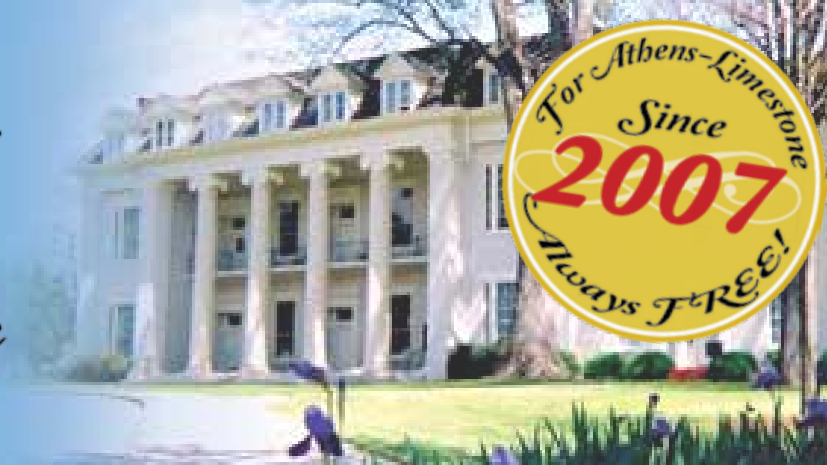


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What Makes Ronnie Roll



Relay For Life Returns...
Mayor Ronnie, Holly Hollman, and I met on what actually felt like a "back-to-normal" Monday, and the focus was the fact that at least in part, Relay for Life is back...
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Mrs. Laverne's Clean My Block Party: Our Chance To Make Athens Shine, AND Have A Good Time

By Ali Elizabeth Turner

In 2019, Laverne Gilbert retired from a long career with the TVA, and set about to start her new life with planning a much-anticipated cruise. Then COVID hit, and her dream trip was
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From The Vets' Museum

It's Moving Time!...
Wow! It's moving time for our museum and have we been busy! So much is involved in such a big move as ours...
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Clean, Green & Beautiful

Join Us For Our Spring Events!...

Spring has sprung, and here at Keep Athens-Limestone Beautiful, we are busier than the bees...
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Presented by **Earth Day & Outdoor EXPO**
Saturday April 24, 2021
Big Spring Memorial Park
Athens, AL
11 am to 3 pm
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National Property Inspections: Professionalism Meets A Heart To Protect

By Ali Elizabeth Turner

It's not every day that one hears a businessman say that meeting a realtor at an open house was a godsend, but Jim Farej of National Property Inspections says just that about Dar-
Continued on page 17

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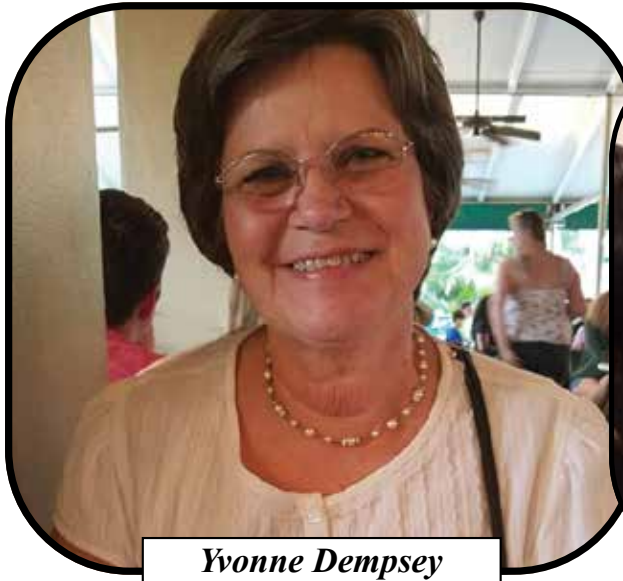
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Publisher's Point

Honoring The Honorable



Yvonne Dempsey



Laverne Gilbert

There was a time when Women's History Month was a big deal to me. While it officially comes around every year in March, this **Pub** is **NOT** an expression of, "Oh-rats-I missed-it-I-messed-up-and-need-to-make-it-right!!!" Lord knows I have plenty of that in my life, but this is just intended to be a joyful fulfillment of the scriptural mandate to "give honor where honor is due," and the type and stripe of the vessel is secondary, which is as it should be. I don't need someone in an obscure academic, media, or legislative think tank somewhere to decide for me when folks should be honored. Let's just get to the place where we honor the honorable, shall we? Okay, I am finished with my rant...for now.

There are two women who are a part of this edition of *Athens Now* that I want to honor because of how they inspire us, and after all, the tagline to the paper is "**Information and Inspiration.**" These two women are Laverne Gilbert, who is featured on the front page, and Yvonne Dempsey, my trusty copy editor who is also the author of this edition's "From the Vets' Museum." Both of these women are what the French language calls "les volontaires extraordinaires," or "extraordinary volunteers." They

make an impact because of who they are, what they do, how they work, and how they love. One I have worked with for years, and she has saved my hide from grammar goobers many more times than once. One I have known for a week, and both times I have talked to her one-to-one we have "had church," and I emerge from the conversation mercifully battle-ready as a result. Who are these two wonderful Athenian women? Again, they are Yvonne Dempsey and Laverne Gilbert.

Yvonne is a transplant from her native Louisiana, and I met her at the Alabama Veterans' Museum. She is practically living there these days, helping to move, organize, refurbish, and display all of the amazing items that are a part of the museum's offerings as they occupy their new digs at the former Limestone County Event Center. To say that Yvonne

is a tireless supporter of our military is the ridiculous understatement. She is a wife, Marine mom, lost a son to cancer, a devoted daughter of an elderly mom, and always, ALWAYS sticks with me until the paper is "put to bed," no matter what it takes. She is active in her church, is a member of the Limestone County Veteran Honor Guard which provides military burial services and other patriotic duties, and she does so much more for which there is no room here.

Athens native Laverne Gilbert is a strong woman of faith, who by grace has unintentionally started a movement that bears joining. Athens needs to be cleaned up, within and without; and Laverne is faithfully out there, alone or with others, praying and picking up the trash, the seen and the unseen. She is undaunted and a joyful force to be reckoned with who also gives the best hugs. She loves

music, she sings, she worships, she gets it done, day after day, and all with this intoxicating blend of fire and sweetness. I happily hope to "have church" with her for the rest of my days, quite frankly.

Dear readers, will you please do me a solid? Will you shower these two Athenians with appreciation when you see them? If you are social media savvy, will you tag, post, share, tweet, Tik Tok, 'gram, or whatever other recently developed verb one uses to describe spreading the word? And, what's the word? Athens is better because of Yvonne Dempsey and Laverne Gilbert, and God gets the glory.

Ali Elizabeth Turner

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Why Announcing The End Of The “Forever War” On 9/11 Is Maybe Not So Smart

by Ali Elizabeth Turner



On Wednesday, April 14, Joe Biden announced that America was going to end what he calls the “Forever War” on the 20th anniversary of the jihadist attacks that snuffed out the lives of more than 3,000 souls on our soil. That attack changed our lives forever -- from the invasion of privacy to having to partially undress before getting on a plane or, as I have personally experienced, being searched and touched in ways that in any other context would be considered criminal.

The response to the announcement was fairly predictable. It reminded me of the drawdown of the Vietnam War, except so far there is no drama over the physical shape of the negotiating table as there was when we met with the Viet Cong, and inadvertently set that table for one of the most iconic war-time photos ever—people hanging off of American planes as they lifted off the airfield in Saigon. Some things never change: there were “hawks” and “doves” then, and there are “hawks” and “doves” now, although you don’t

hear the term as much this time around. Below are three samples of responses from well-known lawmakers:

“President Biden recognizes the reality that our continued presence there does not make the U.S. or the world safer,” said Massachusetts Senator and former presidential hopeful Elizabeth Warren. *“Year after year, military leaders told Congress and the American people that we were finally turning the corner in Afghanistan, but ultimately we were only turning in a vicious circle.”*

Vermont Senator Bernie Sanders basically echoed Senator Warren’s sentiments when he added that it was *“the brave and right decision to withdraw U.S. troops from Afghanistan and bring an end to the longest war in our country’s history.”*

And Representative Liz Cheney, who sought to have President Trump impeached, said by contrast, *“Wars don’t end when one side abandons the fight.”*

“Withdrawing our forces from Afghanistan by Sep-



tember 11 will only embolden the very jihadists who attacked our homeland on that day twenty years ago. By declaring that this withdrawal is not based on conditions on the ground, the Biden Administration is sending a dangerous signal that the United States fundamentally does not understand—or is willfully ignorant of—the terrorist threat.

“President Biden’s decision hands the Taliban and al Qaeda a propaganda victory (emphasis

mine), abandons our global leadership position, and plays into our adversaries’ hands. As we saw with President Obama’s reckless decision to pull troops out of Iraq in 2011, retreat does not end the fight against terrorism. It merely gives our enemies more room to reconstitute and plot attacks against the homeland.”

