

March 5th - March 18th, 2021

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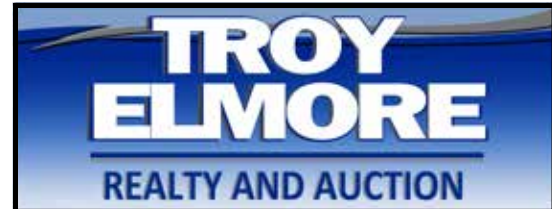


E-MAIL: info@athensnowal.com

ADVERTISING:

Ali Elizabeth: 256-468-9425

Degan Wilder: 256-426-2493



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All Things Soldier

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Lori Robinson, (Ret) A
Four Star General, A
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*Please, Lead Me
Slowly...*

We live in a hurry-up
and go society. The
faster the better. The
hare has run over
the turtle. In today's
world there is no...

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Legal Journeys, Will And Trust Attorneys: *Your Family's Lawyer For Life*

By Ali Elizabeth Turner

In 2017, Nicole Stiltner and Levi Alexander
partnered together to create a unique law firm
called Legal Journeys. When I say "unique,"
I mean a place where their law office has toys
and books for kids and serves snacks during

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The Levi Alexander Family

Econo Tech Recyclers: "Servicios" For All

By Ali Elizabeth Turner

In 2011, Charlie McMullins had an
epiphany in the middle of the local
Lowe's appliance department. He
asked himself, "Why not repair and
refurbish appliances, and make them
available for a reasonable price?"
The service would go on to be of

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The Econo Tech Team

Happy St. Patrick's Day



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Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Sales & Distribution
Degan Wilder

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Leigh Patterson
Anna Hamilton
Joel Allen
Nick Thomas
Roy Williams
Blake Williams
Cayce Lee
Wanda Campbell
Jerry Barksdale
Steve Leland

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Send Inquiries to P.O. Box 428, Athens, AL 35612, or call (256) 468-9425. Emails are preferred, send email to info@athensnowal.com

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Publisher's Point

Free The Seuss Six!

Like most kids born in the '50s, I grew up on Dr. Seuss books. I loved them, and I still do. So, it was with "shock and disbelief" that I learned that six titles of the beloved author's books have been banned from the public square because of "racism and insensitivity." The offenders are: *And To Think That I Saw It On Mulberry Street*, *If I Ran The Zoo*, *McElligot's Pool*, *On Beyond Zebra!*, *Scrambled Eggs Super!*, and *The Cat's Quizzer*.

I could take the time and space here to pick apart each book and deal with each alleged offense, but what I really want to focus on is nothing more than a passionate petition for one thing: consistency. If we are really committed to eradicating offensive things, we can take one of two paths. We can deal with their "gnarls," learn from them, and use them for benchmarks along the way, or we can pretend they never existed and lose complete perspective on where we were, where we are, and where we are going.

Why take "the road less traveled"? Why even bother to have the conversation about children's books, what's appropriate, and what's important to a culture?



Because the road less traveled is the only thing that keeps humans free to grapple with the gnarls. It is also the only thing that will preserve the Constitution of the United States of America, and it is the Constitution that preserves the culture.

Now, this example is not centered in children's literature, but it will serve to illustrate my point. *Mein Kampf*, the book written by Adolph Hitler prior to his execution of the Final Solution, has never been banned for anti-Semitism. And, most people know that the day *Mein Kampf* is banned, we will lose a huge amount of understanding of what led Germany to do the unthinkable. I would think Holocaust survivors would have launched a fierce campaign to make

sure that no one ever anywhere on the planet had a chance to mine the mind of a monster, but they didn't.

Now, in case anyone wants to make a leap that I am somehow comparing Hitler to Dr. Seuss, that is laughable and you know it. I am saying that we have reached a dangerous place in this country, and that is that at any time anyone can be silenced by a tiny group of people, and God help the person(s) who respectively push back and say, "I disagree."

When it comes to *Mulberry Street*, I grew up in Seattle beginning just a few years after WWII. The wooden shoes that are supposedly so stereotypical that are part of the illustrations in *And To Think That It*

Happened On Mulberry Street could be purchased in abundance, along with the special socks that went with them. When we ate in Asian restaurants, we were expected to be deft with chopsticks. It was just an expression of good manners. I have to wonder if rather than being offensive, Dr. Seuss was expanding the horizons of kids, and letting them know that there are people who look in ways and do things with which the reader may not be familiar. For my part, I am glad that I grew up with Dr. Seuss...and chopsticks.

Ali Elizabeth Turner

Ali Elizabeth Turner
Athens Now
Information & Inspiration
256-468-9425
ali@athensnowal.com
Website:
www.athensnowal.com



athensnowal.com



Honoring General Lori Robinson, (Ret) A Four Star General, A Wife, And A Mom

by Ali Elizabeth Turner



Lori Jean Robinson is the most highly decorated female officer in the history of the United States military. Lori entered the Air Force right out of the University of New Hampshire in 1982, and retired as a four-star USAF general in 2018. In between that time, she went from being a “butter bar” (2nd Lieutenant) with a degree in English to becoming the first woman to command NORAD.

General Robinson spent some time in the great state of Alabama, and graduated from Troy University in 1986 with a master’s degree in education leadership and management. She studied at the Brookings Institute, Harvard, the Naval War College, and elsewhere.

Lori has more than 900 flight hours and has a designation of Senior Air Battle Manager. She served in Desert Storm and Operation Enduring Freedom (Afghanistan). She had more than 28 assignments, and more than 30 awards. Below is an example of the wording used for one of her awards, and this citation is similar to the others.



The Secretary of Defense of the United States of America has presented the Defense Distinguished Service Medal to General Lori Jean Robinson, United States Air Force, for exceptionally distinguished performance of duty contributing to national security and the defense of the United States. The distinctive accomplishments of

General Robinson reflect great credit upon herself, the United States Air Force, and the Department of Defense.

General Lori is considered by Time Magazine to be amongst the top 100 most influential people on the planet. She is married to an Air Force General, David A. Robinson. They have had to find a way to make a military marriage work, and they have. General Lori describes her leadership style as being “servant leadership.” She says, “It’s the notion of being part of something bigger than yourself and of making the people around you better.” She further says, “In our daily struggles to

advance within an organization, we sometimes forget that it’s actually more about the organization and the people that are around us. And to make them better makes the organization better.”

I appreciate her willingness to be transparent with officers and civilian listeners as she speaks extensively these days. “A leader sets the tone,” she says. “If you are someone who gets mad right away, you’re not going to hear what’s really going on out there. Everybody wants to tell the leader the good stuff. But what’s important is the bad stuff and the ugly stuff. That’s what you want to be able to help with

so you can provide the environment in which folks can get the job done.”

While there is not much said about it, General Robinson endured the pain of being a bereaved parent. The Robinsons, had a daughter by the name of Taryn, a 2nd Lt in the USAF. Taryn was in a private plane crash in September of 2005 where the pilot was killed instantly. Taryn later died in January of 2006 and is buried at Arlington. She was an Air Force Academy graduate.

General Lori was appointed to her final position in 2014, and retired in 2018. Her 37-year career was full of firsts, and we honor her for her service!

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Blake's Beat

2021 Cornhole for a Cure Tournament Scheduled for April

by Blake Williams

An upcoming cornhole tournament hopes to raise hundreds of dollars in the fight against cancer.

County for a Cure, Limestone County's American Cancer Society Relay for Life team, has scheduled the 2021 Cornhole for a Cure tournament, presented by Grayson Carter & Son, Contracting Inc., for Saturday, April 17, 2021, with a rain date set for the next day. Sign-in registrations and open courts begin at 11 a.m. and the tournament starts at Noon. Teams can pre-register by emailing County for

a Cure team captain Michelle Williamson at michelle.williamson@limestonecounty-al.gov.

The tournament will be held at Lucy's BARge, located at 6049 Bay Village Drive, on the beautiful Tennessee River in Limestone County.

The cost to enter is \$50 per team of two. There is \$1,000 worth of prize money up for grabs.

County for a Cure team captain Tammy Waddell is looking forward to the tournament being held on the water this year.

"I would like to thank the great folks of Lucy's BARge, for allowing the tournament to take place at their beautiful location," said Waddell.

