

April 1 - April 14, 2022

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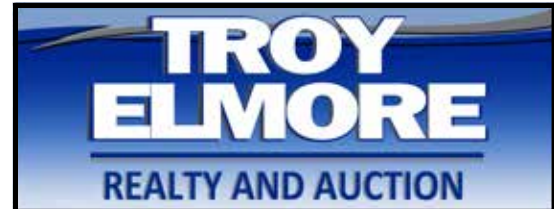


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See Our Listings Inside this edition...
Pages 25 - 32

Special Feature



**Dugger's Florist
& Gifts: Flexible
Creativity And
Reasonable Prices...**

Can flowers come to
the rescue in 2022?
I would say that
several people and
I who live in Athens-
Limestone County
would respond with...
Page 7

Special Feature

**River City Roofing
Solutions: Ready
And Steady In Storm
Season And Beyond...**

Chris and Michael
Muse began working
in the construction
industry when they were
teenagers, and learned
every aspect of the...
Page 9



Cooking With Anna



Love Does Not Dishonor...

I hope you are enjoying
this deep dive into 1
Corinthians Chapter 13
as much as I am. I am
learning so much about
myself in this process,
and I have truly...
Page 13

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Vote For Britley Leonard Brown For Limestone County District Judge, Place Two

By Ali Elizabeth Turner

When Britley Leonard Brown was a very young girl, she knew she wanted to have a career that involved helping people. "It was either going to be medicine or law," she told me recently, and law won out. Her family has always been deeply involved in the Athens-Limestone community, and her mother and grandmother in particular modeled the value of a life dedicated to faith, education, personal development, and community service. She met her husband, Jeremy, when she was four years old, and literally married her best friend. She is an avid dog lover and Alabama fan, having graduated law school in 2015. Britley is the daughter of Ginna Chittam-Jones of Athens and granddaughter

Continued on pages 16-17



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Contents

| | |
|--------------------------------------|----------------|
| Publisher's Point | 3 |
| All Things Soldier | 4 |
| Special Feature | 5 |
| Calendar Of Events | 6 |
| Special Feature | 7 |
| What Makes Ronnie Roll . . . | 8 |
| From The Vets' Museum . . . | 10 |
| Slinkard on Success | 11 |
| Clean Green And Beautiful . . | 12 |
| Cooking With Anna | 13 |
| The Millennial Mind | 14 |
| Cover Story | 16 - 17 |
| Lifelong Learning | 18 |
| Jerry's Journal | 19 |
| Mental Health Minute . . . | 21 |
| Alternative Approach | 22 |



Publisher's Point

The Spring Break That Changed Everything



It's Spring Break, and while I realize that it is no longer considered politically correct to refer to it as "Easter vacation," this season is about new life that comes forth after chaos and great trial. Fifty years ago, our nation was badly divided, and as Solomon said with perfect anointing, "There is nothing new under the sun." There were race riots, anti-war demonstrations that sometimes turned into riots, college campus riots; politicians were routinely referred to as "hawks" or "doves" and not much else because everyone under 30 "knew" Washington politicians were just a part of "the Establishment"; drug use was rampant; the sexual revolution was in full swing; Charles Manson had sullied our culture with a whole new glimpse of evil; John Lennon wanted us to first "Imagine," and then from his bed-in with Yoko, "Give Peace A Chance," as if staying in bed for a week would bring world peace. In a word, it was a hot mess, just like today.

Then as now it was customary for college students to descend by the thousands on Ft. Lauderdale, FL, for Spring Break, and I think it's accurate to say that their intent was for one week to be hedonists, and in many cases, straight up debauched. It is also customary for groups of believers to go to Lauderdale for the "purpose of bringing purpose" to souls that are lookin' for love in the all the wrong places, and fifty years ago, I experienced something there that changed everything.

This is not an easy experience

to discuss, due in part to how it undid me. I was a fledgling "Jesus People" Christian, having just completely surrendered my life to Christ, and I had joined the InterVarsity Christian Fellowship chapter on my college campus. IVCF is one of the national evangelical organizations that goes to Ft. Lauderdale every spring, and I chose to join them. To say that I had no idea what I was doing, let alone what I would encounter, is a woeful understatement.

We worked in rotating teams, we sang on the beach, we gathered at night time for concerts, and it was there that I encountered God's ability to love the unlovely in a way that changed me forever. It was one of the "beach nights," and a divine appointment was unknowingly set for me with a man who embodied everything I despise, and still do. He was a full-on racist; no micro-aggression here—he was on the run from police in Ohio for setting a house full

of black people on fire for the unabashed purpose of killing them, and I found myself talking to him alone, with no partner. Yes, there were people all around, and I don't think I was in any physical danger, but I was definitely in the deep end of the ocean with this guy. I was a sheep amongst wolves, as Jesus promised. What made it even more challenging was that physically he looked like an oily weasel, almost a stereotypical bad-movie bad guy.

I looked at him in disbelief as he told me what he had done, and then the only way I can describe what happened next is that it felt like the top of my head opened like the lid of a teapot, and the insane-by-human-standards love of God for this utterly lost man that had committed a crime against humanity flowed down into my core and out onto the sand. It was mind-and-heart-boggling. It was almost like hearing someone else ask him if he wanted to give his life to Christ, and if he was willing to

tell God he was sorry for what he had done. We prayed, and while I can't judge a heart, it seemed that his tears were like those Paul experienced on the road to Damascus. We parted, and I walked a few feet down to the shore, trying to process what had just happened. The moon was huge, pale and lovely, and in that moment, I came to a profound revelation of "For God so loved the world..."

That was 50 years ago, and it is as real today as it was then. Do I hope he was caught, tried, and convicted? Yes. Would I have gone to see him in jail? Yes. Why? Because 50 years later I still need the Savior just as much as he did, and so do you.

Ali Elizabeth Turner

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Does The Top Gun Maverick Remake Have Any Merit?

by Ali Elizabeth Turner



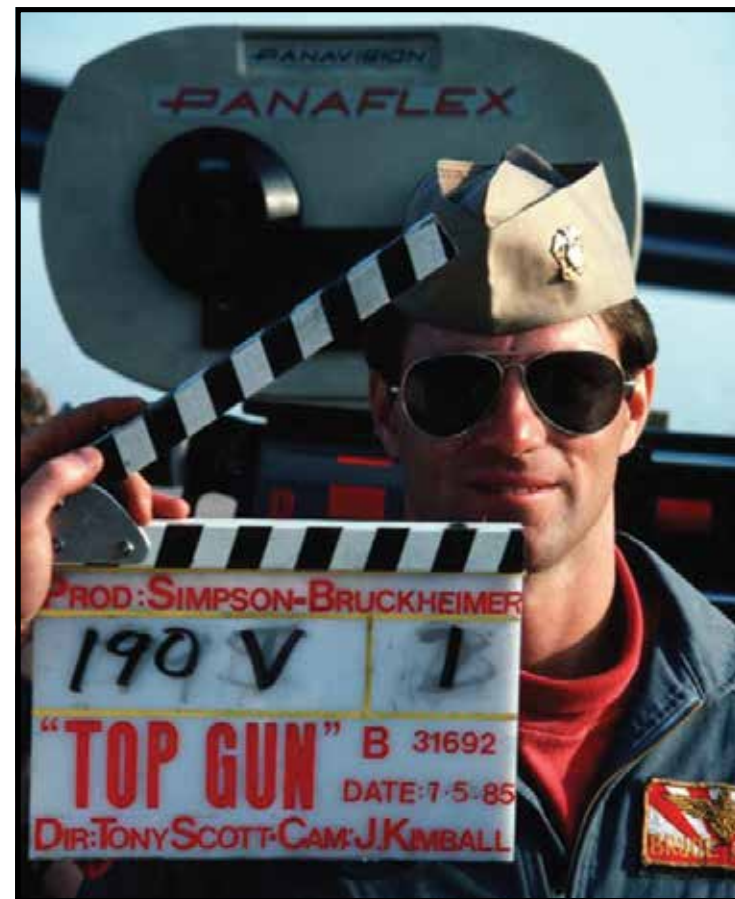
A trailer for a movie dropped just a few days ago, and when I heard on the radio that actor Tom Cruise was making a sequel to *Top Gun*, I must confess, I came close to laughing out loud. Rosemary Dewar Stainbrook, our writer for the Millennial Mind is back after a long hiatus, and we are