I am in no way suggesting that things should just keep on going on the way that they have, but I agree with Senator Cheney on this. However, here is my big-

ger beef, and it stems from my time in Iraq and trying to encourage our soldiers on the morning that the announcement of a phased withdrawal sent the same message to our enemies. Essentially, we signaled them to regroup, and then thankfully the unexpected “surge” pushed them back. I was so angry at the effect of that announcement on our Joes and Janes that I nearly shook. So, now that history seems to be repeating itself, I have to ask it: Why in the Billy-blue-Sam-hill are you announcing that “the end” will come *on the very day that jihadists danced as the Towers came down?* Is it really your intention to create yet another generation of veterans that have been made to feel that their efforts and sacrifices over the past two decades have been pointless? I certainly hope not.

Grant Gilbert
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Calendar of Events

Athens Historic Walking Tours

April 17

Join the Athens-Limestone County Tourism Association at the Athens-Limestone Visitors Center (100 North Beatty Street in Athens) at 9:45AM for check-in and tour selection. Expect a 1-2 hour long tour which begins at 10:00AM. Comfortable shoes and a light jacket are suggested. Free. Donation Welcome. For more information: 256-232-5411 In this group environment event, close proximity to others outside of your household will occur. For the safety of everyone, please wear your mask, sanitize and if you have been unwell or in the presence of someone who has been ill, please stay home for the safety of others and the community.

1st Annual AMVETs Post 21 Horse, Pony, and Mule Fun Day

April 17

Limestone County Sheriff's Rodeo Arena. AL-99 on the right past the Elm Street Intersection in Athens. 8:00AM-6:00PM. Open to riders of all ages. Come join the AMVETs of Post 21 for a day of fellowship and games. Class Fees are \$5.00 per class - cash only. Admission is \$5.00 non-riders; Children under 5 free. Concession available. For registration information or other questions: amvetsalpost21@gmail.com

Annual Cornhole for a Cure

April 17

With County for a Cure at Lucy's BARge. 6049 Bay Village Drive in Athens. Opening at 11:00AM, competition from 12:00PM. 2-person teams: \$50. \$1000 worth of prizes. Make checks payable to County for a Cure. For more information or to register contact, Michelle Williamson at 256-233-6400 or michelle.williamson@limestonecountyal.com All proceeds benefit American Cancer Society Limestone County Relay for Life Fundraiser

Limestone County Churches Involved (LCCI) Day of Caring

April 24

Limestone County Churches Involved (LCCI) is sponsoring a "LCCI Day of Caring" from 9:00 AM until 1:00 PM to reach out to the Athens Limestone County community. "LCCI Day of Caring" will be held at 201a North Jefferson Street in Athens, AL. Food will be available for qualified families and individuals. General financial assistance will be available on an emergency basis for qualified families and individuals to help pay utilities, rent and a few other needs. Applicants must reside in Limestone County and provide a photo ID. Utilities assistance requires a current print out from Athens Utilities or Limestone County Sewer and Water Authority. Rental assistance; the applicant must provide Landlord or Property Management contact

information as well as the total and current rent due. LCCI is restricted from paying late fees or deposits. LCCI will partner with Alabama Health Education Center to provide a FREE Covid-19 Test onsite. No, payment! No, insurance required! It is self-administered by the client. The only requirement will be a name and contact information to notify the recipient of the results within 48 hours of the test. Contact the Limestone County Churches Involved, Inc., (LCCI) Facebook page or the Director, Rev. Thom Porter at (256) 262-0671 for more information.

KALB 2021 Earth Day and Outdoor EXPO

April 24

Big Spring Memorial Park. 100 North Beatty Street in Athens. 11:00AM-2:00PM. This year's event will look a little different and be a little smaller but will still be fun for the whole family. The event will be outdoors and socially distanced with kids' activities, vendors with earth-friendly products, demonstrations, and fun for all ages! Enjoy 3 shows with Steve Trash, Rockin' Eco Hero, at 11:30AM, 12:30PM and 1:30PM. Learn more at KALBcares.com

5th Annual Denim & Diamonds


April 24

With Kids to Love at Davidson Farm. 4533 Elkwood Section Road in Ardmore, AL from 6:00PM-10:00PM. Enjoy dinner a live VIP concert featuring Shenandoah and an opportunity to tour Davidson Farms. Individual: \$150.00; Private Table for Two: \$500.00; Sponsor Table of 6: \$1,500.00 For more information, contact: Lee Marshall, Founder/CEO at 256-880-3455 or lee@kidstolove.org. To reserve tickets: <https://secure.e2rm.com/registrant/TicketingCatalog.aspx?eventid=351871>

Coffee Call

May 1

The Alabama Veterans Museum & Archives will resume hosting its monthly Coffee Call at our new location (the building formerly known as the Limestone County Event Center) on Saturday, May 1 at 8 a.m. This month's Coffee Call is sponsored by Eugene & Jason Sanders.



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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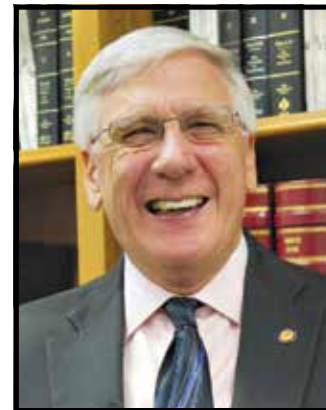
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What Makes Ronnie Roll

Relay For Life Returns

by Ali Elizabeth Turner



Mayor Ronnie, Holly Holloman, and I met on what actually felt like a “back-to-normal” Monday, and the focus was the fact that at least in part, Relay for Life is back. Our community is a strong supporter of the fight to conquer cancer, and as this year’s theme states, “Cancer may have started the fight, but we will finish it.” Even though 2020’s Relay was cancelled, still money was raised, and our community was not cowed by COVID. For example, the Bass Tournament was cancelled, but all of the sponsors said, “Keep it” when it came to the sponsor donations. And, in spite of the cancellations, they raised \$12,500.

More good news is that the 10th Annual Relay for Life Bass Tournament is back in

full! It is going to be held on Saturday, May 1 at Ingalls Boat Harbor on Wheeler Lake in Decatur, from safe light until 3 p.m. There is a guaranteed payout of a total of \$6,000, the early entry fee is \$100 per boat, and the morning of the tournament the fee will be \$110.00. Lunch will be provided for all registered boaters. There is a registration form and more information available online at www.athensal.us or you can go to West End Outdoors-Hwy 72 West or Athens Utilities at 1806 Wilkinson in Athens.

They then told me about this year’s Relay as it pertains to Athens-Limestone County. “The American Cancer Society is still keeping things pretty strict this year, so the only thing that will happen is the Lu-



minary Ceremony,” said Holly. The ceremony will be held on May 14 on the Marion Street side of the Limestone County Courthouse, and the Courthouse will be lit up in purple. “The Luminary Ceremony is for those people who currently have cancer, those

who have beaten it, and those who have passed,” Holly told me, by way of history, luminarias started in Mexico. They are paper bags with sand in the bottom and votive candles. Often times holes are punched with hole punchers in various patterns to disperse the light. The luminarias this year will be prepared by the Mayor’s Youth Commission and will be in white bags with LED candles and sand in the bottom. They will be on display at the Courthouse.

Next year, the hope is that Relay will be rockin’ like it used to, with the Survivors’ Walk, the all night walk, the Celebrity Waiters’ Night, food, fun, and a fierce commitment to end cancer once and for all. Be-

cause of COVID, there are a whole bunch of T-shirts from 2020 that are available for ten bucks. Holly told me that she especially misses the Survivors’ Walk, and is greatly looking forward to its return.

The *Athens News Courier* is another organization that gets into the fight, and annually publishes a section in their paper that is dedicated to Relay for Life. It includes in the paper, letters written by team captains that talk about their “why” when it comes to Relay. As Mayor Ronnie said, “I don’t think I know anyone here in Athens that has not been affected by cancer one way or another, and that is why we do this.” It was time to pray, so we did, and then it was time for Ronnie to roll.

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Enthusiasm Is The Key Ingredient

by D. A. Slinkard

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



What does it take to achieve a higher level of success? I find myself toying with this idea repeatedly, trying to figure out how to raise the bar in my own life. I have noticed something many people lack is enthusiasm, and I passionately believe we have many people who go about everyday lacking what I consider a key ingredient to success. What would life be for these people if they could just show a little sense of enthusiasm daily? How different would their life be if they walked around with some pride in their stride?

I understand that overconfidence is a bad thing, but I am not talking about being cocky. I am talking about the number of people who have a nonchalant attitude in the life they are living. I am writing you now to let you in on a little secret – if you want to have success in life, act like you want it. Show some enthusiasm and fake it until you make it. It has been mentioned that if a person tells a lie repeatedly and with enough conviction, over time that lie will become the truth. This can also work in your favor if you choose to do so.