County for a Cure Team Captain Michelle Williamson is glad the tournament continues to grow.

"Thank you Lucy's BARge and Grayson Carter & Son Contracting, Inc. for being a part of our Relay for Life family and for helping us to continue to fight for a cure," said Williamson.

All money raised will benefit the American Cancer Society.

CORNHOLE
for a CURE

LUCY'S BARGE

SATURDAY
APRIL 17, 2021
Lucy's BARge
(rain date Sunday, April 18, 2021)
6049 Bay Village Drive
Athens, AL 35611

Sign in Registrations and Open Courts at 11:00am.
Play begins at Noon.

\$50 per team of two.
\$1,000 worth of prize money up for grabs!

Make Checks Payable to:
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For Other Payment Options Contact
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michelle.williamson@limestonecounty-al.gov
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All proceeds benefit the American Cancer Society Limestone County Relay for Life Fundraiser

Limestone Delegation Supports 2021 Limestone County Relay for Life

by Blake Williams

Representative Danny Crawford and Speaker Mac McCutcheon recently made a \$1,000 contribution to the 2021 American Cancer Society Relay for Life efforts in Limestone County.

"The Limestone County Legislative Delegation is always so sup-

portive to all causes that touch our county," said Williamson. "Their constant care, belief and support makes our county great."

Community members can join this year's fight against cancer by visiting www.RelayForLife.org/LimestoneAL



Attached picture includes from L to R County for a Cure Team Captains Blake Williams & Michelle Williamson and Limestone County Legislative Delegation Executive Director Taylor Thomas.

Neighborhood Bridges Ardmore receives donation from Lions Club

by Blake Williams

Greater Ardmore Chamber of Commerce Director Yolandia Eubanks recently met with the Ardmore Lions Club to discuss chamber programs and activities. At the conclusion of the meeting, they made a motion to donate \$500 to Neighborhood Bridges

Ardmore.

The Neighborhood Bridges program has helped more than 121 needs since its creation.

For more information on the program visit the Chamber's website at www.greaterardmorechamber.com.



(L-R) Joe Douthitt Lions Club Treasurer, Neighborhood Bridges advocate and Chamber Director Yolandia Eubanks, & Lions Club President and City of Ardmore Tennessee Mayor Mike Magnusson

Calendar of Events

Vidalia onion pre-sales

Happening Now

Athens Ladies Civitan Club is now taking orders for its annual Vidalia onion sale. Ten pound bags freshly dug from a Georgia farm are \$10 and will arrive the first or second week in May. You may order as follows: from any ALCC member; by calling: Phyllis at 256-232-6086 or Marilyn at 256-771-7672; or by mail to: Athens Ladies Civitan Club, P. O. Box 1814, Athens, AL 35612. Make check payable to ALCC, include your name, address and telephone number and number of bags ordering. Deadline for orders and payment is April 10, 2021.

Swamp Johns Drive-Thru Dinner

March 5

Benefiting Copeland Presbyterian Church at the Tractor Supply parking lot. 601 U.S. Highway 72 in Athens. 4:00PM-7:00PM. Enjoy a choice of fish, chicken, shrimp, or combination plate including hushpuppies, french fries, slaw, and drink for \$12.00. Monies go toward a new church sign. For ticket or questions: 256-603-2899.

March Cruise In on the Square

March 6

In downtown Athens from 6:00PM-9:00PM. No judging, no trophies-- just show and shine; enjoy the shops and eateries around the Square. All cars, trucks, and bikes welcome.

Play Outside Day

March 6

Families everywhere are encouraged to get outside the first Saturday of every month and play in public parks, enjoy trails, hit the waterways, explore greenspaces and just play! Limestone County offers over 20 trails to explore including walking, cycling, horseback riding and kayaking – perfect for all ages. For more information: 256-232-5411.

Rodeo Queen Clinic

"Bringing Back the Basics"

March 6

2-S Arena, 26155 Thach Road in Athens starting at 9:00AM with host Abigail Benz, Miss Limestone Sheriff's Rodeo 2020. The clinic will provide information that addresses all aspects of a rodeo queen pageant with focus on requirements specific to Limestone Sheriff's Rodeo Queen Pageant with guest Dakota Missildine Johnson, Miss Rodeo USA 2010 and Kelly Payton Weathersby, Miss Limestone Sheriff's Rodeo 1992. Horsemanship portion will be March 7, 2021 at 1PM at 2-S Arena (\$30.00 fee if attendee not present for March 6th event). Registration deadline is March 1, 2021.

Pre-registration required. Registrant: \$30.00; Observer \$15.00 includes breakfast, lunch and snacks. Forms: <https://limestonesheriffrodeo.files.wordpress.com/2021/02/2021-queen-clinic-information-packet.pdf>

Chicken Stew Pickup

March 6

With City of Athens Relay for Life Team. To be picked up at the Parking Lot Behind Athens City (Corner of Bryan and North Marion Street in Athens) from 11:00AM-2:00PM. Stew will be made by Charles and Kathy Cothren. Tickets available for Gallon - \$25.00 and Quart \$10.00. For more information or to purchase tickets call Kim at 256-233-8730 or email hhollman@athensal.us

Remember...Spring Forward at 2:00AM

March 14

Set your clocks ahead/forward one hour at 2:00AM (or before you go to bed Saturday, March 13th). Change the batteries in your Smoke/Fire/Carbon Monoxide Alarms, weather radios and emergency flashlights; rotate and replace the supplies in your Storm Shelter and First Aid Kits; and double check expiration dates on your supplies.

8th Annual Eli's Block Party

Car Show & Cruise-In

March 20

Bethel Church of Christ, 26772 Capshaw Road in Athens. 9:00AM-2:00PM. Shine your ride and roll in with judged-show parking or cruise-in parking. Over 50 trophies and awards including this year's featured class: CORVETTE. New award for 2020 -- Pre-registered rides only, "The Best Story" Trophy for the best essay about your car. Prize drawings every hour, plus \$100.00 cash every hour for registered participants only. Judged participation: \$20.00; Cruise-In \$8.00. For more information, registration and other details, visit: Elisblockparty.org/register



For the health and safety of our volunteers and the public, we regret that the VVA Spaghetti Day has been canceled until further notice.

Thank you for your support and understanding.

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What Makes Ronnie Roll

Friday Forward And Intellectual Capacity

by Ali Elizabeth Turner



This particular Monday was what I call a “Minestrone Monday.” I define a Minestrone Monday as one that has several components, a number of competing recipes that claim to be “authentic,” and the end result is a delicious, simple-but-complex hearty soup that is most welcome on a rainy day. All the things that poured in to Mayor Ronnie’s office that morning “made the minestrone.”

We talked for quite a while about things that “lit us up” from the book, *Friday Forward*. We have been dealing with what is called by the author, Robert Glazer, as “capacity building.” The four capacities are spiritual, physical, intellectual, and emotional. “Spiritual capacity is about way more than church, as important as it is, and intellectual capacity is about way more than being smart,” said the mayor as we headed into the chapter on intellectual capacity.