clicking our heels. We talked at length as we polished her latest article, which in large part deals with an appalling lack of creativity on all fronts in our culture. She made sure to mention that most movies these days are either takeoffs on past themes or out and out remakes, and most music has to include samples of some kinds. It was in that context that I looked into what could possibly inspire someone to invest in a sequel to a monster hit from 36 years ago that has the protagonist occupy the same slot, er, cockpit. More simply stated, how could anyone buy into the idea that the guy can pick up where he left off other than Tom Cruise has had some pretty fancy plastic surgery and the music is unquestionably timeless?

Well, apparently, I

am being entirely too cynical, if you believe the people who were a part of the film as well as the fans of the classic flick who hail from all age groups. And here's the spoiler, a part of me is so glad that viewers will have the chance in their lifetime to get at least a small idea of what *Top Gun* pilots actually do that I hope I get to join them on the big screen. The sky-punching shots are no doubt going to be worth the price of admission all on their own.

But, can set-your-hair-on-fire footage from the cockpit carry the entire movie? Thankfully, I am told it doesn't have to due to the fact that there is an actual story that probably will hit everyone somewhere -- what to do with broken relationships -- and that just might be deep enough to keep this from emotionally missing the tailhook and falling off the end of the aircraft carrier. In the



original, Cruise's character, Pete "Maverick" Mitchell, lost in an accident (for which he blames himself) his best friend and wing man, whose call sign was "Goose." Goose had a son on the way when he died, and the young man blames Maverick for the death of the father he never met. How they manage to work through that may be a triumph or a trainwreck, and I am hopeful that there is some "there, there."

Then, there is the return of Val Kilmer, who in the original played "Ice Man," Maverick's arch rival. In real life Kilmer has been in the fight of his life with throat cancer, and it was at Cruise's insistence that he return to make this movie with him, even with a voice

that one may not be able to listen to because of the damage. Ice Man went on to become an admiral, and he specifically requested the return of his "frenemy" to *Top Gun* to help him teach the youngsters who are as cocky as Maverick and Ice Man were back in the day, which takes some doing.

You may be asking why in the world this *All Things Soldier* column is dedicated to something that may turn out to be terrible, and a Hollywood movie at that. Because everybody, active duty, never served, retired needs to see what happens when a community is forged, tried, stretched, humbled, broken in places, and is re-born. That's where we are in America, and this might just help.

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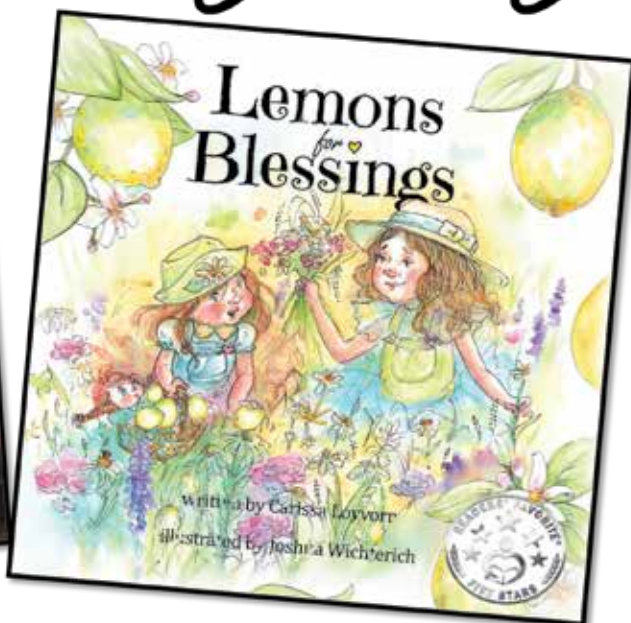
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Calendar of Events

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

Strength and Balance classes meet every Tuesday and Thursday at 9:00 a.m. beginning 12/7/21. Classes are open to all. No signup needed. Classes will meet in the Lighthouse Building behind Emmanuel Baptist Church at 1719 Hwy 72W. All equipment will be provided. Donations accepted. For information: jhunt9155@gmail.com or 256-614-3530.

Digital Literacy Classes

Athens-Limestone County Public Library will host a series of Digital Literacy Classes in conjunction with Calhoun Community College & Drake State Community & Technical College. Classes will boost your digital confidence & provide you with skills and training needed in today's job market. Courses include: Computer & Internet Basics, Email, Windows OS, & Microsoft Word®. M-W 9:00 – 12:00 or M-W 1:00 – 4:00. Classes start January 24th. Call us at (256) 306-2830 to learn more.

FREE Yoga Wednesdays at Noon

April 6 - April 13 - April 20 - April 27

Come join us for FREE Yoga at The Library! Sponsored by North Alabama Area Health Education Center. Just bring your yoga mat & some water! Wednesdays @ Noon

2nd Annual AMVETs Post 21 Horse, Pony, and Mule Fun Day April 2

Limestone County Sheriff's Rodeo Arena. AL-99 on the right past the Elm Street Intersection in Athens from 9:00AM-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

Coffee Call April 2

Veterans of all wars and their families are invited for breakfast and fellowship. 8AM-9:30AM at the Alabama Veterans Museum and Archive, 100 West Pryor Street in Athens. 256-771-7578.

Athens Historic Walking Tours April 2, 9, 16, 23, 30

Join the Athens-Limestone County Tourism Association at the Athens-Limestone Visitors Center, 100 North Beaty Street in Athens. 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.

Author Talk April 7

Athens-Limestone County Public Library. 6pm. Join us as we hear from local author and retired Athens State Professor Ron Fritze whose newest book, "Hope and Fear" was just released March 11th. "Hope and Fear" is an exploration of fringe ideas, conspiracy theories, modern myths and pseudo-history.

2nd Annual Chicken Stew April 9

The VFW 4765 Auxiliary is having it's 2nd Annual Chicken Stew on April 9. All proceeds will go to help Veterans in need in the area. We will take pre-orders this year. If you would like to pre-order please call (256) 503-4855. Stew will be ready at approximately 12 noon. All pre-orders will have to be picked up by 2pm on the 9th. \$30 for a gallon and \$10 a quart.