You may be asking what I mean by that and, for instance, I think about Jeff Hamm, owner of Champion Chevrolet. I will never forget him

personally coaching me that when people ask how I am doing, to respond by saying, “Excellent.” He knew that if I repeatedly told people I was doing excellent, eventually that is exactly how I would feel. Jeff Hamm gave me this advice nearly seven years ago, and if you were to ask me tomorrow how I am doing, without a doubt I would tell you that I am excellent. Talk about changing my mood – how many times a day does someone ask you how you are doing? If you are like me, it is quite often; and the more you tell people with some enthusiasm how you are doing, the more likely this is going to transfer over into how you feel. Start telling others that you feel excellent.

Tell yourself you are a loser, and you will pro-

duce loser-like results. We become what we think, but many people are going around life feeling sorry for themselves. If this describes your mentality, you need to make a conscious effort right now to leave this behind you. Our thought process is more powerful in our lives than what we realize, yet too often we do not even give a second thought to what we are telling ourselves.

We easily get into our own heads, and we set limitations in our own lives because we communicate with the wrong kind of enthusiasm in our lives. Yes, you can communicate with the wrong kind of enthusiasm, and this is what hinders our society. What you put into your mind is what you are going

to get out; this is known as “garbage in, garbage out.” How does a person achieve a higher level of success compared to others? It comes down to enthusiasm or personal confidence in knowing you can achieve what you want to in life.

Many people fail because they do not allow their mind to think much. We are taught from an early age we can be anything we want; but then the older we get, the more we start to limit how big we think. We end up self-sabotaging our own lives all because we are missing out on the key ingredient of positive enthusiasm in our daily lives. In what areas of your life have you found yourself growing cold? What areas are lacking the enthusiasm you once had? You can get it back again, but

it will take some effort.

You did not lose your enthusiasm overnight, and you will not get it back overnight; but consistency will be key. Make a continual effort each day and focus on becoming who you desire to be. Eventually, the enthusiasm will be at a level you never thought was possible. It is at this point you will be able to achieve things beyond your wildest dreams. I urge you to start with the same advice Jeff Hamm gave me, and the next time someone asks you how you are doing, just respond back with, “Excellent!” Eventually, you will feel excellence in your life, and then others will want the same enthusiasm present in their life that you have in your own.



From The Veterans' Museum

It's Moving Time!

by Yvonne Dempsey



Wow! It's moving time for our museum and have we been busy! So much is involved in such a big move as ours, and in the words of museum director Sandy Thompson, "It's been a long time coming." The museum has definitely needed room to expand and a much larger building to better display its numerous military artifacts and historic collections.

Through the tireless efforts of the staff, volunteers, and supporters, the Alabama Veterans Museum has been a top attraction in North Alabama for years and is the number one tourist attraction in Limestone County. It is a favorite destination for travelers and for locals as well -- from young to old; civilians and military; church groups, civic organizations, and students -- our museum has something of interest for everyone.

Many hours of planning and organizing has gone into the design of our bigger, better museum... as well as lots of blood, sweat, and tears...and sleepless nights! The work is ongoing as displays from the original museum are dismantled, transported, and reassembled. Irreplaceable artifacts must be handled and transported with utmost care, including additional items that are in storage at the old building as well as off-site. Cleaning, painting, repairing, and restoration is taking place as we

work to preserve history for all of us and future generations.

Unlike our old museum, all parts of this museum are ADA compliant. Everyone will have access to our new virtual reality room, classroom, and library. In the previous museum, the library was upstairs and not easily accessible. All that has changed with the library and veteran archives now located in the same room making research much easier.

As a nonprofit 501(C)(3) organization, we rely on your donations to keep our museum alive! Membership to our museum is available at various monetary levels which are currently in the process of being



"Charlie"

updated. Your membership will ensure that we can continue to preserve our heritage, expand exhibits, plan exciting public programs, and provide a unique forum to discuss

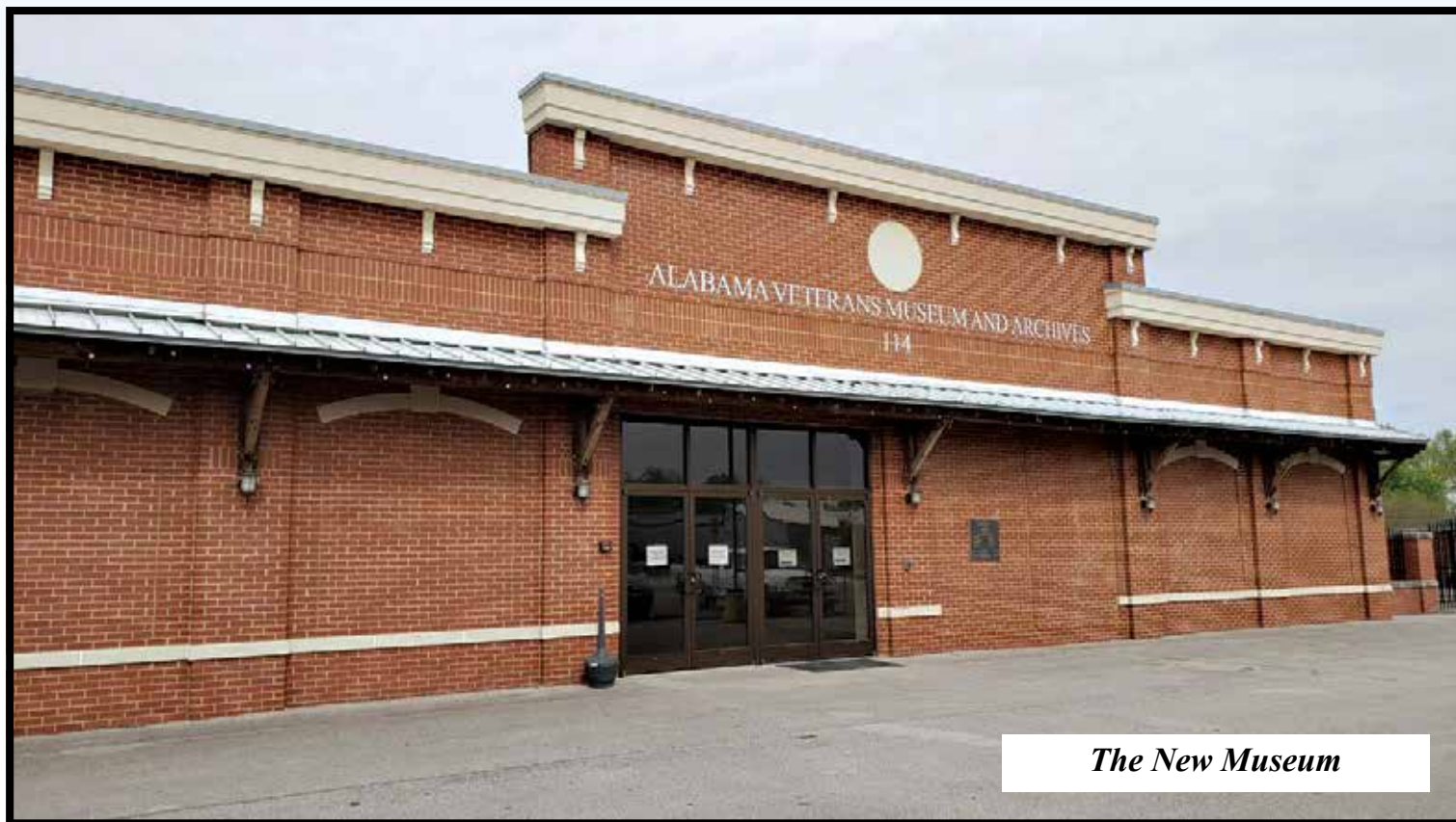


Uniforms and medals from past conflicts

our country's past, present, and future. A great opportunity to support our museum is by sponsoring a library bookcase in honor or memory of someone for a \$500 donation.

There are additional sponsorships available as well.

The museum will remain closed to the public for now. Only essential personnel and those who have business or meetings at the museum will be admitted. We plan to begin our monthly Coffee Call on May 1 at 8 a.m. in the event venue side of our building. Thank you for your understanding and patience during this hectic but exciting time. Our ribbon-cutting ceremony and grand opening is tentatively scheduled for Memorial Day weekend. We look forward to welcoming everyone then. Please know that the wait will be worth it!



The New Museum



PlayAction Sports

Spring 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! email: playactionsports@hotmail.com

The AHSAA will offer girls' flag football as a sanctioned sport in the fall of 2021. Funding will be provided by the Atlanta Falcons, the Arthur M. Blank Family Foundation, and NFL FLAG. The season will wrap up in December with a title game at the Super 7 State High School Football Championships in Birmingham.

Athens boys' basketball coach Charles Burkett is headed to Central-Phenix City. Burkett spent the last season as the Golden Eagles' coach where the team went 9-14.

Athens High's Tyre Patterson was named as an honorable mention member of the Class 6A All-State boys' basketball team. West Limestone's River Helms was 4A second team. The girls' teams included Athens's Caroline Bachus on the 6A second team and East Limestone's Jirah Rogers on the 5A first team. Lindsay Lane's Henry Woodall was also named to the North All-Star cross country team.

Ardmore's David Jenrath committed to Tennessee Valley Prep Sports Academy's football team.