In order to increase one’s intellectual capacity, there are two things



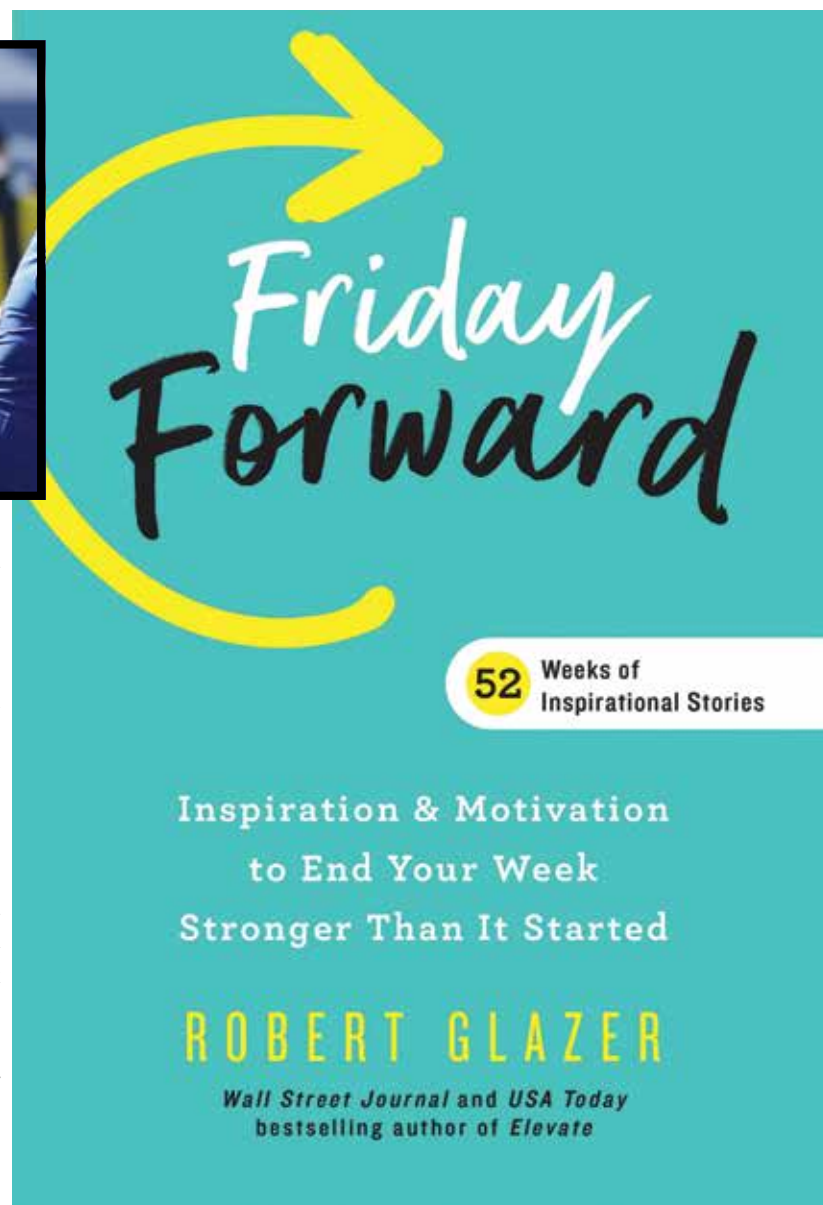
that are important. One is having what is known as a “growth mindset.” The other is the “compound effect” vs the idea of the “overnight success.” A growth mindset simply means that you decide here and now that for the rest of your life you are going to actively learn new things, skills, facts, and subjects. It also means being willing to receive feedback and learn from that. The latter, of course is more challenging, as the mayor would attest.

“It’s the day-to-day actions that do it,” said Mayor Ronnie. In our media driven culture, we buy into the idea that true success is splashy and quick, but it’s not true. It is the compound effect of several small actions over time that

build a life and legacy that last. He told me about NFL record-holding Colts Quarterback Philip Rivers, who is an Athens High alum. “He had this strange way of throwing the ball because his hand was so small when he was a kid trying to handle a full-size football. It looked like he was throwing a shot put, and his dad never made him do anything different because it worked,” said the mayor. Rivers practiced and practiced, was a first-round draft pick out of college, and is considered the 8th most successful QB in NFL history. “He knew this was the time to retire, and is going

to coach in Fairhope,” said the mayor. (A side note is that Rivers’ son throws the football the same odd way, and his dad has had to resist the temptation to correct him.)

The morning ended with the chance to meet Al Hogan, our new fire chief. Al comes from the Atlanta area and was a battalion chief over several stations. He also has experience with rapid growth in a community. From the “small world department,” it turns out Mr. Hogan and I know someone in common. I had to get to the radio, and the mayor had an appointment with the new chief. So, we prayed, and once again it was time for Ronnie to roll.



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Slinkard On Success

Turn Up The Thermostat

by D. A. Slinkard

D.A. Slinkard would love your feedback. You can contact him at da.slinkard@gmail.com

Sometimes I believe I did not move far enough south. This weather in Alabama can be so confusing as we are getting four inches of snow one week, and the next week we are just a few degrees under seventy. During the recent winter storm, as it was getting colder, my first thought was to adjust the temperature inside and it was this process that birthed the idea behind this article. When it gets cold outside, we recognize we need to turn up the temperature, and so we go to our thermostats and adjust the temperature.

I do not know about you, but I enjoy being warm especially when it is cold outside, but then I got to thinking about when we notice ourselves growing cold internally and not just physically. What should we do? I am reminded of the Words of Jesus Christ in Revelation 3:15-16, "I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth."

This could be in our spiritual walk, this could be in our relationships, this could be in our employment -- we all go through these times in which we are just not on fire the way we know we should be. Going to my thermostat

and adjusting the temperature made me realize that when we grow cold in our lives, it is simply time for us to decide to turn up the heat and focus our attention on giving our all.

We know when our temperature changes. Other people may not be able to look at you and tell, but if there is a change in your thinking or in your actions, you know it even when others do not. Even Jesus Christ said, "I would not have you to be lukewarm." Yet here we go, many of us living our lives being complacent with a lukewarm lifestyle. We wonder why the struggle is so real for many Americans and it is because we are okay with barely getting by. We are okay with not giving our all in all. We are okay with having a desire that is frozen internally lacking a burning desire to succeed.

We will all face these times in which taking another step forward is too much of a struggle to even comprehend, but we must decide to act. We must mentally decide we are going to get hot. We must mentally decide we are going to adjust the internal thermostat we all have living inside of us. This life we are living comes down to the decisions we make daily, and sometimes our lives are impacted by the decisions we make by the second.

What exactly is a person to do if they are in a rut?



No one knows you better than you do and those areas you are struggling in; you need to be honest with yourself. The areas you have grown colder in, you need to acknowledge. However, too many people think if they just ignore these portions of their life, they will not have to deal with them. By ignoring these areas, many

people believe they can eliminate a portion of pain, if you will, in their life. Until you decide to make changes, you can ignore these aspects all you want, but eventually you will come face-to-face with these demons.

What has helped me when I notice my internal temperature changing is to make a list of the things I know I have

grown cold to. This list is what you deem important in your life. And once you have this initial list, it is time to review each area one-by-one and in doing so it is time to face reality. It is time to recognize what you need to do to go from cold to hot. It is time to recognize what actions you must start doing immediately to change your internal thermostat. This is going to take some time, thought, and effort but you cannot wait to get started.

This is not an exercise you will want to fly through. If you are serious about making changes in your life, take your time. When you know what needs to be done, then it is time to go to your internal thermostat and turn up the heat. This will require action; and no one else can turn up your thermostat on life, but only you.

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Tourism

Revs, Runs, And More Fill March

by Cayce Lee

Social Media Specialist, Athens-Limestone County Tourism Association

March marks the return of several annual events in Athens-Limestone County, Alabama, from Cruise-In on the Square to Eli's Block Party Car Show to the Rocket City Ten Miler. We know many of you have been looking forward to events returning – and we're happy to see them too. Please continue to be safe; take precautions like wearing masks, washing and sanitizing your hands frequently, and staying home if you don't feel well – these are the steps we all should maintain to keep more events coming, support our businesses, and keep the economy growing.

We hope everyone will take time to support these highlighted events and those on our event calendar at VisitAthensAL.com/events like live music, trivia nights, karaoke and more.

March's First Saturday, A Great Day To Get Out...

Take your calendar and circle March 6 for a few options to get out of the house and have a little fun or give back to the community. Grab your muck boots and meetup with Keep Athens-Lime-

stone Beautiful for a community cleanup scattered throughout Limestone County. If you pre-ordered chicken stew with City of Athens Relay for Life Team, don't forget to pick up your tasty reward for lunch. Polish the chrome and roll onto the Square in downtown Athens for this year's first Cruise-In on the Square.

Spring Forward...

A friendly reminder to set your clocks ahead/forward one hour at 2 a.m. (or before you go to bed) Saturday, March 13. Change the batteries in your smoke/fire/carbon monoxide alarms, weather radios, and emergency flashlights; rotate and replace the supplies in your storm shelter and first aid kits; and double check expiration dates on your supplies.

Ready, Set, Go...