Gettin' Dirty at the Library April 12

The Limestone County Master Gardeners are offering a free presentation on "Using Native Plants in the Landscape", April 12th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. We have door prizes.

25th Jubilee Spelling Bee April 30

The Learn to Read Council of Athens and Limestone County is hosting the 25th Jubilee, Pat Waybright-Sue Vice, Spelling Bee. The spelling bee and silent auction will be April 30th at 10:00 a.m. in the Athens Middle School Cafeteria on Highway 31 S. in Athens. Free admission for spectators.

National Travel and Tourism Week May 1 - 7

National Travel and Tourism Week was established in 1983 by President Reagan, National Travel and Tourism Week (NTTW) is the annual salute to travel in America. Join us this year as we celebrate Travel and Tourism's impact by spotlighting a different way travel matters each day to American jobs, economic growth and personal well-being with the Power of Travel.

Dugger's Florist & Gifts: *Flexible Creativity And Reasonable Prices*

by Ali Elizabeth Turner

Can flowers come to the rescue in 2022? I would say that several people and I who live in Athens-Limestone County would respond with a resounding "Yes!" There have been several times that I have called Dugger's Florist with a particular price point, deadline, and the hope of a certain flower being able to be part of the mix, and Melinda Dugger and her crew have come through for me handily. One time was when one of our office mates had to unexpectedly have their family dog put down, and another was just a "pop-up-cheer-you-up" for an *Athens Now* client going through a tough time. A more planned-out bouquet was for my mother's 100th birthday which I was able to pick up and deliver personally clear across the country, and all of them were perfect.

Melinda Dugger is one creative woman, and loves to sew, do heirloom smocking, all kinds of needle work, paint, bake, travel the globe, and more. However, opening a florist shop was her husband Jason's idea, and flowers were something she felt were pretty, but not something with which she had any previous experience. Dugger's Florist & Gifts was born in the spring of 2011. For the first few months they scrambled to learn the business, and then in the summer of 2011, Melinda was able to undergo an intense training program in Louisiana to get her formal floral education. She looked at several flo-

ral schools before she decided on getting her certification from the Creative Floral Design School in New Orleans. Melinda picked that particular institute because Louisiana is one of the few states where florists have to have a license, and she felt that they just had higher standards. She also enjoyed the fact that the class size was small, and offered lots of one-on-one training and attention.

For a while, the shop was located in Tanner, and then they moved to their present location, which is at 800 US Hwy 72, Suite A in Athens. The business is one that thankfully survived the pandemic, and they are blessedly busy. "This weekend we have two proms, and then we will be getting ready for Mother's Day and the summer wedding season," Melinda told me when we chatted. I always love to learn things from *Athens Now* clients, and Melinda informed me that for Mother's Day, it is customary to have white roses be in honor of a mom that has passed, and red for moms that are still alive.

Melinda recently came up with an idea to help comfort kids who have lost a loved one. They are called "Memory Bears," and are teddy bears that have a customized shirt on them that say, "In Memory Of..." and can also have a picture of the child with the loved one put on the shirt. This way the child can "carry" the one they lost around with them and be soothed by the softness of



the bear. Memory Bears have become quite popular, and are not just for kids, nor just for bereavement. I came into the shop one day when a woman was going out the door with a bear that had been customized to celebrate her friend's triumph over cancer.

One of the things for which Dugger's has also become well known are what are called "dog house flowers." A few of the guys in our BNI group have expressed deep gratitude to Melinda for speedily putting together arrangements that are given in connection with an apology, which hopefully serves to "get them out of the dog house." That is not confined to just guys, though, and Melinda has made dog house flowers for me as well.

Melinda loves to do weddings, and Jason, who works full-time in real estate management, helps out with funerals. These days, their daughter Sydney also works in the shop and sometimes holds down the fort when her mom has to drive to Atlanta or Miami to pick up orders. Melinda enjoys working in a state of what she calls "flexible creativity." What that means is that the combination of having an idea of what the client wants, while being granted the liberty to have free reign is the optimal environment for a beautiful result. She is just as comfortable with traditional floral arrangements as she is with the modern or exotic. Building that kind of reputation with clients is dependent on trust, and she has several who will come in the shop and

basically say, "Do your thing; I trust you."

Dugger's Florist & Gifts is not the least expensive shop in our area, nor is it the most. They are always about quality over quantity, and are most often able to do a quick turnaround. "We try our best to please," Melinda told me. Come to Dugger's and discover what I mean.



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What Makes Ronnie Roll

Bringing An End To “March Madness”

by Ali Elizabeth Turner



Mayor Ronnie came into the office with a grin on his face, whipped out his pen, and proceeded to make brackets in order for me to understand the history-making aspects of this particular season of March Madness, which ends on April 4 at the last NCAA 2022 Championship game. “For the first time in history, Duke and North Carolina are facing each other for the Final Four. The other two teams are Villanova and Kansas, and one of them is going to emerge with the title. It’s also Coach K’s last game,” he said. For those of you who don’t follow college basketball, Coach K (whose full name is Mike Krzyzewski) is retiring this year, and he has the distinction of being the winningest coach in NCAA history. The North Carolina Tar Heels and the Duke Blue Devils each have won several titles,

have been the “Cinderella team,” experienced “upsetting” and being “upset,” but they have never faced each other in the Final Four, even though their respective schools are only about ten miles apart. Coach Dean Smith, who was Michael Jordan’s coach when Michael was a UNC Tar Heel is another one that was far more about building men through sports than winning titles, and Smith won a pile of them as well.

John Ed Mathison, the author of our series on leadership lessons from sports has described Coach Dean Smith through Coach K’s eulogy for Smith as follows: “He lived his philosophy of life.” The winningest college basketball coach, Mike Krzyzewski, said, “His greatest gift was his ability to teach what it takes to become a good man.



Coach K strategizing with his players

That was easy for him to do because a great man himself.” And, Coach K was taught by John Wooden himself, who long after his death continues to impact lives, including mine.

Mayor Ronnie said

something about Wooden that is especially interesting from the standpoint of strategy. He would have practices where players would learn to rebound without having a ball in their hands. It was all “going through the motions,” and apparently it was one of Wooden’s great secrets to success. Those practices without the use of an actual basketball would sometimes last for 5 or 6 hours. Wooden also allowed no profanity on the court, and while the practices were intense, when it came to game time, he pretty much stayed quiet and let his guys play the game out. He knew that everything important had already been drilled into them for that game, and he was going to trust them

to show themselves and the world what they had learned.

Wooden had a formula for success that he learned from his father: “Don’t lie. Don’t cheat. Don’t steal. Don’t whine. Don’t complain. Don’t make excuses. Don’t compare yourself to somebody else, but be the best that you can be.” That is outstanding advice, whether you are the coach or the player, and we shall see what happens this weekend and on Monday.

We had talked about several things facing the city, including getting the senior center back in shape so the sound of laughter can be heard there again.

We prayed, like we always do, and then it was time for Ronnie to roll.



Special Feature

River City Roofing Solutions: *Ready And Steady In Storm Season And Beyond*

by Ali Elizabeth Turner

Chris and Michael Muse began working in the construction industry when they were teenagers, and learned every aspect of the trade. Together they have more than 30 years of roofing experience. Chris is four years older than Michael, and except for Chris's time in Korea serving our country, they have always done everything together, including work. They started River City Roofing Solutions in 2018, and business grew quickly because they are really good at what they do, guarantee their work, and have a special heart to educate their clients, give them options, and deal with the insurance agencies.