Results highlights over the last month:

Baseball

- ABS 10-4, Rogers 0-1
- ABS 13, Woodville 3
- ABS 7, Lindsay Lane 6
- ABS 7, Shoals Christian 6
- Ardmore 10, Madison Academy 1
- Ardmore 11, Lee 1
- Athens 5, East Lawrence 1
- Athens 6, New Hope 4
- Athens 10, North Jackson 0
- Athens 18, Austin 14

- Clements 6, Tanner 3
- East Limestone 10, Mae Jemison 0
- East Limestone 13, Mae Jemison 2
- East Limestone 19, ABS 1
- East Limestone 11, Lee 1
- Elkmont 4, Lexington 2
- Elkmont 3, Lindsay Lane 1
- James Clemens 7, Priceville 1
- James Clemens 14, Huntsville 4
- James Clemens 6, Russellville 3
- James Clemens 10, Vestavia Hills 1
- James Clemens 6, Hazel Green 5
- James Clemens 1-2, Oak Mountain 0-7
- James Clemens 10, Hazel Green 0
- James Clemens 6, Buckhorn 1
- James Clemens 5, Grissom 1
- Lindsay Lane 1, Decatur Heritage 0
- Lindsay Lane 6, Fairview 1
- Lindsay Lane 10-10, ABS 3-0
- West Limestone 1, Lindsay Lane 0
- West Limestone 12-12, East Limestone 3-2
- West Limestone 8, Brooks 7
- West Limestone 7, Lindsay Lane 5
- West Limestone 3, Lauderdale County 1

Softball

- ABS 2, Lindsay Lane 0
- ABS 15, Woodville 1
- ABS 10, Tanner 0
- Ardmore 6, Deshler 1

- Ardmore 7, Fort Payne 5
- Ardmore 17-14, Lee 0-0
- Ardmore 14, East Limestone 1
- Ardmore 7, East Limestone 2
- Athens 8, Rogers 0
- Athens 11, Giles County 1
- Athens 17, Columbia 2
- Athens 7, Buckhorn 1
- Athens 11, Hazel Green 1
- Athens 9, Danville 0
- Clements 14, Colbert Heights 13
- Clements 13, Tanner 6
- East Limestone 3, Elkmont 2
- East Limestone 16, Mae Jemison 0
- Elkmont 10, Lexington 3
- Elkmont 13, Clements 0
- Elkmont 10, Colbert Heights 2
- Lindsay Lane 15, Decatur Heritage 14
- Lindsay Lane 15, Woodville 0
- West Limestone 9, Clements 0

Soccer

- Ardmore VB 3, East Limestone 1
- Athens VB 2, Hazel Green 0
- Athens VG 3, Mars Hill 0
- Clements VG 6, Tanner 3
- Clements VB 2, Whitesburg Christian 1
- Clements VG 2, Elkmont 1
- East Limestone VB 6, West Limestone 3
- East Limestone VG 10, West Limestone 0
- East Limestone VG 5, Clements 0 (county tournament finals)
- East Limestone VG 9, Ardmore 0

- East Limestone VB 6, West Limestone 5
- East Limestone VG 6, West Limestone 0
- East Limestone VB 3, St. John Paul II 2
- Elkmont VB 4, Hazel Green 4
- Elkmont VB 11, ABS 1
- Elkmont VB 8, Clements 0
- Elkmont VB 1, Whitesburg Christian 0
- James Clemens VG 4, Florence 0
- James Clemens VG 8, Austin 1
- James Clemens VG 10, Austin 2
- Tanner VB 12, Clements 2
- Tanner VB 8, Ardmore 1
- Tanner VB 6, Ardmore 0 (county tournament finals)
- Tanner VB 13, East Lawrence 3
- Tanner VB 3, Elkmont 2
- Tanner VB 6, Ardmore 6
- West Limestone VB 3, West Point 0
- West Limestone VB 4, Ardmore 3
- West Limestone VG 2, Ardmore 1

Golf

Clements defeated Lindsay Lane. Ardmore teams won the Limestone County tournament. Elkmont's Jeffrey Payne was the boys' low medalist

Tennis

- ABS VG 9, Red Bay 0



Lindsay Lane's Henry Woodall was tapped for the North All-Star Cross-Country Team (Courtesy photo)

- ABS VG 6, Lindsay Lane 3
- James Clemens VG 6, Florence 3
- ABS VG 5, Lexington 4

Track and field

Florence Pre-Sectional: Shamekia Carter, Athens-1st (100 meters), Athens boys' 4x800 and girls' 4x100 relay teams-1st; Alex Kuntz, Elkmont-1st (800 meters); Sydney Freeman, James Clemens -1st (1600 meters), James Clemens boys' 4x100 relay team-1st, Cadence Huntsinger, James Clemens-1st (long jump, triple jump), Ephraim Rollingson, James Clemens-1st (100 meters), Tyler Gohlich, James Clemens-1st (1600 meters).

Falkville Invitational: Jolie Green, ABS-1st (1600 meters).

Sparkman Senator Classic: Whitney Prise-Cook, Lindsay Lane-1st (100 meter hurdles).



Join Us For Our Spring Events!

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



Spring has sprung, and here at Keep Athens-Limestone Beautiful, we are busier than the bees! Already this year, we have hosted and participated in several cleanups, resulting in the removal of over 70,000 pounds of litter and debris from different areas in Athens and Limestone County. On Saturday, April 10, we hosted our second annual Household Hazardous Waste Collection event, where we serviced almost 300 cars. We are grateful for all of the residents who came out and took advantage of this opportunity to properly dispose of their old paint, household chemicals, lawn and garden poisons, fluorescent bulbs, and more!

Next on the KALB calendar, we will be providing cleanup supplies for the **Richard Martin Trail (Rails to Trails) Clean-**

up in Elkmont. The event will be held on **Saturday, April 17 from 8 a.m. to noon.** Volunteers will meet at the trailhead parking lot on Piney Chapel Road at 8 a.m.

On Saturday, April 24t, KALB will host our annual Earth Day and Outdoor EXPO from 11 a.m. to 2 p.m. at Big Spring Memorial Park in Athens. We have so many fun things planned for this free event! (\$1 suggested donation.) Steve Trash, Rockin' Eco Hero, will perform his eco magic show three times. We are grateful to Limestone County Water and Sewer Authority for bringing Steve to our event! We will also have crafts, activities, exhibitors, and vendors with information and earth-friendly products. Tiny Hiney's Travelin' Farm petting zoo will be there thanks to Limestone Pediatric Dentistry. The Optimist Club will be providing food for purchase. Carissa Lovvorn, local author, will be reading her new children's book, *Seeds for Sharing*. Carissa's daughter Isabelle will host her "Lemon Blessings" lemonade stand with all proceeds going to charity. We invite you to bring your whole family to enjoy this fun outdoor event!

KALB is also hosting a **Guided Nature Walk at the Marbut Bend Walking Trail in West Limestone** the morning of our Earth Day event on **Saturday, April 24**

Keep Athens-Limestone Beautiful, Inc.
Presents:

Earth Day & Outdoor EXPO

Saturday April 24, 2021

**Big Spring Memorial Park
Athens, AL
11 am to 2 pm**

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beginning at 8 a.m. We invite you to join Damien Simbeck from Tennessee Valley Authority (TVA) on a fun and educational walk in this beautiful area. Damien is an expert on birds and other wildlife, along with the plants and trees that call Marbut Bend home. This 1.1-mile walk is an easy, flat, and A.D.A. accessible trail, and will last approximately 1 to 1 1/2 hours, giving you plenty of time to make it to the Earth Day and Outdoor EXPO at 11 a.m.

As mentioned in the front cover article, coming up on **Saturday, May 8th**, KALB is partnering with

The Oasis Community Outreach, Athens Limestone Ministerial Association, Limestone Ministerial Coalition, and SHIFT youth program to host **Ms. Laverne's Clean My Block Party**. This fun, youth-centered event will be held at **Lincoln-Bridgeforth Park in Athens starting at 8:30 a.m.** Youth will gather at the



(256) 233-8000

KALBCares@gmail.com

www.KALBCares.com

park at 8:30 a.m. to sign in and to receive a cleanup location. The cleanup will last from 9 to 10:30 a.m. After cleaning, there will be a community cookout at the park from 10:30 a.m. to noon.

The **KALB Annual Membership Drive will begin in May.** This is a great way to support our non-profit organization and the many projects and programs that we offer as we continue our mission to empower citizens of Athens and Limestone County to take greater responsibility for enhancing our community environment.

Coming up on **Saturday, June 26**, we will be working with the **Athens-Limestone Public Library** to provide a fun, family oriented program about **pollinators**. More information to come!

Please go to our website at **KALBCares.com** and our Facebook page (Keep Athens-Limestone Beautiful) for more information on our programs and upcoming events. Questions? Call 256-233-8000 or email **KALBCares@gmail.com**. We look forward to seeing YOU this spring!