Warm up the muscles, lace up your running shoes, and get ready for a good run. March 20 sees the return of the Huntsville Track Club Rocket Run Ten Miler return to Mooresville. Hot on the heels will be the Running Buck Wild Extreme 5K at Joe Wheeler State Park on March 27.

It's A Block Party...

The highly anticipated 8th Annual Eli's Block Party Car Show and Cruise-In returns to Bethel Church of Christ with fun for car enthusiasts and admirers to either roll in for judging, pull in for the cruise-in, or just wander amid all the rides while supporting the fight against childhood cancer.

Restaurant And Hospitality Need Job Seekers...

Many of the Athens-Limestone lodging, restaurants, and eateries are looking to hire servers, bartenders, cooks, managers, and more. As people return to dining in and traveling, the demand for staff will continue to increase. The Athens-Limestone County Tourism Association Facebook page (@AthensLimestoneCounty-Tourism) is sharing available jobs via courtesy posts and encourages anyone looking for work to keep an eye on the page.

Coming Soon...

Chipotle's (3804) is coming to Athens at 1289 U.S. Highway 72 beside Chick-Fil-A. They're in the hiring phase and announced hopes to be open in March.

Open And Ready ...

Valentina's Pizzeria and Wine Bar located 25951 Huntsville-Brownsferry Road marking the return of Joe Carlucci to sit-down dining.

Square Clock Coffee has a new location in downtown Athens at 100 South Jefferson Street across from U.G. White's.

Steak-Out Athens has opened the doors – and their new dining room – at their new location at 1106 South Jefferson Street.



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Dogwood and Magnolia Bakery is coming to Mooresville at 25062 North Street in the former JaVa Coffee Shop.

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by Leigh Patterson - Executive Director - Keep Athens-Limestone Beautiful

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Cooking with Anna

Please, Lead Me Slowly

by Anna Hamilton

We live in a hurry-up and go society. The faster the better. The hare has run over the turtle. In today's world there is no room for going at a slow pace. In every situation, you are expected to move with the crowd, and we expect that of others. We don't like to be burdened with the task of slowing down to match the pace of the ones in the back of the pack.

What happens when you are the one in the back? We aren't always at the back, but what happens when you find yourself there? Do you want someone to show you kindness and patience? Do you want someone to lead you slowly? I know that when I am feeling as if I am falling behind, I desperately need someone to lead me slowly.

There is a marvelous passage in Genesis 13 that describes this scenario perfectly. This chapter beautifully depicts the moment that Jacob and Esau meet each other for the first time in over 20 years. Their relationship had been a troubled one and at this moment in their lives they were truly wanting to make amends. Jacob met Esau with many gifts and Jacob bowed seven times before Esau ran and embraced his brother Jacob. Jacob introduced Esau to his family, and they began to discuss traveling together to Seir. Esau wanted them to travel together, but Jacob insisted Esau go ahead, and they would follow behind.

What would make Jacob not want to travel at the speed of his brother? You see, Jacob understood his family and those around him. He knew

their ability and was willing and able to go on their pace. Jacob speaks one of the most beautiful verses in the Bible in verse 14, "So let my lord go on ahead of his servant, while I move along slowly at the pace of the flocks and herds before me and the pace of the children, until I come to my lord in Seir." How beautiful, "to move at the pace of children." Sometimes, we forget in our hustle and bustle that those around us may be in a place in their lives that requires them to move at the pace of children. We tend to forget that sometimes we ourselves need to move at the pace of a child.

I would love to snap my fingers and wake up the perfect weight. Poof! --perfect house. Poof! --perfect family. Poof! --perfect car. But we are not to rush our journey or the journey of others. You are exactly where you are meant to be and the Lord is leading you slowly, at the pace of children. We are after all, His children. "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is." 1 John 3:1-2

So, learn to lead slowly. Learn to be led slowly. Learn to move at the pace of children. You will learn to enjoy the world around you more and truly be able to enjoy the journey you are on.

This week's recipe is a lovely dessert that will satisfy your sweet tooth without making you feel guilty for indulging in a dessert. It is a lovely vanilla mousse with roasted strawberries. How fancy does that sound?!? And the best part about this dessert, it is super easy, but looks super fancy. Your family will be sure to love it!

Roasted Strawberries with Vanilla Mascarpone Mousse

Ingredients:

Roasted Strawberries:
2 cups strawberries, quartered
2 tsp honey or maple syrup
¼ tsp vanilla extract

Mascarpone Mousse:
8 oz. mascarpone cheese, softened
4 oz. cream cheese, softened
Honey or maple syrup, add to desired
sweetness
1 tsp vanilla
1 cup whipping cream

Directions:

Preheat oven to 375 degrees and lightly grease a medium-size baking dish.

Add berries and sprinkle with honey or maple syrup. Add vanilla extract and toss to combine. Then spread out over pan.

Roast 20 to 25 minutes, until soft and tender and much of the juice has released.

In a large bowl, beat mascarpone, cream cheese, sweetener, and vanilla together until well combined.

In another bowl, beat cream until it holds stiff peaks. Fold whipped cream into mascarpone mixture until combined.

Spoon into 6 small dessert cups. Top with roasted berries and serve immediately.



Standing Together, Alone

by Steve Leland

We stand together, alone.
No, this is not about my politics.

It's not even about your politics, unless you want it to be.

It's a phrase that I heard a while back, and it struck me.

We humans are interesting. We cherish our independence while enjoying being part of a group. Generally, multiple groups.

We may think of ourselves as loners, but with few exceptions, we aren't. Even those who truly isolate themselves from the rest of society proudly belong to the group that was indepen-

dent enough and had the strength to do it -- even if they don't know any others who are part of that particular club.

What flags are flying from the flagpoles at the top of your personal hill? Which groups do you represent? How much do they mean to you? Are you willing to fight for any of them? Sacrifice for them? Or are they just associations of convenience? If trouble came, would you just fade into

the background? Slip out the back, Jack? Make a new plan, Stan?

Who and what you stand for defines you, and gives your life purpose.

Each one of us has to stand alone, but we know that we represent, and are strengthened by, others with our same vision.

"The unexamined life is not worth living."

Socrates

Stand, my friends, stand.

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Legal Journeys, Will And Trust Attorneys: *Your Family's Lawyer For Life*

by Ali Elizabeth Turner

continued from page 1

appointments. I also mean that this is not a place where three-piece suits are the order of the day; “snappy casual” is accepted office garb, and when you come in for an appointment, there is a welcome sign with your family’s name on it. The dogs that belong to the partners are part of the ambience, and Legal Journeys’ whole approach to serving their clients is a new operating and business model. We’ll talk more about that in a moment, but first, a bit of bio.

Nicole will be the first to tell you that she literally is a “coal miner’s daughter.” She was born in Virginia, and is the first person in her family to get a college degree. Her grandmother had to quit school before finishing the 10th grade, and was the one to instill in her grandchildren the belief that education was highly important. Nicole not only had an academic scholarship to the Appalachian School of Law, she also spent a summer at the University of Valencia in Spain, as well as



The law firm of Legal Journeys, LLC

time at Cambridge in London. She passed the bar exam in 2012, and as someone who is married, has two kids and two dogs that are like kids, Nicole is a warrior for children, parents, grandparents, and the elderly.

Levi was born into a military family, settled in Alabama when he was six, and graduated law school from Michigan State University. Levi is a dad, husband, step-dad, granddad, “dog-dad,” son, and grandson, which allows him the unique opportunity to look through the lens of each of these roles while guiding his clients through their life’s journey and keeping his clients out of court and conflict. His family ranges from his 1-year-old grandson to his

92-year-old grandmother. In 2018, Levi was honored with the coveted “Personal Family Lawyer®” (PFL) designation. A PFL has specific certification that is designed to protect clients “from womb to tomb,” a concept rooted in the days of “mom and pop stores,” “country docs,” and the “Atticus Finch” kind of lawyer so beautifully portrayed in the Alabama classic, *To Kill A Mockingbird*.

This personal and certainly more human approach to practicing law largely eroded away in our culture due to a number of factors, not the least of which was the age of the internet and the birth of “documents law,” such as going online, paying a fee, downloading papers, filling in the blanks and thinking you have a rock solid plan in place, when in reality that is a disaster waiting to happen. Personal Family Lawyers practice under a new business model that allows them to help their clients be better parents, better business owners, and better citizens of the community rather than just putting in place form documents that may or may not work when the family needs them.

