impossible. Yes, there will be pain, but there is pain in every transformative process.

“Wisdom and maturity come from facing pain and learning from it... Immature people...don't have the willingness to experience the pain that leads to authentic wisdom.” - Pia Mellody.

Instead of resisting the discomfort of change, allow it to unfold and

observe the beauty, or the sadness of the transformation. Learn from it. Allow it to CHANGE YOU. Circumstances may not turn out the way you expect, or want them to, but that's okay. If you can learn to embrace change and accept it, you will start looking for the beauty and the lesson in each uncomfortable situation.

C.S. Lewis, in writing about the transformative goal of the Christian life, said: “It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg.”

You cannot learn to fly if you remain in your shell. You will not experience the life, beauty, and wonder of the world if you are resistant to change.

Change can become the greatest teacher in your life, if you are willing to learn from it.

Let change be your friend. Learning to embrace change, good and bad, will result in growth and beauty in your life that you could not have dreamed of. You will find yourself to be a healthier, stronger person, and more capable of handling the storms and setbacks of life. You will grow in wisdom and in inner strength, achieving an understanding and appreciation that many will never learn. You may even find yourself helping others to weather the storms of life, and you will become a force of change for good and beauty in the world.





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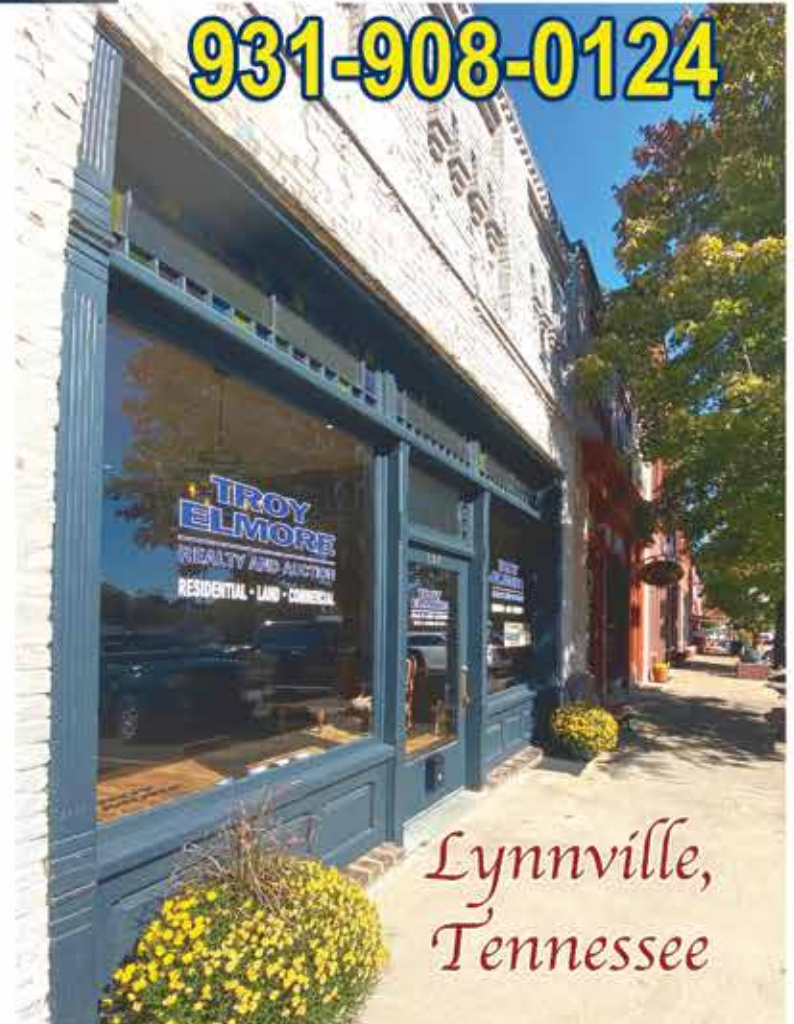
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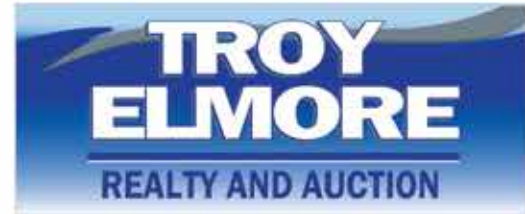
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Why don't mummies take time off?

They're afraid to unwind.



**ANSWER KEY:**

4	8	1	7	3	9	5	2	6
9	2	5	6	3	7	1	8	4
3	6	7	4	8	1	2	5	9
4	8	1	2	9	5	3	7	6
6	5	4	8	7	2	9	3	1
1	9	2	5	6	3	7	4	8
8	7	3	1	4	9	6	2	5
7	3	8	9	5	6	4	1	2
2	4	6	7	1	8	5	9	3
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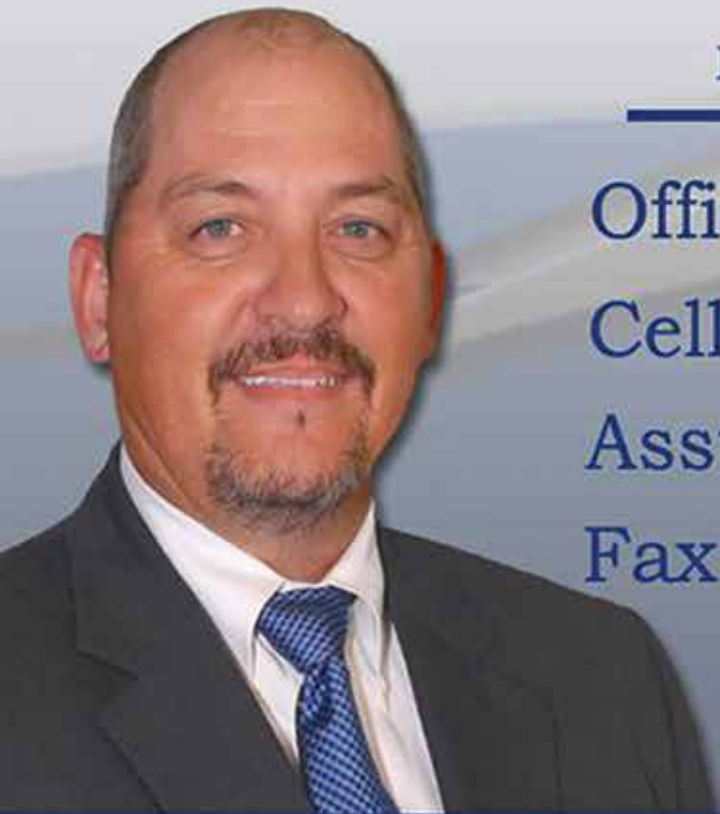
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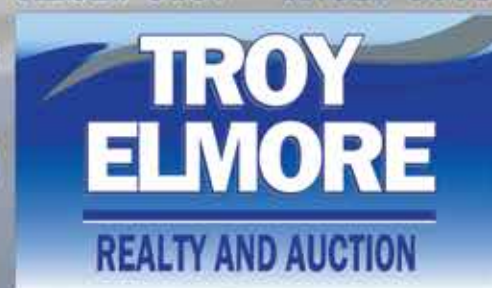
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