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Rita Aaron, Owner



Cooking with Anna

Where's Your Focus?

by Anna Hamilton

I'm sure most of you have been to the eye doctor at least once in your life. You are sitting in the dark room with these crazy alien goggles pressed to your face. The doctor will switch back and forth between lenses asking which one is better; which one is more in focus? Sometimes, well a lot of the time, the look is so similar it's hard to pick which one is better. But then, there are times that it is painfully clear which one is in focus. You can see out of one clearly and the other is a complete blur.

I feel like we go through most of our life without it being in proper "focus." We are told by the media, movie and television stars, the newest internet sensation, and even sometimes our friends and family, that we are to focus solely on the outside appearance. What is happening on the inside doesn't matter as long as we look "socially" acceptable on the outside.

You are taught to focus on the inconsistent things about yourself. Your weight will fluctuate, your skin will not always be flawless, your hair will not always be perfectly in place, and your clothes will not always be in style, you will not always drive the newest and fastest car...but, these are the exact things we learn to put our focus, our energy, our precious

God-given time to.

From a very young age, pressure is put on most of us to fit perfectly into society. Being different is not always welcome. I had no idea I was a chubby child until my mother took me to see a dietician when I was eight years old. That is when my relationship with food and how I viewed my physical appearance changed for my entire life. That memory is burned into my brain. It is one that I have fought with my entire adult life. My mother thought she was doing what was best. She had been an overweight child, and her mother had done the same to her.

It has taken me almost 32 years (since I now am 40) to stop worrying about the inconsistent. I have spent so much of my life hiding because I felt ashamed of the things society says I should change. In Psalm 139:13-16 we are told, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before

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Black Bean Quesadillas

Ingredients:

- 1 ½ cups canned black beans, drained and rinsed*
- 1 cup finely diced zucchini*
- 1 cup frozen sweet corn kernels, thawed*
- 2/3 cup finely diced red onion*
- ½ cup shredded sharp cheddar cheese*
- ¼ cup chopped fresh cilantro*
- 1 tsp cumin*
- Salt and pepper to taste*
- ¼ tsp Tabasco sauce, or to taste*
- 2 whole-wheat tortillas, 12 inches in diameter*

Directions:

Heat oven to 350 degrees.

In a large bowl, combine beans, zucchini, corn, red onion, cheese, cilantro, cumin, salt, pepper, and Tabasco.

Heat a large nonstick skillet to medium heat and coat with cooking



spray. Place one tortilla in the pan to warm. Place half of the bean mixture on one side of the tortilla and fold to cover. Cook for 1 to 2 minutes, then flip the quesadilla and cook for another 1 to 2 minutes. Remove from heat and place on a baking sheet. Repeat with the other tortilla.

Bake for 5 to 8 minutes or until cheese has completely melted. Cut each quesadilla into 4 even slices. Serve with your choice of condiments such as sour cream, salsa, or guacamole. I serve this with a small green salad.



Cooking with Anna (continued)

Where's Your Focus?

by Anna Hamilton

continued from page 13

one of them came to be." The Lord tells us that he made us wonderfully. We are not a mistake. We are not all made by the same blueprint. God made us all diverse. We are not all made to be the exact same, cookie-cutter version of a human.

We still are to honor the body that God has given us. Knowing that we will not all look the same or be the same size shouldn't deter you from still eating healthy foods. In 1 Corinthians 6:19-20 it says, "Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own. For you have been bought with a price: therefore glorify God with your body." Eating healthy foods that God has provided for us here on earth helps keep our temple in working order.

Let's make a promise to each other to begin focusing on the consistent things and qualities about ourselves and others. The things of your soul. Are you kind, generous, loving,

patient, faithful, gentle, loving, joyous? These aspects of your character should always be the same, no matter what the inconsistent outward appearance looks like. I have become a much happier person focusing on the inner me. I am slowly walking a journey to better health which may change my outward appearance. But my main focus will always be the inner person. The one that God knit in my mother's womb. For I am fearfully and wonderfully made. God has big plans for me and for you. Don't give up on yourself just because you may not fit society's mold. You fit God's mold! You are exactly who you are meant to be.

This week's recipe is delicious quick lunch or supper for families on the go. It is a vegetarian dish featuring black beans, but feel free to add chicken or ground beef if your family prefers. I promise they won't be disappointed.

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" Matthew 6:26

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Mrs. Laverne's Clean My Block Party: Our Chance To Make Athens Shine, AND Have A Good Time

by Ali Elizabeth Turner

continued from page 1

put on hold for “who-knows-how-long-it’s-gonna-be.” As a woman of faith, Laverne spends time with her Maker on a regular basis, and one morning was sitting out on her front porch praying. The simple prayer of, “Lord, what am I going to do?” set off a joyful chain of events that has become a blessing and an example for our whole community.

While still on her porch, she noticed some really tall grass that needed to be mowed, and so she called the city to politely let them know. The next day a man came out to take care of it, but for some reason started to leave a part of it untouched. When Mrs. Gilbert asked him why, he showed her that there was so much trash and garbage that he couldn't mow it because it would make such a mess. There was glass, grass, paper, cans, and plastic, so she told him, “You make the mess, and I'll take care of it.” That day she got her broom, filled two bags of trash, and what has gone on to become

a movement throughout our area was born.

Laverne “got after it” the next day and the next. People would stop, roll down their window, and give her all manner of thumbs ups and “atta girls.” Some people were not so thrilled, and asked her, “What are you doing?” Her reply was a simple, “All of our work.” The next step was going to City Hall to see if something could be done to get more volunteers involved, and Mayor Marks (who personally hates littering with a passion and “gets after it” himself) sent Laverne to Keep Athens Limestone Beautiful in July, where she was given grabbers, trash bags, and a vest. Laverne graduated from Athens High School in 1976, and was still in touch with several of her classmates, so she called them and told them what she was doing. They joined her, clad in vests and armed with grabbers. Some would say, “Where are you going to be tomorrow? I'll be there.”

Enter Jerome Malone, co-owner of Splash of Ink screen printing and pastor of the Oa-

sis: Christ's Church Athens on Hine Street, just down from Hwy 72. One Saturday he was at the office and saw Laverne out doing her beautiful thing. He struck up a conversation with Laverne, and heard her story. What came next was getting his church involved with the Oasis youth group, the SHIFT youth group, the Mayor's Youth Commission, and several churches on board to help, and the movement began to gain traction. “I saw her passion as well as her frustration,” Jerome told me. The passion had to do with being a good steward of the beautiful city and county we share in what is known as Alabama the Beautiful. The frustration was with the attitude of folks who think that trashing it is their right.

It became obvious that the solution, as is so often the case, was education. Laverne and Jerome told me that they set out to teach people to take pride in their community, and pride in their work. “Let's do this together,” became the theme. “If you see it, let's pick it up. Let's clean it up, and keep it clean.” Or, as Miss Laverne said so simply, “It's ALL



Mrs. Laverne Gilbert and Pastor Jerome Malone making Athens shine

our work.” Well, if you know much about Oasis, you are aware that they love to do stuff in and for the community, so they, along with TOCO, SHIFT, KALB, ALMA, LMC, and 4H are going to throw a block party. However, it's not just any block party, it is called, “Mrs. Laverne's Let's Clean My Block Party,” and it is going to be held on Saturday, May 8 at Lincoln-Bridgeforth Park. Team assignments are at 8:30 a.m., and the “triumph over trash” will be from 9 to 10:30 a.m. After that there will be a cook-out, music, and a time for the community to enjoy being out in the fresh spring air

together. There are also going to be prizes for the team that hustles hard and picks up the most trash.

Some of the purpose of the party is to honor Mrs. Laverne for being willing to do a thankless job that reaps great benefits, and inspire others to follow her example. She told me that her theme song for this time has been the CeCe Winans' version of “Send Me.” She has certainly been “sent”, and it shows. She has also been surprised and touched by all the support she has received throughout the community. So, come on out and join her, and together, let's make Athens shine!



Limestone County Youth armed and dangerous.... to litter



Back To Basics – Dairy

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



I think most of us have a love and weakness for some form of dairy. Be it extra cheese on our weekly pizza, a big bowl of ice cream on a hot day, or the coffee creamer we can't live without each morning. There just seems to be something about dairy that makes things better. However, truth be told, most of us consume way too much dairy, and this can negatively affect several parts of our body and health that we don't even realize.

Now I realize most of us grew up hearing, "Drink milk to have strong bones and be healthy" and your mom may have even had the "You-can't-leave-the-table-until-you-drink-your-milk" rule. While milk may have some health benefits, the "side effects" ultimately outweigh them.

It is true that dairy products contain calcium which is associated with strong bones, but the body can only absorb so much each day and the rest goes to waste. The body's daily requirement is roughly 600mg and easily can be gained through nutrition. Medical research actually has revealed that ultimately milk has little to no effect over bone density. By eating things like broccoli, kale, spinach, cabbage, and other leafy greens, you can get all the calcium needed. It

is also worth noting that exercise and vitamin D gained from sunlight are important factors in the body's ability to actively absorb the calcium.