One of the things that sets Legal Journeys apart is that everything is done by a flat fee. You know ahead of time what it is



The Stiltner family

going to cost, and are not going to go into “dox shock” by getting billed 70 bucks for an extra email. Besides the fact that Levi and Nicole endeavor to treat their clients with the same care they would wish for themselves or their loved ones, they also have the desire to have you choose them to be your “lawyer for life.” That can’t happen unless their clients feel safe, heard, and secure.

Legal Journeys not only guides their clients in creating custom-drafted wills and trusts, but one of the functioning values of Legal Journeys is to educate their clients about choices and responsibilities, especially as it pertains to being parents of young children. Nicole told me that, for example, if I had young kids, went away for the weekend with my husband after having left them with a trusted neighbor, friend, or even grandparent, but didn’t have a short-term guardian nomination in place, they could actually end

up in foster care! “What?” I exclaimed. She went on to explain that in the event of our unexpected death, DHR would be required to temporarily place the children in foster care, while they were already dealing with the death of their parents! That is just one example of why you want someone on your side who knows what is going on in the land of jurisprudence, and will put things in place to protect you that will actually hold up in court.

Legal Journeys realizes that even with a well-crafted plan, times, needs, assets, and situations change in the lives of families, businesses, and individuals. That is why they work hard to be in it for the long haul with their clients, and they truly see running Legal Journeys as a calling. If this personal, professional and down-to-earth approach to the practice of will, trust, and business law is what you are seeking, call Legal Journeys today at 256-850 3431. For more information, check out their free online class *Wills & Trusts 101* by registering at willandtrustattorneys.com.



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Back To Basics – Flaxseed

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



Flaxseed has been around for centuries and is one of the richest sources of omega-3 fatty acids. This small, golden-colored seed has the potential to reduce the risk of heart disease, cancer, stroke, and diabetes. It can also greatly improve digestion, complexion, cholesterol, and hormone levels.

Flaxseed makes an excellent, all-natural dietary supplement when trying to lose weight. While the natural inclination is to eat less to lose weight, this is not always the healthiest option. It is more about what you eat. Flaxseed is very fibrous which helps the body feel full longer. Its high fiber content and low calorie count benefits the body by still providing the necessary source of energy minus all the bad kinds of fat. This also helps in reducing inflammation that allows the body to retain excess weight and ultimately making weight loss easier.

Fiber can be either water soluble or insoluble, and it just so happens that flaxseed contains both types making it easier to be flushed from the body by simply drink-

ing water. While flax is high in fiber, it actually contains very little carbs making it a good source of energy without the sugar. Flaxseed also contains high levels of mucilage gum which is a gel-forming fiber that is water soluble and benefits the intestinal tract by keeping the food from emptying into the small intestines too fast, increasing nutrient absorption. Both soluble and insoluble fiber supports body detoxification and fat loss and reduces sugar cravings. Finally, this amazing fiber content also tends to be of great digestive benefit. Fiber helps trap the fat and cholesterol during digestion preventing it from being absorbed by the body.

Flaxseed will also make hair, nails, eyes, and skin healthier. Shiny hair and strong nails will not happen overnight, but tossing a tablespoon or two of ground flaxseed in eggs, oatmeal, or a smoothie will make a significant difference over time. It may even provide improvement in acne, rosacea, and eczema due to the essential fats and B-vitamins which reduce dryness and flakiness.

Antioxidants are important for the body to function, and it just so happens that flaxseed contains them as well. An antioxidant is a molecule that prevents oxidation of other molecules. Oxidation in molecules is a chemical reaction that may produce free-radicals that, in turn, may lead to chain reactions that damage cells. Flaxseeds are abundant in lignans, a group of chemical compounds found in plants. They have a higher antioxidant value compared to

any other fruit or vegetable. Lignans may have the ability to support the immune system and even act as an alternative to hormone replacement therapy for women.

Flaxseed contains omega-3 fatty acids as well which help lower levels of depression by boosting the effects of antidepressants and may help cure the depressive symptoms of bipolar disorder. They also help reduce inflammation. Flaxseed even contains DHA which is important for visual and neu-

rological development, and can reduce the mental overactivity of those with ADHD and enhance their memory.

Finally, the combination of omega-3 fat, lignans, and high dietary fiber has been shown to reduce the size of tumors and help prevent and fight cancer and heart disease.

Flaxseed may not be the most exciting addition to your diet from a taste perspective, but from a health benefit side, it is certainly worth considering.



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Econo Tech Recyclers: “Servicios” For All

by Ali Elizabeth Turner

continued from page 1

help to our community in a myriad of ways -- from selling appliances at an affordable price, to providing training and jobs, to protecting the environment. Econo Tech was basically born in Charlie's driveway where he did it as a serious “side hustle,” and since 2019 he and his wife Ali have had a storefront in Athens. It is located at 803 S. Jefferson, right next to the Mapco station. Charlie started out scouring parts and appliances on Ebay, and parlayed his mechanical skills and experience in auto salvage into making a living doing what he loves. He also does it for the ones he loves, from his wife and kids to all of Athens.

In the years between 2011 and 2019, “a whole lot of life” happened to Charlie, and he found himself as a single dad with sole custody of his sons, Andy and Ashton. As fathers did a century ago, when school was out, he took his boys with him on service calls, and taught them the trade. The boys worked right alongside their dad, and it was a special bonding time for all of them. To this day, they love working with Charlie, and he is thankful for their help and their



Jessica Negron helps Ali McMullins run the shop

love.

Ali and Jessica Negron run the shop, and the addition of Jessica to the Econo Tech crew came about as a result of Charlie getting stuck in the mud, literally. He was delivering an appliance to the Negron's house, and his truck got stuck. Jessica came out,

got their family truck, hooked up the necessary equipment to pull him out, and did so with such kindness that when a job at the shop opened up, Charlie called her first. Jessica is completely bilingual, and recently mentioned in Spanish in a different written piece that: “We have services in Spanish for ‘the client.’” (Tenemos servicios en español al cliente.) What is important to the McMullins for us to understand is that we are ALL their clients, and they have “servicios for all.”

Four important aspects of the McMullins' vision for Eco-

no Tech are building a stable business, building lives, building the community, and strengthening the environment. We'll start with the environment. Charlie is a guy that really understood that most appliances could be redeemed with a little savvy, elbow grease, and TLC. He also enjoyed the process of trouble shooting and finding the right part to get that appliance up and humming again. It bothered him that appliances were ending up in the landfill, and that people did not have access to solid appliances at a decent price. Now they have an option. Econo Tech never planned on having the lion's share of their repair people be women, but that is how it worked out; and they have been able to provide jobs that are supporting families. By offering translation services, Econo Tech just naturally reaches across language and cultural barriers, and the community is strengthened. And, the net result of all this good stuff is that they are building a satis-

fying business that occupies a much-needed niche.

We are actually Econo Tech customers. Years ago, we needed a dryer, and were not interested in one that you needed a pilot's license to operate, or put the farm in hock to afford. Just something that would do a thorough job of drying clothes would do the trick. Charlie handily met that need, and we have been glad to have Econo Tech as customers and friends ever since.