I first met Michael in 2019 at our Athens Limestone Leaders BNI chapter, and learned a lot about business in general and roofing in particular every time he spoke. In 2020, smack dab in the middle of the pandemic, Michael was in an accident that resulted in the loss of his leg. There is no question that the accident changed his life as well as that of his family, but one thing it did not do, and that was to stop him.

It has been said often, "What don't kill ya, just makes ya stronger," and I can say from personal observation that in spite of the accident, River City Roofing Solutions hasn't missed a beat. When once

upon a time Michael would get up on a roof, now they use a drone. The result is that they can get a better idea of what is truly needed, and it's much safer. River City Roofing Solutions also makes extensive use of software that can take a picture of your home and accurately estimate how much roofing material is going to be needed to repair or replace your roof.

We are in storm season in North Alabama, and River City Roofing Solutions is ready for it. They have tarps ready to go, and when heavy weather hits, they will tarp damaged houses in order to prevent further damage. It's no secret, especially during storm season, that shoddy roofing companies seem to come out of the woodwork. "New or out-of-town companies will have a representative knock on the door, promise the moon, do poor work (if any at all), and then are gone. River City Roofing Solutions deals with it all the time; they call it "repairing the repairs."

River City Roofing Solutions has extensive experience dealing with insurance companies, and makes it a point to ensure that potential clients understand both their policies as well as their choices. A recent change in insurance policies has made it possible to give clients reduced rates on their policies when they re-



place their roofs with shingles that are resistant to storms. The shingles are also tested for how they would stand up to hail. Chris told me that the shingle companies take stainless steel balls and drop them from 20 feet onto the shingles to gauge impact. There are four main classifications, Class 1- Class 4. Class 3 and 4 shingles are typically considered impact resistant. A 1.75 inch ball is used for #3, and a two inch ball is used for #4. Michael feels that the storm-resistant shingle is going to become the industry standard.

The construction industry as well as the roofing industry are in the middle of challenges with supply chains as well as price increases. Both Chris and Michael told me that no matter what kinds of repairs are needed for a home, now is the time to take care of them before prices go up further and product availability goes down. They also mentioned that they now have more financing options so people can upgrade more quickly to the higher standard of shingles, which will save them money in the long run.

All work completed by River City Roofing Solutions is guaranteed for five years, and if there is something that wasn't done right the first time, they'll take care of it. "We start off by using the right products," said Michael, and they explain to the homeowner the importance of the proper shingles, underlayment, decking, and structural soundness. They also teach about some of the environmental issues that are important to good roof care, such as keeping leaves from piling up. This is important because the leaves can cause water to back up under the shingles which can result in leaks. River City employees are continually upgrading their training and have certifications with the International Building Code as well as the International Roofing Code. Chris also mentioned that they do their utmost to match the best possible roofing solution to both the environment of the roof as well as the budget of the homeowner.

I asked Michael and Chris why, when I have choices



RCRS founders and brothers Michael (l) and Chris (r) Muse

when it comes to roofing companies, I should choose River City Roofing Solutions. It did not take Chris long to answer with one word: Experience. They have professional experience, life experience, and a true heart for their customers. If you are looking for a roofing company that will educate you, protect you, and give you an excellent result, then call River City Roofing Solutions today for a free, no-obligation estimate.

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From The Veterans' Museum

Remembering And Honoring Our Veterans

by Yvonne Dempsey

"Let their remembrance be as lasting as the land they honored."

— Daniel Webster

Although it is a few weeks away, Memorial Day is a day set aside to remember our country's veterans. Originally called Decoration Day, from the early tradition of decorating graves with flowers, wreaths, and flags, Memorial Day is a day to remember those who have died in service to our country. We also remember all veterans who were willing to lay their lives on the line for their country.

Today, many people spend time on Memorial Day, or a few days before, placing small American flags on veterans' graves. Some choose to do this at a friend's or relative's

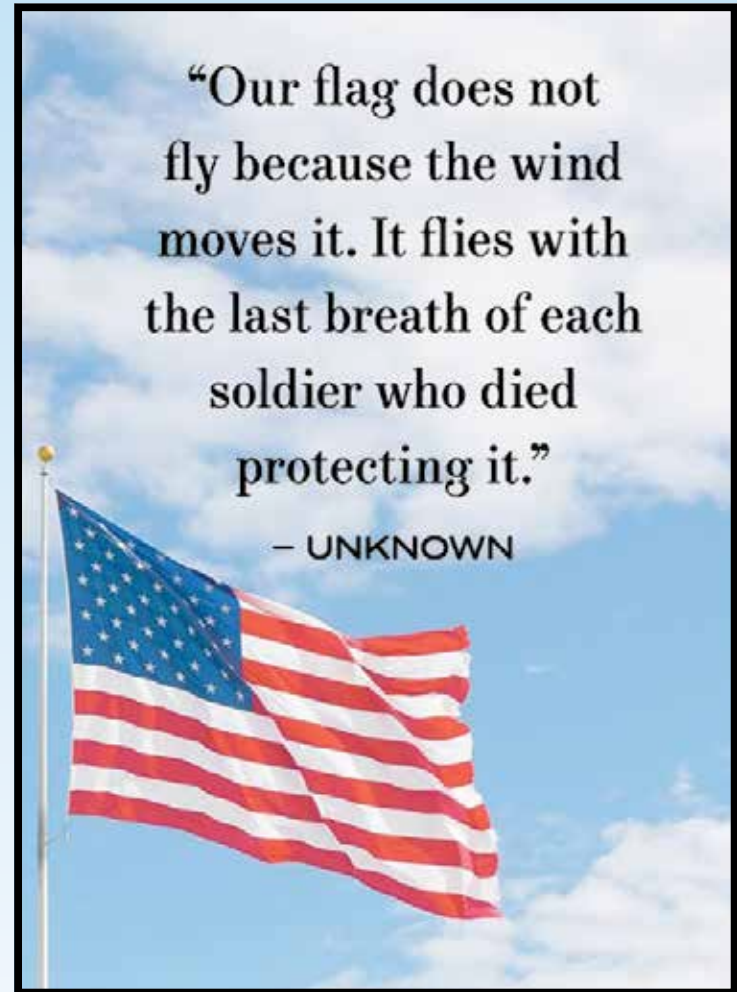
grave, but many choose to honor complete strangers for their sacrifices.

Here in the Limestone County area, we are blessed to have many citizens who choose to undertake the responsibility of placing flags on the graves in various cemeteries. This can be done by anyone -- individuals, families, churches, civic organizations, Scouts, schools, veterans' organizations. Volunteers can adopt one or more of the cemeteries in which to place flags.

Volunteers are needed for this endeavor because there are approximately 5000 veterans' graves in 250 locations throughout the county. Flags are pre-counted and labeled for each cemetery and may be picked up at the Ala-

bama Veterans Museum starting Saturday, May 7 after Coffee Call which is at 8 a.m. or any day, Monday -Saturday 9 a.m.-3 p.m., but prior to Memorial Day, which is the last Monday in May. There is no cost to volunteers except for their time. If you are aware of a veteran's grave that may be overlooked or not in the museum's database, please give the information to the museum. We do not want any veteran to be forgotten.