Dairy in itself naturally creates more mucous in the human body, which on a basic level, we know makes things such as ear infections, sinus infections, and congestion in general so much worse. It also tends to cause more inflammation all over the body. In today's world, it

has to be mentioned that GMOs and pesticides our cattle are exposed to play a role in what we then ingest. This affects the purity of milk which lowers the good nutrients and increases the level of fats which cause inflammation. Those who suffer from gout, arthritis, and other chronic diseases due to inflammation should keep their dairy consumption very low, and when you do consume it, I highly recommend using grass-fed organic milk.

There are many other issues which can be intensified due to dairy consumption. Chronic digestive problems can be caused by dairy and even lactose intolerance can irritate the gut lining or IBS (irritable bowel syndrome) which could be greatly improved by simply cutting out the dairy. Yet another disturbing side effect of too much dairy consumption can be a higher risk of cancer. And if this is not enough, it has also been shown that too

much dairy early in life can be connected to insulin-dependent diabetes (childhood onset or type 1).

Keep in mind that these are all considerations when choosing what to put in the body. The better educated we are on foods, the better decisions can be made. It is not that dairy should not be consumed at all, but as in most things, it should be done so in moderation and with great thought as to personal health issues and overall goals.



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National Property Inspections: Professionalism Meets A Heart To Protect

by Ali Elizabeth Turner

continued from page 1

la Bunker of Crye-Leike Realty. Mrs. Bunker told Jim about the Limestone Leaders chapter of BNI, he joined soon after, and all of us fellow members are grateful. Jim has been a wonderful addition to our organization. The “in-between story” of how Jim and his wife, Jeanine, got to North Alabama and how Jim became an owner in the 34- year old NPI franchise follows below.

Jim and Jeanine are originally from Illinois, where they both worked for Walgreens in the Chicago area, as well as in New Jersey. Jim spent 25 years additionally working with his brothers in construction, and retired from Walgreens in 2019. They moved to North Alabama because they wanted to be nearer to their recently transplanted kids and be doting grandparents. Jim also knew that he was finished with big-box retail. He wanted to do something that was construction related but not quite as intense as building. He had great respect for the fact that home inspection professionals were clearly dedicated to the homeowner, and they wanted to help protect that most important investment. Recently, Jim laughingly told our BNI group when he made a presentation about his NPI work: “Those guys (meaning the ones who came to inspect the recently completed construction projects) could be a real pain.” And THEN he became one!

When the Farejs knew that they were going to be

making a huge geographical move, they also knew it was time for a whole new career path. After researching several franchises, they chose National Property Inspections, and Jim was all set to take his training and get certified. He was in Omaha about to get both when COVID hit and disrupted the licensing and certification process. He finished his training in Ashville, and both Jim and Jeanine found themselves in a huge test of faith. Here they had uprooted and sold their home, but what was the pandemic going to mean with regard to all of their plans?

Well, while COVID certainly presented its challenges, the blessing contained in it was the opportunity to build business through building relationships, and NPI has proven over the last 34

years of outstanding customer service that it is made to last. He has also used this strange time to get extra training in radon detection, infrared imaging, inspecting manufactured homes, and pool inspections. Moving to the South gave him a chance to become familiar with things that differ greatly from building homes in the North. Up there, he was used to the cold and a different approach to ventilation, heating, and cooling. “Down here, it’s tornadoes and storm shelters and snakes,” he chuckled. “And,” he added, “We NEVER had to deal with a water heater that was on the outside of the house.”

I asked Jim why I should choose him specifically as an NPI franchise owner if I needed my home inspected before selling it, or if I had found a new home which I wanted to buy. Here’s what he told me: “I am looking out for you. I want to protect your investment. I want to educate my clients, and make sure they have a full understanding of what they are buying. I am honest, and have your best interest as a top priority. I will give you the straight story. One other thing—if I don’t know the answer or have a solution, I have resources that can get me the answers that you need.”



The Farej Family

Jim is fully certified in inspecting commercial properties as well, and understands there is a lot at stake in a different way for people who need their commercial property to be the face and/or function of their business. For homeowners and business owners, having someone in their corner who will find what may have been previously undetected problems, and discuss the liabilities of ignoring them as well as look for solutions is invaluable. He can help them save thousands of dol-

lars and untold sleepless nights. Jim also told me that he is available to do inspections for people who are not planning on moving but need to know what kind of shape their house is in and address problems before they become major. Jim is certified by ASHI and InterACHI, the two most prestigious inspection organizations, and most importantly, he has earned the trust of his clients. Call or go online today to get a quote, and breathe a sigh of relief that NPI and Jim Farej will truly look out for you.

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The Leadership Bus, The Passengers, And The Journey

by Eric Betts

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



How well can you articulate the dream, the vision, and the values of the organization you lead? More importantly, how well are your co-workers and subordinates able to articulate what the company they work for is all about? It is not enough to know what the functions of the company are and what it produces, but what impact or legacy the organization seeks. In many cases, the leaders and co-workers are clueless about what the company actually stands for and the values it holds dear. Jim Collins, a leadership expert, has written quite extensively on the subject of “Good to Great.” Collins maintains that in order for a company to arrive at a level of greatness, the leaders and workers must buy in to the purpose and values of the organization. They must also have more ambition for the company than their own personal success. Collins’s theory states, “Take care of your career and your career will take care of you.” The idea is that when everyone is on board with the mission, success will follow at all levels. Collins concludes that in order to go from good to great, both the driver (the leaders) and the passengers (co-workers, volunteers, or employees) must have the right mindset and harmony of vision and direction. There must be the right driver and the right passengers.

What makes a driver (leader), the right driver and by extension a successful driver? What characteristics will the driver possess which will inspire and guide the passengers (employees/volunteers)? The driver must have humility. This means the leader knows where their abilities end and where others begin. They understand the role that luck and chance has played in their success as much as they understand how their skill has contributed. Humility means they are always looking to assign credit to others and not quick to blame. They are willing to critique themselves and welcome the critique of others. Leaders who go from good to great do not need to motivate their co-workers; they only inspire. Motivation and inspiration are quite different. The need to motivate shows a reluctance on the part of the unmotivated to begin or complete a task. This is not the case in a good-to-great situation. The passengers are already interested and eager to begin and complete the assignment. They do not need to be told what to do; they already understand what to do, and act accordingly. Inspiration represents the ability of the leader to encourage the passengers in the work that they have already begun and are showing signs of an excellent completion.

Good-to-great leaders are nonreactive, but are able to respond to crisis



situations with calm resolve and steady determination. They do not panic, nor do they allow fear or negative emotions guide their decision making. Additionally, they do not micromanage. Some may ask, “Is it not obvious that micromanagement is not a good thing?” Absolutely. However, if the driver does not have the right people on board who are capable, driven by excellence, and believe in the journey and the mission, one may be forced to micromanage in such an organization. When the right people are seated on the bus, trust emerges, everything fits, and all are excited about the journey. They are more concerned with resilience than perfection. Perfectionism creates a culture of frustration and negativity because it is so disappointing and unrealistic. Resiliency, on the other hand, acknowledges that mistakes will happen, but

focuses on how to bounce back better than before. They do not become discouraged when plans must be changed due to the changing world, but they are adaptable and focused on the long view.

When the right passengers are on the bus, they will not get off the bus as soon as the ride becomes bumpy because they also have the long view in mind.

Good-to-great leaders have a stoic determination to succeed despite adverse circumstances. They are full of confidence that they ultimately will surmount difficulties that confront them and achieve their goals. They welcome change but have a rigid and non-negotiable set of values. They are honest to the degree that they are unafraid of harsh assessments. They are fearless, consistent, curious, and ambitious for the success of the cause more than personal advantage, they do what

is best for the company.

Good-to-great leaders know how to seat the right passengers on the bus. This means that while considering skill and talent, they understand not only what is needed but who is needed. They understand who the best fit for the vision and mission is. They care for their passengers by surrounding them with the right people and not burdening them with the wrong people. They know not only who to seat on the bus, but how to get the right people in the right seats. The right people in the right seats, according to Collins, represents the idea that the driver of the vision knows who belongs where based on their strengths and gifts. It is possible to ignore Collins’s advice and remain a good organization, but to go from good to great is another level of character and expertise.

The View From The Bridge

God's Promise Of Deliverance

by Jackie Warner

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



Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again. The LORD will fight for you; you need only to be still." Exodus 14: 13-14

Last week I was listening to a devotion and the message was short but fulfilling and, of course, right on time. I share the scripture with you from Exodus 14: 13-14 to read and absorb these words into your life.

In this scripture, the Israelites were facing opposition and obstacles all around. Pharaoh's army was approaching, the mountains surrounded them, and the Red Sea lay before them.

1. Do not be afraid - This scripture does not tell us to not know fear, but you have to resist the urge to let fear run your life

2. Stand firm - Yes, give it all you have, be confident, put on the breastplate of God's strength to stand and trust him through the fear

3. Deliverance - We ask, and we seek it daily, but when it comes to us, we doubt if it is the right time; we retreat to what we know and lose sight of what is in the forefront. Remember when Peter was on the water and instead of looking forward toward Jesus, Peter started doubting when he saw

the wind and began to sink -- and Jesus said "O you of little faith." Matthew 14: 22-23

4. The Lord will fight for you - This does not mean that you are not to take action. The Lord will fight for us through us, equipping and preparing us to be bold. "For I will give you speech and wis-

dom that none of your adversaries will be able to resist or contradict." Luke 21:15; and "It will not be you speaking but the Spirit of your Father speaking through you." Matthew 10:20

5. Be still - Be still in your spirit but trust God with His way of escape and go. Remember -- What did he say first?

Do not be afraid.