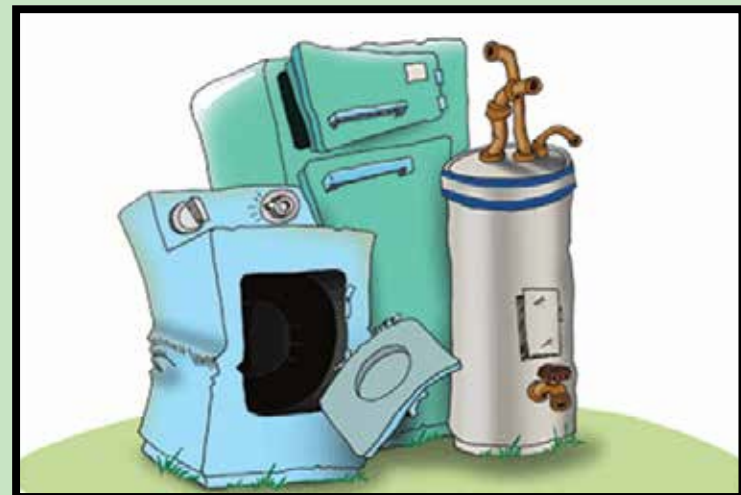
Econo Tech also has a junk removal service, which again helps the environment and the community. Ali told me that they actually feel that the classic orange-colored recycling symbol that is incorporated into their logo has personal significance. She said, “The top arrow is where we were, the second arrow is where we are, and the third arrow is where we are headed.” If a trustworthy used appliance business is what you are looking for, then head to Econo Tech today and let them help you find what you need. You will find experienced, friendly, hardworking people ready to help you with carefully refurbished appliances and outstanding customer service. And, if you need to get rid of your appliances, they'll be glad to assist you. Call them today!

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Learning As A Lifestyle

Retirement – Yay! Or Nay!

by Wanda Campbell

Center for Lifelong Learning - 121 South Marion Street, Athens, AL 35611 - 256-233-8262

Retirement is just a never-ending vacation according to the retirement cards. You need a plan if you are going to retire, they say. According to Chris Hogan of Ramsey Solutions, 48% of Americans have less than \$10,000 saved for retirement, and more than 50% of Baby Boomers say all or most of their retirement income will come from Social Security. The average Social Security payment is \$1340/month or \$16,000/

year. Is that going to be enough? And he says 35% of women have zero retirement savings. Well, that's scary.

There lots of books out there if you are a planner. I read *The Five Years Before You Retire*, by Emily Guy Birken. It has some good advice and probably would have helped a lot if I had read it five years ago instead of one month ago.

I thought I had a practice run last year when I had to work from home

for two months. The difference was I was working on work projects and staying home, not working on my projects and staying home. I still had to complete structured work eight hours Monday through Friday.

I like to keep busy and was worried about not having enough to do. Don't get me wrong, I like to sleep in but after 50 years of getting up between 5:30 or 6 a.m. it is really hard to sleep late.

I officially retired on December 31, 2020. Since then I have been busy doing chores that I could not do while I was working. I have new shelves in my bedroom, a new pantry in the dining room, and shelves in the garage.

I have been to the dump, Goodwill, and the recycle center several times because I have cleaned out my closets and files. I went to the local shredder and the dangerous chemical recycle too. It is amazing how much

junk you can collect in 10 years. My house has never been so organized.

In the meantime, I have watched all the episodes of *Supernatural* (all 15 years – 327 episodes) and *The Walking Dead* (10 years – 147 episodes). New episodes of *The Walking Dead* start on Feb 28 (I thought it was over). I have emptied my Netflix queue and even filled it up again.

Two months was all it took for me to finish my list and get bored. I really did not want to go back to work, but I was missing it. Maybe I could do both.

On February 2, 2021, I started back at the Center for Lifelong Learning. I am excited to work with my colleagues again... and even more excited to work only three days a week. My job is different but is something I enjoy. As Confucius said, "Choose a job you love, and you will never work a day in your life." This quote is also attributed to Mark Twain, Marc Anthony, and Apple CEO Tim Cook, just to name a few.

If you are considering retiring, I hope you plan well, or retire and go back to work part-time. It keeps you young and helps your brain stay active.





It Never Rains In Hell

by Jerry Barksdale

There are many reasons why I don't want to go to hell. Not being able to see my loving mother, family, and friends are major ones, not to mention bumping into a couple of judges and a bunch of lawyers who disrupted my bio-rhythm for 43 years. Of course, I would get to see some old girlfriends, perhaps my ex-mother-in-law, and meet big shot Washington politicians who, no doubt, will compose the largest delegation there. Moreover, it never rains in hell, and that's a deal breaker for me. I love rain.

I hope there are seasons in Heaven, just like on earth, and plenty of rain and little houses with tin roofs. For me, Heaven on earth is snuggling in a warm bed on a cold winter night with plenty of Mama's quilts spread over me, and listening to the roar of rain on a tin roof.

In 1947, we lived on Bean Road in an old farm house with a tin roof. I remember waking early on a Saturday morning in a cold room and hearing rain pecking on the window and dancing on the tin roof. Hallelujah! No school and no picking cotton. I snuggled deep under the quilts and was soon asleep. That same year I found several pieces of tin and constructed a secret hide-out. A cotton sack stuffed with hay was my only fur-

nishing. When it rained, I crawled into my hide-out and listened to rain on tin. Sometimes when it rained, I climbed in the barn loft and snuggled in the hay where I was soon warm and asleep once again. Rain and tin go together like cornbread and milk. Sadly, times changed. People grew ashamed of living in tin roof houses and wanted asphalt shingles like their neighbors. In 1976, Carol and I remodeled an old two-story farm house at Leggtown. Tin was out and metal roofs hadn't yet made the scene. Our bedroom was in a single story wing with asphalt shingles, and I couldn't hear the wind howl through the ancient cedar trees outside, much less rain. A window air conditioner was located in the wall near our bed. I wired a sheet of tin on top of the outside portion of the unit, and when it rained, I heard that wonderful music—raindrops on tin.

According to psychologists, the sound of rain triggers a primitive part of our brain. When our Stone Age ancestors were supper for saber tooth tigers and wooly mammoths, they hid in caves. When it rained, predators weren't hunting, which meant that our ancient ancestors could relax and sleep.

I don't have a tin roof where I currently reside, but I once devised an alternative that rain lovers may want to



copy. I placed upturned tin buckets under the eaves of my roof. When it rained, I opened the bedroom window and listened to the patter of drops on tin. I realized that some subdivisions have restrictions regarding what can be placed in the yard. A friend once lived at Canebrake and was told it violated restrictions to place a small plastic bunny in her yard on Easter. But fertile minds can always find a solution. I suggest purchasing several tin buckets, paint them to resemble low growing shrubs, and turn them upside down near your window. If that doesn't work, complain loudly, hire a lawyer, and sue someone—anyone.

I'll admit that in January, 1968, I was praying it would stop raining. My young brother-in-law, Jack O'Conner and I were paddling a boat up a creek in Jackson County near twilight, when we were caught in

a torrential downpour. We had no tent and no camping equipment. We turned the boat upside down and spent a cold and wet night sleeping on soggy ground. Afterwards, I was sick in bed for three days.

When I was a child, preachers scared the devil out of me talking about dying and burning in hell for eternity. Nowadays, preachers no longer scare folks; they might not return and help pay off the fat mortgage on the new building addition.

Recently a preacher told me, "I don't ever mention that four-letter word, hell." Folks don't want to hear about hell. Some don't believe in it. Young folks figure by the time they die, an air conditioner app will be available on I-Phones. I think the best way to get rid of hell is to call in the ACLU and ask the U.S. Supreme Court to declare it unconstitutional

on the grounds that it discriminates against sinners. And, why not? The Supreme Court makes up law as they go, anyway. If I were a preacher, I'd speak plainly to folks. To men, I'd say, "If you want to spend eternity with your mother-in-law, in a place where it never rains, with no water to brew coffee and beer; where there are no rivers, no fish, and no bass boats, no Iron Bowl, no deer hunting, and you'll never hear rain on a tin roof, then keep purchasing big pick-ups and deer rifles while neglecting your wife, and refusing to budget for her hairdos, pedicures, and new tattoos. One day she'll throw a fit so bad you'll wish you were in hell."

Preaching to women would be simple: "There ain't no shoe stores in hell. Period!"

There would be pushing and shoving at the altar call.

Separation Anxiety, The “I Miss You Attitude”

by Joel Allen



Hello Folks! Years ago, when I had Scrabbles(A Mantle Great Dane)he was staying with my Mom and Dad while I was stationed in Korea. Well, my parents learned real quick what a Great Dane gets like when they have separation anxiety... LOL... and I received an email full of... well you get the idea. Anyway, what had happened was Mom went into town and Dad was at work so Scrabbles had no one at home with him. Scrabbles never liked curtains and Mom had these nice expensive blinds. When those blinds were in Scrabble's way, he would attempt to push them out of his way to look outside. Well, I

guess this particular day he got the idea that if he could not get the blinds out of his way, he would eat himself a way to see. So, when Mom got home, there was Scrabbles looking at her through the window with his head sticking through a perfectly square cut hole. I promptly received an email to the equivalent of a “Harry Potter Howler” letter, LOL.