Help is also needed to identify veterans' graves that might not be in our database. The museum's archives includes a database of veterans with information such as full name, birth place, dates of birth and death, dates and branch(es) of service, units/ships, locations and assignments,

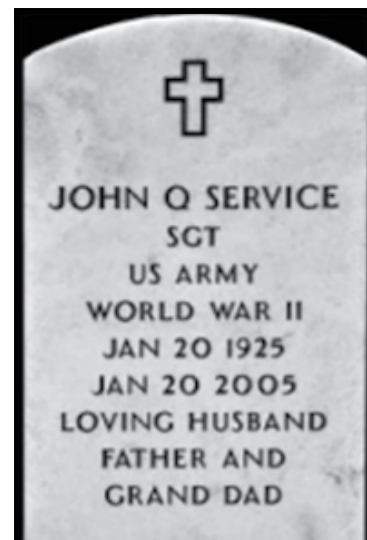


awards and decorations. Pictures of the veteran are included and these can be scanned when they are brought in and immediately returned. Veterans need not be deceased to be included in the database. Additional information can be added at any time.

Memorial Day is usually considered the beginning of summer for many people. While you are enjoying this time of frivolity, would you please consider giving some time to honor those who gave all for our great country?

"While we can never fully repay the debt owed to those who lost their lives defending our nation, we must do everything we can to uphold our commitment to those who've worn the uniform of this great nation and to their families who have made significant sacrifices on our behalf."

Sen. Tammy Duckworth





Slinkard On Success

“G” Is For Goals

by D. A. Slinkard

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

The ABCs of success in life are not nearly as complicated as many people make it out to be. We have ventured through the alphabet to start this year and we are now to the letter ‘G’ for Goals. It has been my experience not many people truly have goals they want to accomplish. More and more people have dreams they would love to achieve but many do not have goals. It has been said that dreams are something you create in your mind that can take any shape or form, while goals are based on taking action.

Dreams are easy to make, and they are imaginary. They do not produce any tangible results, and I have been told in the past that until a person writes down their goals and commits these goals to paper, they are merely dreams. There are many people living life who have an idea of what they want to achieve, what they want to accomplish, however, they have never taken the opportunity to jot down their dreams so they can become a reality.

I chuckle as I look back on the things I have accomplished in my life knowing that some of the things I have been able to achieve all started because of a wishful dream. Dreaming is not bad; we need to get our creative juices flowing especially if we want to



make something out of our lives. I am a firm believer that we must think BIG in order to achieve results, but I also know we need to be committed to goal setting.

I have seen it too often when people do not set goals, they do not track the results they are getting, and they have no idea how to get where they want to go. We see the issues plaguing our society in which we have educators wanting to teach another “G” word such as genderism, but how much more productive could our members of society be if goals and goal setting became a priority over pushing partisan agendas?

I am a graduate of the public school system, and I cannot remember one time in which I had an educator talk to me about goal setting and what it takes to have success. Honestly, we have a lot of character

traits that are lacking in our society. We have people who want to taste success, but they do not want to put in the effort it takes to achieve the success. We have too many people desiring to be the next viral sensation, and it just is not going to happen. I question how much more could I have achieved growing up if someone would have been more vocal with me pertaining to goals.

I have tried my very best to do this with my daughters, and I believe we all need reminders sometimes. In fact, I think every one of us should take the time right now to sit down and think about the goals we want to achieve in life. I heard a motivational speaker suggest to take out a clean sheet of paper and write down the word “Goals” and today’s date on it. Then write ten goals you would like to accomplish in the next

twelve months. With this exercise, you will write these ten goals in the present tense such as, “I earn [...], I achieve [...], I drive such and such car, I own [...].” Then you will take this list of ten goals and look it over and ask yourself, “If I could achieve one of these goals in the next 24 hours, which one goal would have the greatest, positive impact on my life?” Typically, this will jump out at you, and you want to circle that one goal. That is the goal you will transfer to another clean sheet of paper.

The next thing is to fol-

low these six steps: 1. Write it down. 2. Set a deadline. 3. Make a list of everything you must do to accomplish this goal. 4. Organize the list into a checklist. 5. Take massive action. 6. Do something every day to accomplish this goal. If you do this simple exercise, you will find that nothing can stop you but yourself. We all have one life to live and one opportunity to achieve success. Our goals will vary from person to person, but we should all have goals. There is so much more we can accomplish, but we must take time to make goals.

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Clean, Green And Beautiful

A Bouquet Of Spring Events

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



KALB'S ELK RIVER CLEANUP

Spring is a very busy and exciting time for Keep Athens-Limestone Beautiful. There are several events going on during the month of April, and we would love to share information about them with you!

As part of KALB's yearly Trash Attack series, we are planning to spend time cleaning up the Elk River and surrounding public lands, and we would love for you to join us! On Saturday, April 2 from 8 a.m. to noon, KALB invites individuals, families, businesses, groups, and organizations to help us with this effort. Volunteers will meet at the Hatchery Road Boat Launch off of Hwy 99 in West Limestone at 8 a.m. to check in and to pick up supplies, including litter grabbers, gloves, vests, and trash bags. Donuts and coffee will be served at check in. After picking up supplies, volunteers will then disburse to different areas along the Elk River to clean. Lunch will be provided to volunteers at noon. This is a great opportunity for those needing volunteer hours to get out and make a difference in our community. More event details are located on our website: www.KALBCares.com.

FREE DUMP DAY

It's time for spring cleaning so take advantage of this opportunity! On Saturday, April 2 from 8 a.m. to noon, Limestone County residents are welcome to bring

one pickup truck or trailer load of trash to the Republic Services Transfer Station located at 16100 BFI Lane off Hwy 72 West, just before 7-Mile Post Road. Gates close promptly at noon so arrive early.

RESTRICTIONS: Any appliance with Freon must have the compressor removed or be accompanied by a certificate showing the Freon was professionally removed. No household hazardous waste or medical waste. Contractors may NOT dump free. Must provide proof of residency (i.e., a utility bill).

GUIDED NATURE WALK AT MARBUT BEND

Before you head out to the Earth Day & Outdoor EXPO on Saturday, April 23, we recommend taking a relaxing guided nature walk beginning at 7:30 a.m. at the Marbut Bend Walking Trail in West Limestone. You won't want to miss this fun and educational walk located in a very beautiful area. This walk will take you



across boardwalks through a wetland area and along the shoreline of two coves of the Elk River. Damien Simbeck of Tennessee Valley Authority (TVA) will be leading the walk. He is an expert on birds and other wildlife, along with the plants and trees that call Marbut Bend home.

The walk will begin promptly at 7:30 a.m. Please meet in the walking trail parking lot. Comfortable walking shoes and insect repellant are rec-

ommended. You may want to bring binoculars as well, for bird and other wildlife viewing. This 1.1 mile walk is an easy, flat, and A.D.A. accessible trail, and will last approximately 1 to 1 ½ hours.