*Until Next Time,
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Mount Up

by Deb Kitchenmaster

Happy spring! Time to get the shedding blades out and your favorite grooming tools as the horses are letting go of their winter coats. I must say the cordless clipper I have is wimpy. It doesn't hold a charge past clipping two bridle paths! To those of you who are not familiar with the term bridle path, it simply is using a clipper behind the horses' ears that is pointed towards the tail, clearing a path for the halter and bridle to fit comfortably. My rule of thumb to making a bridle path is to gently tip the ear back, and where the tip of the ear ends is as far as I clip. I enjoy grooming outside, allowing the wind or breeze to carry hair to varied places. The birds enjoy swooping up the horse's hair to make their spring nests.

I celebrated another birthday this April. Isn't it funny how our chronological years just seem to

add up? However, there is a possibility (in the midst of yearly birthdays) to have our youth restored. Interested? The book of Isaiah says that ...“those who wait upon the Lord will renew their strength; they shall MOUNT UP with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

The eagle cannot get new feathers until getting rid of the old ones. We too must put off, cast down, or lay aside the old and then put on the new. In the book of Ephesians we are told to put away lying and speak truth with our neighbor. Lying is part of the old nature. Speaking the truth is a characteristic of the new nature. My goodness, there are quite a few 'old' men in national leadership these days! That past sentence is not found in Ephesians; that happens to be me thinking out loud again. Just wanted to be clear! The new man (Ephesians)



is created in righteousness and true holiness after God Himself. What if the wings of an eagle represented truth and grace? Can you imagine what our country would look like if we studied what our national bird symbolized and renewed our minds? We can walk, run, or mount up.

Is it possible that truth and grace can be seeded, planted, or rooted in the soil of

your soul while mounted on the back of a horse? As an eyewitness, I can honestly say, “YES. Yes, it is possible!”

What does it look like to correctly mount and dismount a horse? Most people choose to mount from the near side (left) of the horse. You position your body near the horse's shoulder, facing towards the horse's tail with the reins (and possible



a handful of mane) in your left hand. Next, you put your left foot in the stirrup and then bring your right hand to the pommel of the saddle. Now as you swing upon the back of the horse, make sure your right leg stays well above the horse's back and rump. Then, you turn and face towards the horse's ears, putting your right foot in the right stirrup as your seat settles in the saddle. You can choose to use a mounting block if you like. A nimble person may simply grab a piece of mane and with a quick flick of the wrist, just seem to float from standing with two feet on the ground to sitting squarely in the saddle. This is a very practical way to mount a nervous/excitable horse who is continually moving around.

To dismount hold your reins in your left hand with your right hand on the pommel of the saddle. Take both feet out of the stirrups, swing your right leg over the horse's back and land with slightly bent knees to absorb the movement.

In ancient times, horsemen carried a sword. Most people are right handed; the sword was worn on the left so that it could be drawn more easily from the scabbard with the right hand. There was less chance of the sword being caught up in the mounting process.

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**GIVE A COUPLE LITTLE HOPS
AND SWING SMOOTHLY ON**

Drama Vs. Trauma

by Lisa Philippart,
Licensed Professional Counselor



“Trauma is inevitable. Drama is a choice.”

- Nettye Johnson

We all go through stressful experiences and everyday misadventures that can become a dramatic problem, depending on how we respond. There are some things to which we choose to react dramatically, even if they aren't really dangerous or life-threatening. For example, situations like getting a bad grade or being offended by someone may elicit an “over-the-top” response. Trauma is a more serious issue that can affect our mental and emotional health long after the event has occurred. When someone experiences trauma, it often involves violence, death, abuse, or threat of physical harm. Trauma involves a terrifying event, over which you have no control, and results in psychological changes that are long-lasting. Going through a traumatic event leaves behind mental and physical stress that makes it hard for the person to recover without professional help. Drama on the other hand consists of our personal reaction to things and the way that we interpret events that aren't demonstrably painful. Drama is never an actual threat, even though it can feel like you are going through something quite intense. Drama is something we

create.

The interesting biological joke is that our primal brain can't tell the difference between drama and trauma. Once the flight, fight, or freeze response is triggered, it's all treated as a threat response. This mechanism is designed to protect us, but it also gives us a bias for seeing problems where they don't exist. It takes wisdom and awareness to tell the difference between the two. Here is a helpful metaphor provided by Justin Foster:

Drama is a mosquito in the tent. The mosquito takes all of your attention, but essentially contains zero actual threat. Our brains are flooded with how we feel about that annoying mosquito. That feeling determines our actions. Before you know it, we are swatting, flailing, and swearing, and the “problem” rarely gets solved. The real issue becomes our reaction, not the mosquito. Trauma is the grizzly bear outside the tent! This is a real and present danger. Our primal brain gets kicked into gear as we decide whether to fight, run, or freeze. You don't initially feel the fear, as you try to survive. Trauma survivors report feeling intensely aware and calm during the attack. (The fear comes later in the form of PTSD.)

So try this...the next time something feels like a problem or threat, ask yourself if it's a mosquito

TRAUMA
is inevitable
DRAMA
is a choice
~ Nettye Johnson

or a grizzly bear. Often, unless it is life-threatening, the “problems” are mosquitos. Even though your brain may react to drama in a similar way to a real threat, you can actually change your perspective to a more positive one. When it comes to drama, you can learn to cope with your feelings and see the situation as something you can handle. Trauma is different because often the mind and body become stuck in that traumatic experience. When you go through a drama, you are seeing a situation in a negative light and interpreting a relatively neutral event as a terrible experience. With trauma,

you can hold the feeling in your body through uncontrollable symptoms, such as insomnia, nightmares, flashbacks, and other issues.

With either drama or trauma, a therapist can help redirect your beliefs and thoughts about your own wellbeing. Cognitive behavior therapy can help you get out of a negative cycle that is causing difficulty coping with your daily life. Even though drama may not represent a mental health issue, it can also be worked through with talk therapy. Although trauma and drama are very different issues, they can

both cause anxiety, depression, fear, and other painful feelings. Learning to recognize drama as your personal response to things can help reduce some of your reactions to situations. For those facing trauma, it is important to get treatment and talk to a professional to resolve and work through your feelings.

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

Radio Intro

by Lana E. Woody



Hello, this is Roy Williams the guru of good health, the superintendent of supplementation. Thank you for listening to *Today's Health Update*, the radio program that you can depend on to bring you the truth. In the book of John 8:32, Jesus teaches us that, "The truth will set you free." Once you understand that the truth sets you free, you will begin to understand that the lies you believe will hold you in bondage.

That is why this program is often called, *Getting Real With Roy*. The world we live in today is full of deceptions, deceptions that have only one purpose and that is to allow the powers that be to maintain control over our lives.

If you believe their deceptions you will become dependent on their ideas, their products, their way of life. They will try and convince you that health, happiness and knowledge can only be obtained if you believe what they teach.

Unfortunately, what they teach only makes you more dependent. Only if you do what they say, go where they want you to go, buy what they want you to buy, believe what they want you to believe can you reach a

higher level of security and happiness.

Yes, *Today's Health Update* is about physical health but it is also about mental and spiritual health as well. After all we are mind, body, and soul.

In these programs I ask the tough questions. Do you believe that politicians will solve all societies problems, that government has the answers, that pharmaceutical drugs will create health, that wealth creates happiness, that guns kill people, that health care and education are rights, that man can do all things without God?

By listening to *Today's Health Update*, you will learn why I call the FDA the "false

data administration," why I refer to the RDA as the "recommended death allowance," why they hope you never find out that almost all disease is preventable, and in many cases reversable. With that understanding you will learn what I would do if I were diagnosed with almost any disease, including heart disease, cancer, diabetes, arthritis, gout, fibromyalgia, chronic fatigue, weight loss, IBS, or any other disorder.

In reality *Today's Health Update* is about you. So, sit back and listen because it is time once again to get real with Roy.

Radio exit from show:

Thank you for listening to

Today's Health Update. May I suggest that you listen every Monday through Friday, and if you like what you hear, tell everyone you know to listen as well.

If you liked the show and want to hear it again, then go to www.nhcherbs.com and scroll down to the microphone and click on it. Just pick out the title that you wish to hear and enjoy. Please share with the people you love. If you are just driving through and listening, call 256-757-0660 and ask for the free CD called MSM+C and Healing and we will ship it to you at no charge. We even pay the shipping.

With over 30 years of natural health studies, over a thousand

interviews on radio and television, thousands of articles on natural health, and having worked with thousands of people from all over the world, I truly believe that almost all disease is preventable and reversable.