So, has anyone ever noticed their dog missing them when they were left at home? Some of the signs can be shoes or clothes pulled to their area and slept on. They might chew things up or even make a mess for anyone gone too long,

in their opinion. In some cases, there might be a bathroom accident, “Clean up on aisle 9” kind of deal. Don't scold too harshly; Drill Sergeant mode, yes, but no kicking in their teeth or drop kicking them. Just let them know your displeasure and they will get the hint.

Let's talk about what we can do to help our “fur-babies” while we are gone from home. I do not condone free feeding which consists of leaving a bowl of food out. They can get overweight and sometimes it can lead to other problems. What I used to do was leave mine an item with my scent on it. It could be a blanket

or shirt. But don't leave your socks because some dogs will eat socks, and I have seen a dog pass a sock (messy and not pretty). That probably solved some of my reader's missing sock mysteries! There are other ways to help them with their anxiety. Some people have tried CBD oil and that seems to help; but I have not seen this for myself, so I cannot confirm this. I bought mine a Kong toy that I put treats in. It was built like one of those inflatable punching clowns where it stands upright from it being weighted down, but it was all hard plastic. That particular item was worth the price I paid for it. Once my pack understood that

treats would pop out of it when toppled, it was game on. When it ran out of treats, it was still a distraction because my dogs would look at it, sniff it, and even try and crack it open to ensure it had no more treats. I have that Kong still to this day. Another idea I do is I leave the TV going. If I have access to a dog channel, then it is left on there but other TV shows are okay. There's one last idea I use at times, but everyone needs to understand that treats can cause pest problems, so when I recommend this, remember to clean the uneaten treats up once you're home(Might need a treat map for this). I place treats in hidden areas. This causes your dogs to look around the house using that “sniffer” and it keeps them busy for a while, depending on how many hidden places are done.

Folks, remember, it is becoming spring and the warm weather is returning. Keep plenty of water on hand for those darlings because we can layer on our clothing, they can't. Be safe and have a wonderful March.

“Remember to love your dogs because they love you. Maybe not the way you want them to, like chewing up your favorite shoes or what not, but that is just love chewing. Be thankful for the time you have with them always.”

**Joel Allen
256-651-2211**



Toxic People

by Lisa Philippart,
Licensed Professional Counselor



"Don't let toxic people rent space in your head. Raise the rent and kick them out."

- Robert Tew

Have you discovered that certain people or situations in life can cause you to feel badly about yourself, or even to engage in destructive behaviors? Identifying the toxic influences in your life and taking steps to create boundaries for a new life without them can improve mental, emotional, spiritual, and physical health over time. According to a 2018 survey from Monster.com, an average of 80% of Americans have experienced emotional abuse. About 75% of American employees

have or have had a toxic boss. And about 84% of women and 75% of men report having a toxic friend at some point. Let's take a look at some of the common traits of toxic people.

Toxic people are often very good at manipulation. They may seem to be truly interested in your company and getting to know you at first, but they will eventually use the knowledge they gain about you to try and get you to do what they want. They will often twist your words or try to make you feel guilty to get their way. (Think narcissist.) Toxic people try to make you feel bad about yourself, often through verbally abusive language. Insults are the most direct way they

do this, but most of the time the ways they affect your self-esteem are much more subtle. For example, when you are feeling happy or proud of yourself, they will find ways to "rain on your parade" or downplay your achievements. They might also act like they are smarter than you to try to make you look ignorant or insignificant.

Everyone can be judgmental from time to time, but a toxic person is judgmental all the time. These people see things as black and white or all or nothing, and will criticize anything with which they don't agree or approve. They completely ignore the circumstances or the feelings of other people.

These are the people who just can't seem to see the good in life. They point out the bad in almost everything, and aren't able to find joy in anything. Being around someone like this can make it hard for you to enjoy yourself and be positive. I have often discovered that it can be easy to confuse the symptoms of depression for negativity. I believe it is worth having the conversation with someone to determine if they need help getting through a depressive period or if they are truly being toxic.

Passive aggression is a way that people express their discontent without having a conversation about their problems. Toxic people choose these behaviors as a less obvious way to show hostility. Some forms of passive aggression include snide comments, sabotaging the efforts of others, and purposefully doing something or not doing something to make things inconvenient or get others upset. As you may have noticed by now, toxic people care mostly about themselves. They don't think about how their actions or words affect others, and they believe they are better than everyone else. Those who are self-centered focus on getting what they want and are unlikely to

compromise and consider another person's point of view.

Toxic people have trouble managing their anger and have the ability to make you feel like you are walking on eggshells every time you are around them. The slightest thing you say or do can cause them to erupt in a fit of rage, and often nasty, hurtful things are said while they are in this mental state. Beware, because there may be apologies a day later, but often they are insincere and the angry, hurtful behaviors will be repeated. One of the most dangerous traits of toxic people is controlling behavior. They may try to restrict you from contacting your friends or family, limit resources like transportation or money, or restrict your ability to interact with the world around you. If you are in a situation where someone is trying to restrict your movements or communication, this may be domestic abuse and immediate action is required. Help can be reached 24/7 through Crisis Services of North Central Alabama at 256-716-1000.

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.





The Alternative Approach

We Love Our Country

by Roy Williams

Most of us were raised saying the Pledge of Allegiance, with our hand across our hearts, staring at the American flag. Many of us also quoted the Lord's Prayer before starting classes. It was part of our education and a way to help each of us understand that we live in a free nation with specific rights attached.

In school we were taught that America was a special nation with laws that set us apart from all other nations. Those laws guarantee us freedoms such as, freedom of speech, freedom to bear arms, freedom of assembly, freedom to vote, freedoms that gave the power to the people while limiting the power of the government.

Yes, most of us love this nation. Many of our family members actually paid the ultimate price for our freedoms. We stand for the National Anthem, we vote, we pay our taxes and, yes, we even pray for our nation and its leaders.

Now it's time for We the People to take another huge step toward

freedom and that is to demand freedom of medicine. Many of you may think that we have freedom of medicine when in reality that was never given when the founding fathers wrote the constitution. To make matters even worse, the medical profession and the pharmaceutical industry, working with our legislators, established the FDA and gave them way too much power.

As a result, anything that can be proven to help the human body avoid or prevent disease can be controlled by the FDA. For instance, if you proved that eating an apple a day could stop diabetes, you would have to have a prescription from your doctor to purchase apples. Can you imagine how much apples would cost?

The laws are so strict that we can't advertise the truth about many supplements that truly do have healing qualities. If we put a thousand people on an all-natural supplement and all of them got over cancer, the nutritional industry would not be able to report the results without a double blind, placebo-con-

trolled study that cost well over three million dollars. And the only double blind, placebo-controlled studies that would be recognized are the ones performed by the pharmaceutical industry.

Because we don't have freedom of medicine, only the medical profession can approve the studies and qualify who can perform them. It has been well-documented that high doses of intravenous vitamin C can prevent and reverse many diseases, yet you would be hard-pressed to find a medical doctor or medical school that is willing to do the studies.

The problem is that you cannot get a patent on an all-natural ingredient. A patent gives exclusivity to the patent holder allowing them to mark up the price as much as they wish. This is how they keep competition from forcing prices down. This is also why they will never do the studies that prove that nutrients are more important than drugs when it comes to healing and prevention of disease.

Supplements simply



can't be patented; therefore they aren't interested in them even if they are proven to cure disease. They lose control of the narrative, which is to maintain control and charge the highest prices possible. Now you may begin to understand why drugs, medical procedures, and insurance cost so much.

Can you imagine how much your phone bill would be without competition? Believe me, I know. Some of you will remember how much phone bills were when Ma Bell had a monopoly. If the government had not followed the constitution and broke them up, no one could afford to use a phone today.

We are soon coming to the same situation with medicine; but instead of breaking up that monopoly, all they want to do is for the government

to take over the entire medical profession. Trust me, that is not a good idea. What should be done is to give complete medical freedom to every citizen of the United States.