(256) 233-8000

KALBCares@gmail.com
www.KALBCares.com

EARTH DAY & OUTDOOR EXPO

Keep Athens-Limestone Beautiful has partnered with Athens State University for this year's Earth Day & Outdoor EXPO, and we invite YOU to join in on the fun! The event will be held on the campus of Athens State University on Saturday, April 23 from 10 a.m. to 3 p.m. Admission to the event and all shows/performance will be FREE. Vicky Beckham Smith "The Bat Lady" and a few of her winged friends will provide two educational shows about the importance of bats to our environment. The Science Guys will have two separate exhibits where visitors can perform hands-on science experiments, and will also provide a 30-minute show. Athens State University will have live reptiles and amphibians and will provide historic tree tours. There will be exhibitors offering products, services, information, and education. There will also be food trucks, a petting zoo, fun and games, and MORE!

Contact KALB with questions by calling 256-233-8000 or email KALBCares@gmail.com.



KEEP AMERICA BEAUTIFUL AFFILIATE



Cooking with Anna

Love Does Not Dishonor

by Anna Hamilton

I hope you are enjoying this deep dive into 1 Corinthians Chapter 13 as much as I am. I am learning so much about myself in this process, and I have truly been amazed at the transformation I have seen in myself within the 1st quarter of the year. Speaking of, can you believe that 2022 is already a fourth over! I promise, yesterday was January 1!

What does "Love does not dishonor" mean? Well, I think it is important to understand first what the word honor means. Honor means to have high respect, great esteem. In keeping with the theme of our study, do you honor, respect, hold yourself in great esteem? When one doesn't have honor for themselves, love cannot be present.

Do I have high respect for myself? Do I honor myself? I would like to think that most of the time I do. But there have been times when I have not respected my feelings. I have not brought honor to this body, this self that God has blessed me with.

Just a few chapters earlier in 1 Corinthians 6:19-20 the Bible says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you

have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies." My body houses the Holy Spirit, a true gift from God. When I do things that bring dishonor upon myself, I am also bringing dishonor upon the Lord.

This applies to sin as well as not properly caring for ourselves. We are stewards of this body that was given to us by the Lord, and we are called to care for it properly. I am guilty of not always fueling it with nutritious fuel. Notice I did not say, "in the past..." In the spirit of honesty, I just finished a snack cake while writing this article. Now, did that snack cake bring dishonor to my body, maybe not, but if I only eat snack cakes for the rest of my life, that would not be good! Taking care of your body for me has been a tightrope walk of missteps. I have been on every diet under the sun. I have starved myself, I have limited my calorie intake to 400 calories a day, I have given up and ate anything I wanted, and in doing so, I have sent my metabolism packing. Now in my 40s, I am learning to rebuild my body and am timidly learning how to handle my relationship with food properly. God gave us food to nourish our bodies but also to bring joy. Finding that perfect balance is what I am

Rosemary Cauliflower Rolls

Ingredients:

*4 cups riced cauliflower
1/3 cup almond flour
2 eggs
1/3 cup shredded mozzarella cheese
2 Tbsp fresh rosemary finely chopped
1/2 tsp salt*

Directions:

Preheat oven to 400 degrees F.

Combine all ingredients in a medium-sized bowl.

Scoop cauliflower mixture into 12 evenly sized biscuits/rolls onto a lightly greased, foil-lined baking sheet. Or



fill a full-sized muffin tin evenly with mixture. We use a muffin tin, greased well, and they come out perfectly every time.

Bake until golden brown, about 30 minutes. For a crispy outside, broil for a few minutes before serving.



The Millennial Mind

Do A New Thing

by Rosemary Stainbrook

A large proportion of Western society is in great need of the "spirit of creation." The healthy growth of our social order is severely suppressed in multiple areas, including families, art, music, marketing, news, goods and services. The lack of original productions is due to an obsession with the failed ideas of the past, and if the vast majority of people do not expand their capacity for purposeful hardship, innovation will surely be hindered.

There is a serious need for members of any community to grow and mature. Much of the content of modern education and entertainment is absolutely saturated with opinions that tear an individual apart from the inside out. The actual purpose of such opinions is to divide one's community, instead of strengthen-

ing it as a whole. When someone begins to isolate, the social structure grows weaker. We need each other's ideas, assistance, and unique contributions. Without consistent healthy interactions, growth and creativity are eventually lost.

Everyone has a hunger to be seen as unique, special, or extraordinary. However, if there is a prevailing ideology that overindulges that hunger, the individual will easily become "full of themselves." An individual may very well be accepted in their community, but if the acceptance is not expressed exactly the way the individual conjured it in their mind, they will still feel ostracized. That is not the community's error. When someone can't accept another's true kindness, their perception is tainted by

their own personal ideology.

Truth is almost its own person. Someone can either have a relationship with it or not. A truth does not overshadow an individual's identity, but it does supplement it -- kind of like having a drink of pure water instead of a corn syrupy soda that is artificially flavored.

When it comes to the unhealthy growth of social isolation, women and girls are becoming more isolated than ever. Women and girls have truly become oppressed, and not in the way legacy media and entertainment portray. Teenage girls are making more friends online through social apps than they do with girls their age in their community, school, and religious groups. Teens do not recognize when they are being conditioned

by an adult with an ideology or something more insidious. Young women eighteen and up are dating, getting married, and having children later and later. The lie that females have been told for decades is that they should act more like males (under-socialized, materialistic males at that) in order to have more fulfilling and entertaining life experiences. A Wharton School of Pennsylvania study found that there has been a consistent decline of female happiness since the sexual revolution of the 1960s. Even though women have been encouraged to wait to marry and have children so they can have a satisfying career, what has happened is that their career prevents them from experiencing either. So, now women are being deprived of a husband and children, which isolates them even more.

As a result, the perpetuation of isolation of men from women has stunted the maturing of society. The current opinion is that the nuclear family is an outdated and failed idea, when in fact it is one of those truths someone can have a relationship with or not. The vast majority of males and females starting a healthy and secure family is the ideal, regardless of what the current culture tries to present. There is a level of understanding

and awareness that does not evolve without having children. The lesson of cultivating a proper relationship with someone who is hopelessly dependent on you is the most valuable lesson you can learn. The world around an adult is completely reborn when they are endowed with their children's awe with the world around them. The old things become new.

We see the lack of vision throughout culture. Movies are poor adaptations of comic books and remakes. Music is overly simplistic and usually sampled from other old songs. Brands are using retro-graphics from the '80s and '90s to lull the public into a false sense of comfort.

From a Christian worldview, "Where there is no vision, the people perish: but he who keeps the law (truth) is happy." Furthermore, we are commanded to "behold (perceive) a new thing," and we are asked whether we will even be able to understand it. If you walk in truth, you will always have a creative vision.

Having children while in a relationship with timeless truth is by far the most creative thing an individual can do on this planet. What our children create with the purpose of sustaining truth will be families' greatest achievements. The future innovations of our children will be priceless, and to hinder those interactions is a tragedy.



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Vote For Britley Leonard Brown For Limestone County District Judge, Place Two

by Ali Elizabeth Turner

continued from page 1

of Martha Jo and Fred Leonard of Athens and Hubert and Judy Chittam of Athens.