So, if you are sick and tired of going to the doctor just to be told you need another prescription or surgery, or you need to see another specialist and you have decided to support your health naturally, then go to NHC Herbs in Killen, Herbs & More in Athens, or Reflections in Lawrenceburg and tell them you heard Roy on the radio and receive a 25% discount or visit our website at www.nhcherbs.com. That's www.nhcherbs.com.

When you go to the check-out, use the code NHC to receive a 25% discount. Again go to www.nhcherbs.com and use the code NHC for a 25% discount. Thank you again for listening.

Your Friend in Health,
Lana E. Woody

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Zakhor: A Wrinkle In Time

by Mae Lewis

There is no future without a past, just as there is no hope without memory. One of the most astounding things about the Jewish faith is its continual links to the past. It always places past experiences as central to understanding the present. From that understanding, it casts light and hope to the future.

Joshua 4:3, 6-7 “Take Twelve stones from here out of the middle of the Jordan, from the place where the priests feet stood, carry them over with you, and lay them down in the place where you camp tonight.”...”When your children ask in time to come, ‘What do these stones mean to you?’ then you shall tell them that the waters of the Jordan were cut off in front of the ark of the covenant of the Lord. When it crossed over the Jordan, the waters of the Jordan were cut off. So these stone shall be to the Israelites a memorial forever.”

The above scripture is an illustration of Zakhor which means *remembrance*, and it is an integral part of understanding the Jewish faith. Remembrance is not just an activity of the mind, but it is an act of the body and works collectively with the minds and bodies of others. It is a reliving, an experiencing.

Jewish art, traditions, and architecture do not

exist for their own sake, they exist to remember. You will find that the very act of engaging in Jewish tradition, or walking into a Jewish museum, is a way of reenacting memory, and experiencing what they experienced.

Zakhor is a way of experiencing someone else’s spatial awareness. In a way, it is a connection between two points in time: the past and the present; aka a wrinkle in time.

A Jewish museum will organize space in such a way that a particular history is made visible, such as the Holocaust museum in Berlin. The building itself is a zig-zag, and contains five

cavernous voids. “They have walls of bare concrete, are not heated or air-conditioned, and are largely without artificial light, quite separate from the rest of the building...” (Daniel Libeskind, 2000). By walking through the building, one experiences something of the loneliness and darkness and absence of life that the many victims of the Holocaust experienced.

The museum does not pretend to be an art installment (There is no art installment that can accurately depict the horrors of the Holocaust), but instead it presents itself as an experience. It is born out of the questions, “How do

we not forget?” “How do we help others to remember?” The museum leads one through an ACT of remembrance. It is through these actions that we can look forward to reconciliation and embrace between Germans and Jews.

And this is Zakhor: memory must become visible, made material, and put into action through ritual and recital. It is not enough to write a history; memory must be enacted.

We see this acting out of memory in the traditions of the Passover Seder, which was just celebrated in March: The salt water is tasted to remember the tears of the Israelites. The bit-

ter herbs are eaten to remember the bitterness of slavery. Every portion of the Seder is an act of remembering: “We eat...to remember” is repeated throughout the Seder.

The Seder is a conscious decision to never forget a history. It is a conscious decision to keep ones past an ongoing part of the present narrative, and it is from that point that Zakhor leads one to look to the future with hope.

Just as the Berlin Museum looks forward to reconciliation, the closing of the Seder looks forward: *L’shanah habah bi-rushalayim*. Next year in Jerusalem.



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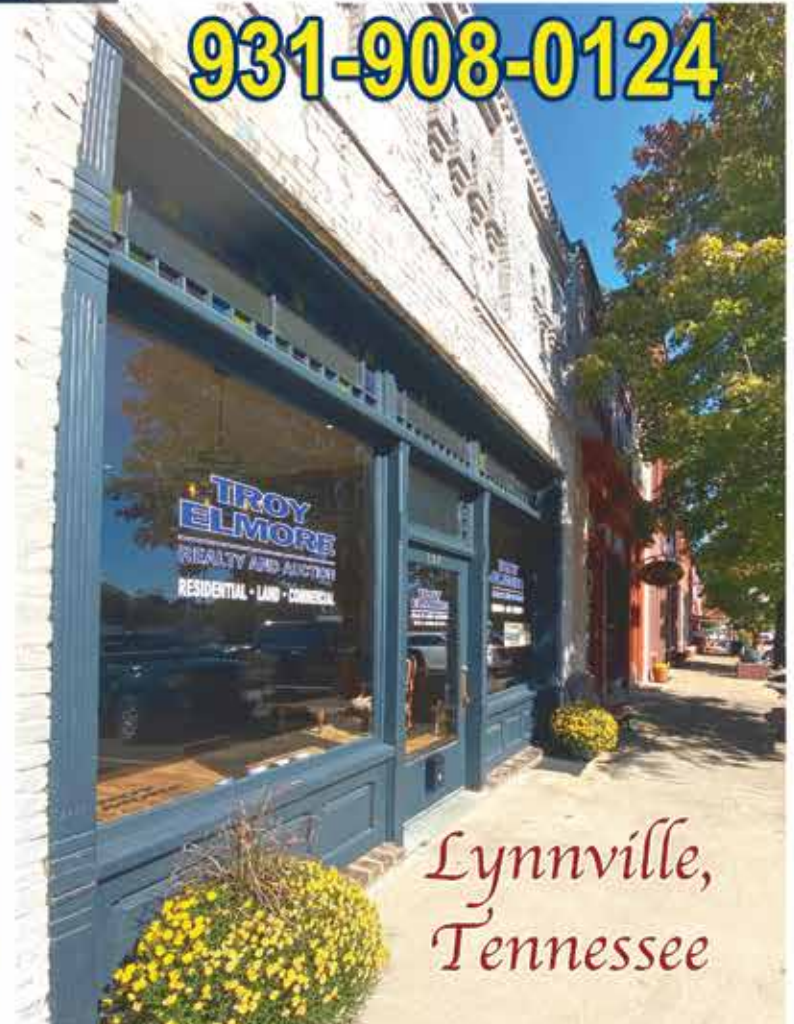
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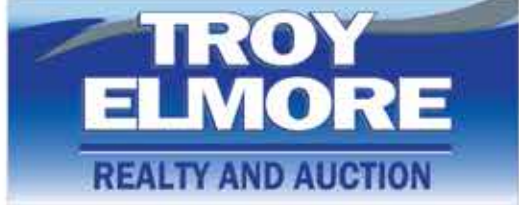
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 ~ Thomas Edison



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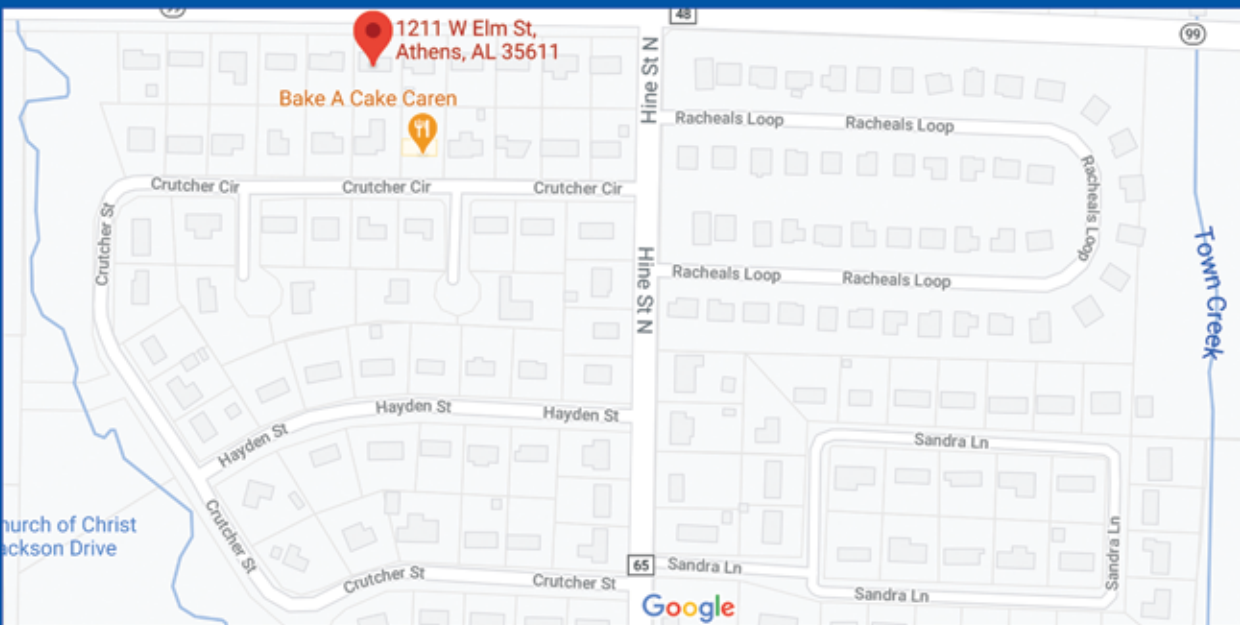
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