It is now time to take a stand. Demand freedom of choice in all medical issues. Move toward prevention and true cures instead of treating the symptoms just to make money. Only then will medicine become affordable to all people.

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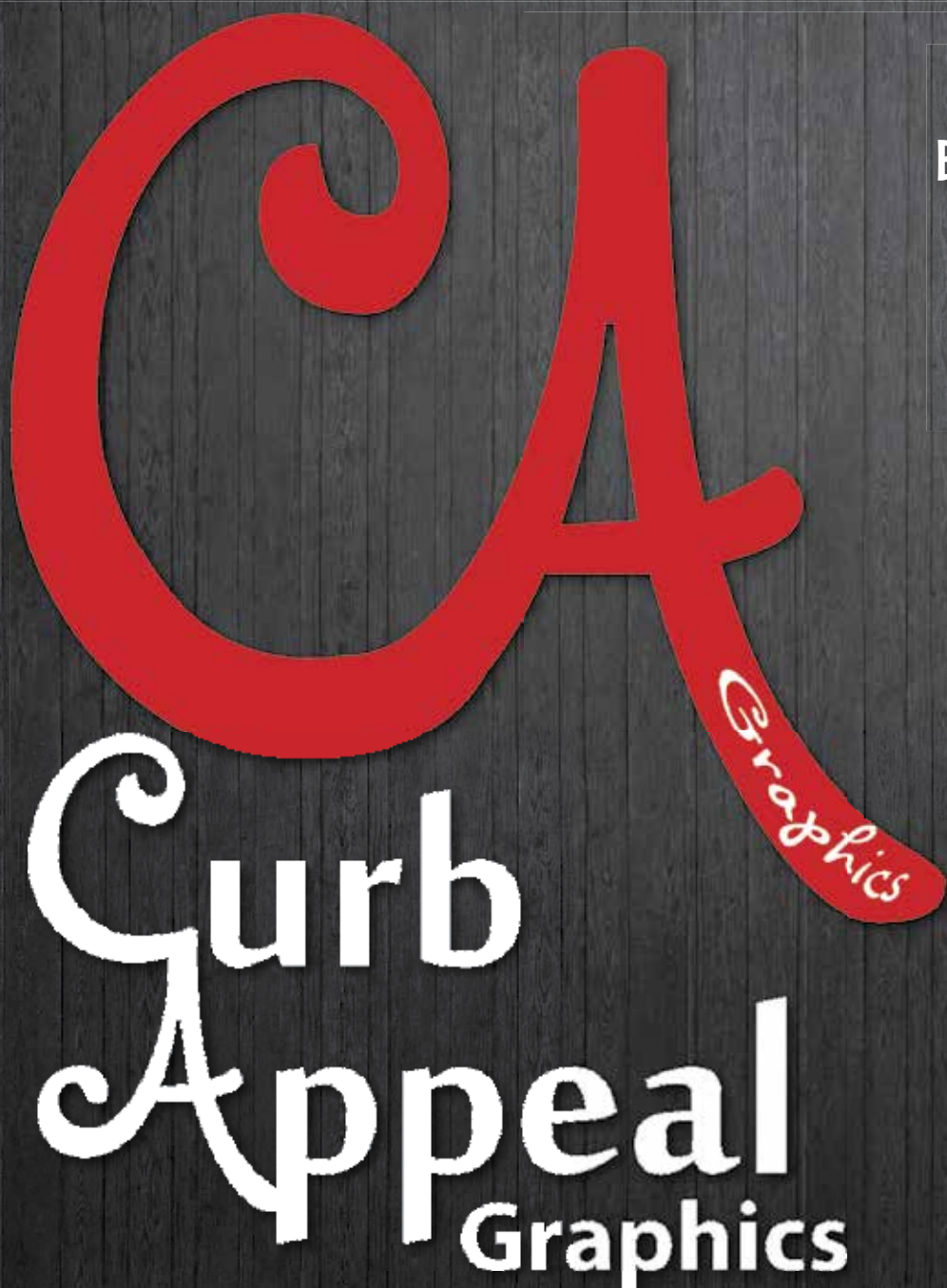
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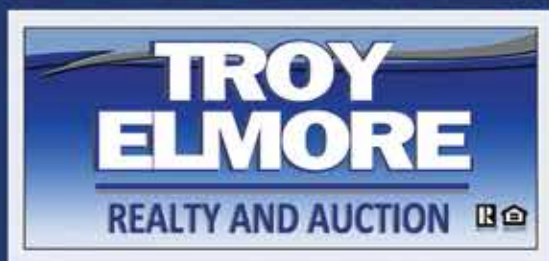
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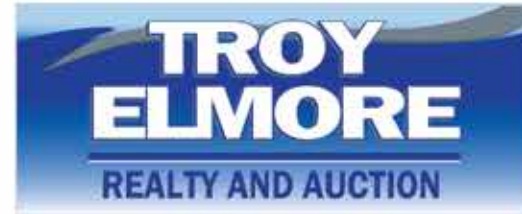
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the key to happiness.
Happiness is the key
to success. If you
love what you are
doing, you will be
successful.*

~Herman Cain



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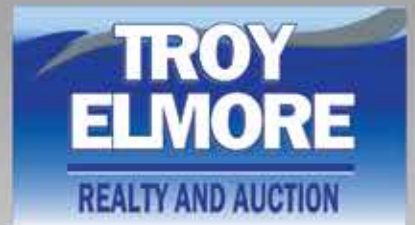


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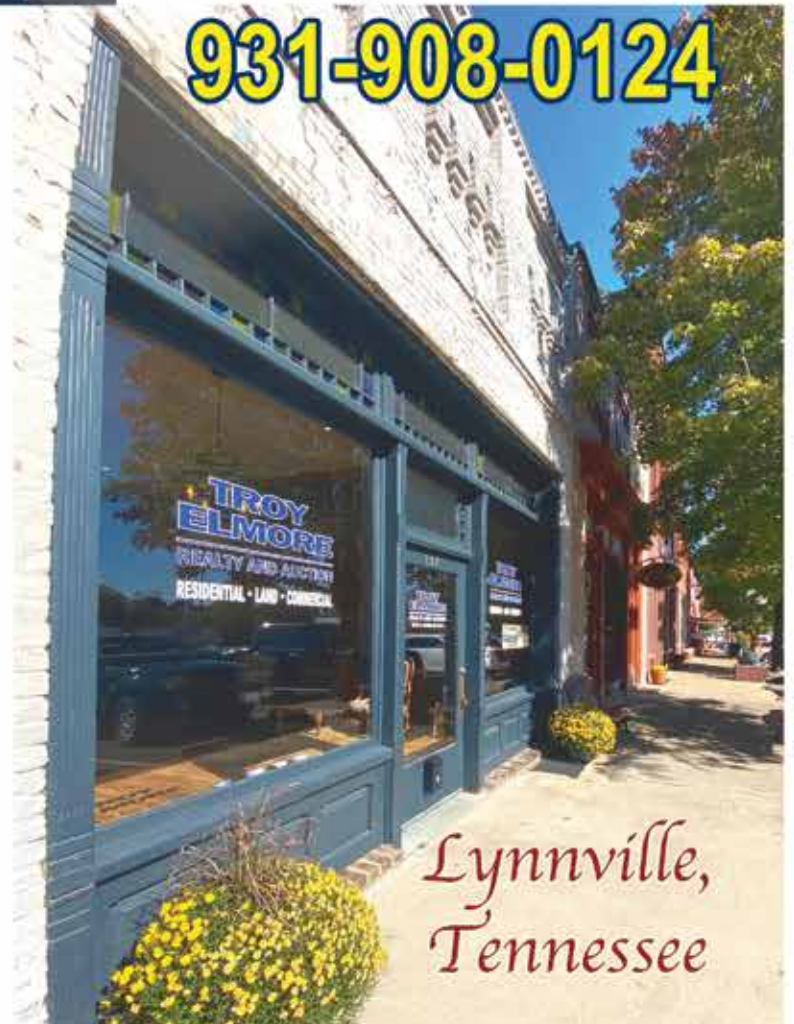
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