Britley holds an undergrad degree in business and commerce which she completed with distinction at the University of Alabama, and as someone who is Athens born and bred, she attended Cowart Elementary, Athens Middle School, and graduated from Athens High. While she was in Tusca-

loosa, she was active in student council and service organizations, doing everything from tutoring to planting trees, and was a member of the Honors College. After college, she worked at Compass Bank for two years, and then decided to get her degree in law. She passed the bar exam the first time (no small feat), and became an attorney for the U.S. District Court for the Northern District of Alabama in 2016. She has worked as an associate at Hand

Arendall Harrison Sale LLC, which is the same office as Athens City Attorney Shane Black, and while they hate the possibility of losing her in their office, they are backing Britley's decision to run for a seat on the county bench.

Britley has also been a guardian ad litem, which is essentially a lawyer who advocates for a child in cases such as custody or termination of parental rights, and sometimes those which involve an incapacitated adult. The

sworn duty of a guardian ad litem (GAL) is to the child and the child only, and Britley has a great heart for kids.

Britley is involved in Rotary International and has been involved at Athens High with getting the youth version of Rotary (known as the Interact Club) off the ground. She and other community members have had the pleasure of watching kids come together as a club and become involved with the community. Britley

mentioned that she and her colleagues have gotten a great sense of satisfaction watching how the kids "changed a lot over time." Because friends and family took the time to invest in her while serving the community themselves, she wants to do the same. She is also a part of the Limestone County Council on Aging. Jeremy and Britley worship at Journey Church, which is located in Madison.

When we spent time



Britley & Jeremy Brown

together for this interview, Britley asked me to make sure that readers understood exactly what is involved in being the Limestone County District Judge, Place 2. First of all, she would conduct only bench trials, meaning there is no jury selection or verdict as a part of the trial proceedings. The rules of evidence in a bench trial are the same, as are the rules of objection for both lawyers arguing the case, and the conclusion to bench trials is called a “finding” rather than a “verdict.” Bench trials are common in civil cases and juvenile matters. She would also possibly hear drug cases, preliminary parts of some felony cases, and state trooper cases that occurred in Limestone County.

Secondly, because everything falls on the

shoulders of the judge, and their rulings are highly scrutinized, it is imperative that the judge has a deep understanding of the Constitution, the rule of law, and what actually constitutes discovery. In addition to those qualities, a district judge must be what Britley describes as an “impeccable listener.” She said, “I am calm and I listen to all sides. Also, I have to see everything as a whole. You have to rule as you think, not as you feel.” The cases Britley would hear if she is elected pertain only to rulings applicable to Limestone County.

In the six years that she has been a member in good standing of the Alabama Bar Association as well as the Limestone County Bar Association, Britley has represented hundreds of clients in circuit and district courts; Juvenile Court of

Limestone County, Alabama; probate court; and the Bankruptcy Court of the Northern District of Alabama.

In terms of her personal mission, Britley wants voters to know that she is running on her conservative values, and she has a strong belief in the Constitution. “I believe in the rule of law, and intend to enforce the same with honesty and integrity,” she said. In addition, Britley stated, “I humbly ask for the people of Limestone County’s vote on May 24, 2022, in the Republican Primary,” Britley Brown said. “If elected, I pledge to be a fair and impartial judge who serves the citizens of Limestone County honorably.” If this is who you feel would be a good choice for Limestone County, then let your voice be your vote for Britley Leonard Brown.



BRITLEY LEONARD BROWN



DISTRICT JUDGE PLACE 2

Paid for by Friends For Britley Brown - P.O. Box 801 - Athens, Alabama 35612

Procrastination Or Prudence?

by Eric Betts

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



One of the greatest hindrances to effective leadership in nonprofits, businesses, academia, and religious organizations is the tendency for procrastination. Procrastination is often confused with laziness, but this is not always the case. Procrastination is the mindset that delays important tasks and replaces them with others that are more convenient. One virtual leadership resource called mindtools.com defines procrastination as the following:

Procrastination usually involves ignoring an unpleasant, but likely more important task, in favor of one that is more enjoyable or easier.

Leaders who procrastinate are often guilty in two areas. They make the mistake of thinking a task is extremely easy and can be quickly dealt with in a short amount of time, and they put it off, or they seek to avoid the pain or energy required in the present for the

more difficult ones. As a result, opportunities are lost, important details are lost, terrible mistakes are made, and unnecessary pressures are placed upon both themselves and their fellow workers when the deadline becomes closer. American entrepreneur Victor Kiam said, "Procrastination is opportunity's natural assassin." Additionally, one must not forget the important warning and admonition that "*procrastination is the thief of time.*" Procrastination is often a tricky trade-off of present comfort for delayed burdens. John Maxwell said, "Procrastination may relieve short-term pressure. But it often impedes long-term progress."

Another mistake leaders often make is confusing prudence when it comes to seeking the right moments to act, and the pitfall of procrastination. It is important to distinguish between evaluating the best time to implement a plan, and procrastination.

It is always important to get your timing correct when making important decisions.

A leader doesn't want to be too early and suffer negative results because of the lack of preparation. In addition, a leader doesn't want to be too late and miss a vital opportunity. Timing is critical, but procrastination is detrimental. One might ask, "How does one understand whether an action represents procrastination and prudence?" John Maxwell writes about this very issue. He offers five ways to determine whether a leader is acting with prudence or procrastination. Notice the following signs that indicate procrastination:

1. When missing deadlines becomes a regular occurrence.
2. When you often ask, "When is the latest that I can do this?" instead of "When is the soonest that I can tackle it?"
3. When you frequently come across old documents and to-do lists that you haven't missed in weeks or months.
4. When items on your to-do list continually roll over to the next day, week, or month.
5. When items get crossed off your to-do list not because they've been completed, but because they're too out of date to be done.

One of the important lessons of the pandemic is that procrastination is a terrible gamble. The pan-

demic has taught society something about how times can easily change and how delaying important decisions can be detrimental. There are many businesses, nonprofits, religious organizations, and educational institutions, that delayed updating and upgrading their online presence and virtual communication systems and had to scramble when the lockdowns occurred. We have learned that it is always better to be proactive and a step ahead of the times. Some scientists and medical experts report that if lockdowns, stay-at-home orders, and the move toward mask wearing had occurred just a few weeks earlier, thousands of lives could have been saved. Moreover, there are many plans that could have been implemented in 2019 but were unnecessarily delayed until 2020, and the door of opportunity closed due to COVID-19.

If one has developed the habit of procrastination, what are some of the things that can be done to avoid this tendency? The online leadership resource center called Skills You Need, identifies a few practical tips that can be implemented to escape the procrastination trap. Notice these five suggestions:

* Do it first, then reward yourself with something you'd rather do. It can also be helpful to do unpleasant things first thing in the morning, when you're a bit more resilient, and also when you can't think

of a really good excuse.

* Do it more often, not less. If you find yourself struggling with a task that you feel you ought to do once a week, or twice a week, try doing it every day instead. That way, it will be harder to put off, and you will feel worse if you don't get it done that day.

* Write it down. It sounds odd, but it's much harder to ignore a task once you have written it on your to-do list, especially if it's a list of things to do today. A more extreme version of this is to tell someone else what you plan to do. You can even ask them to call and check whether or not you've done it.

* Arrange to do it with someone else. If you struggle to motivate yourself to go to the gym, or to exercise, or even to take your child out somewhere, arrange to go with a friend. This has two benefits. First of all, you've arranged to meet at a particular time, and you will feel bad if you let your friend down. Secondly, we all enjoy things more if we do them with someone else.

* If it will take less than 2 minutes, just do it now. Stop arguing with yourself and just do whatever it is.

So remember, whether it is an extremely easy or a highly difficult task, if it can be done, do it now. You will not regret it and will be glad you acted when you did.



Long Road To Taos: Part III

by Jerry Barksdale

www.jerrybarksdale.com

fb.com/jerry.barksdale.7



The morning broke cool and clear in the high desert country of Taos, New Mexico. The day held promise.

"Dad, let's take a trip to Valle Vidal," said my daughter Shannon. My good friend (and sometimes red-head) Pat and grandson, Joshua were all in. I was eager to return there.

Valle Vidal (Spanish for "valley of life") is 102,000 acres of pristine wilderness 69 miles north of Taos and inhabited with elk, bear, bison, and bisected by a wild river teaming with cutthroat trout. If God ever vacations, He surely goes there. It's where I had planned to live in a tepee part time following retirement. I had purchased "Little Red" my devoted Toyota pick-up specifically for that purpose. Shannon helped me select a tepee and I planned to acquire a dog for company and to keep me warm on cold nights.

Then I met Pat. She's a "Tanner-tested" lady (similar to Good Housekeeping seal) who can cook like a gourmet chef, paint a house, mow grass, and operate a Farm-all tractor. What else does a lazy man need? For several years she has waged an unrelenting battle against ugliness in Athens at her modest beauty shop, The Total Look. If a customer is short of money, Pat will give them a "half look." She doesn't cuss much, smoke, drink or use drugs (except Sundrop); is slow to anger; and never throws cups and plates. A fine lady who looks and smells a sight better than a dog. I forgot about the tepee and dog. I'm glad I did.

We drove down a narrow, winding gravel road and across Valle Vidal. In four

hours we met fewer than six vehicles. Turquoise sky, blooming mountain flowers and rushing streams took our breath. Such peace and tranquility. Then a loud scream! "EEooow!" Joshua slammed the car door on his hand. Tranquility ended. "There goes his good job at Anasazi Hotel," I thought.

We emerged back in civilization at tiny Cimarron, a speck of a town on the old Santa Fe Trail. We stopped at the St. James Hotel. Back in the day it was frequented by Jessie James, Bat Masterson and Clay Allison, just to name a few. Numerous bullet holes dot the tin ceiling. Twenty-six killings occurred there. Clay Allison, from Waynesboro, Tennessee, killed several men in the bar. He was discharged from the Confederate Army for psychological problems – "part manical" – but later served in the 9th Tennessee Cavalry and rode with Gen. Nathan Bedford Forrest. Allison always said he never killed a man that didn't need killing. How many of us can boast of such sterling civic accomplishments?

That evening Pat made pasta, garlic bread and salad, which we washed down with a good red wine. Afterwards, we sat outside where an ancient acequia the Spaniards constructed to irrigate the valley, gurgled past us. We talked as a night breeze rattled leaves on ancient cottonwoods. There was so much love among our little tribe. Since the death of Carol, my children have grown very close to Pat. And it's good.

Later, we built a fire in the kiva fireplace and temporarily adjourned to the hot tub on the patio. Our fun was interrupted by a woman who appeared out in the night decrying that her

husband was allergic to smoke and was choking to death. Not wanting to be responsible for his death, we put out the fire.

Joshua woke at 2 a.m. whimpering with pain in his hand. I gave him two Advils and worried that he wouldn't be able to return to work that afternoon at the Anasazi Hotel in Santa Fe. He had worked one day before asking for four days off. Not good.

After Joshua returned to Santa Fe, Shannon, Pat and I drove 20 miles north of Taos to San Cristobal, location of the 160-acre D.H. Lawrence Ranch (elev. 8600). Lawrence, a famous English writer, who wrote *Lady Chatterley's Lover*, and his wife Frieda came to New Mexico in 1922. They lived in a small, rustic cabin on the ranch where Lawrence wrote. Lady Dorothy Brett, a Lawrence admirer of English nobility, came to the ranch

in 1924. The cabin grew too small for the two women and Frieda banned Lady Brett to a tiny closet-size cabin in the back yard. Cat fight? Lawrence died in Venice, France, 1930; and his ashes eventually ended up at the ranch.

One evening we had dinner at the Kyote Club where Shannon and her band performed. Shannon introduced me to Roe, a beautiful woman with long black hair, who is a sixth-grade school teacher. Her father fought with the Philippine Guard when the Japanese overran Manila during WWII. He, along with others were lined up by an open trench and gunned down. He survived, escaped to the jungle, and fought with the guerillas against the Japanese until Gen. McArthur returned. Roe moved to Taos after her son was killed in a car accident "to find peace," she told me.

On another evening we went

to the Alley Cantina to hear Shannon sing. They play rock'n roll, blues and funk. Shannon is lead vocalist and Dave Kinney plays guitar and harmonica. Rick, keyboard player, is a Taos lawyer who moved there from Beverly Hills. Brendan Devlin, a lederhosen-clad waiter at the Bavarian restaurant during the day, plays lead guitar and sings. He slings his long black hair like he has water in his ears. It drives women crazy. Long hair is stupid. I'm bald and don't have to go around slinging my head. "Ohhh, he's so cute," Pat cooed. "I'm going to take him home." The little punk.

We headed back to Alabama. I yearned for humidity, ripe tomatoes, and fried okra from our garden on Elk River. I watched as the mountains faded in my rearview mirror and knew I would return to Taos. I always do.

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Improving Your Emotional Health

by Lisa Philippart,
Licensed Professional Counselor

***“Emotions can get
in the way or get
you on the way.”***

- Mavis Mazhura

Everything from genetics to childhood experiences play some role in our emotional health. However, we don't have a lot of control over the genes we inherited or the past we have lived through. All we have is the present and what we choose to do in it. If you want to feel better emotionally, the best place to start is by making small, consistent changes in your behaviors. Over time, these will become habits that keep you mentally strong and emotionally resilient. Begin by using specific language to talk about how you feel. Many adults are in the habit of overgeneralizing their word choices to describe their emotions. For example, you may be able to identify that you are feeling angry. But what is beneath that anger...is it frustration, hurt, resentment, bitterness, stress, shame, or even sadness?

From worry to rumination to self-criticism, we all fall into overthinking from time to time. The problem is that thoughts happen really fast in our heads. This overthinking can generate a lot of painful emotions in a short amount of time. Why not try doing your overthinking on paper? You can't write nearly as fast as you think. By forcing yourself to overthink

on paper, you allow yourself more time to validate the experience. Emotional validation (especially in writing) is like a pressure release valve for difficult feelings. You'll be much more likely to react to that emotion productively if you've taken time to slow down and validate the feeling before you try to analyze it.

We talk to ourselves all day long. This is called self-talk and it's like the narrator of our lives. Unfortunately, for a lot of us, that narrator is pretty intense and harsh, even mean, much of the time. Start paying attention to your inner tone of voice. Replace that cruel speech with a gentler form of narration. Just because the origin of difficulty is in your head, it doesn't mean the response needs to be. When people struggle with difficult thoughts or emotions, it's natural to respond to them with

more thinking. But often the best way to manage an emotionally difficult situation is to first move your body and change your environment. Go for a 5-minute walk or pick some weeds in the garden.

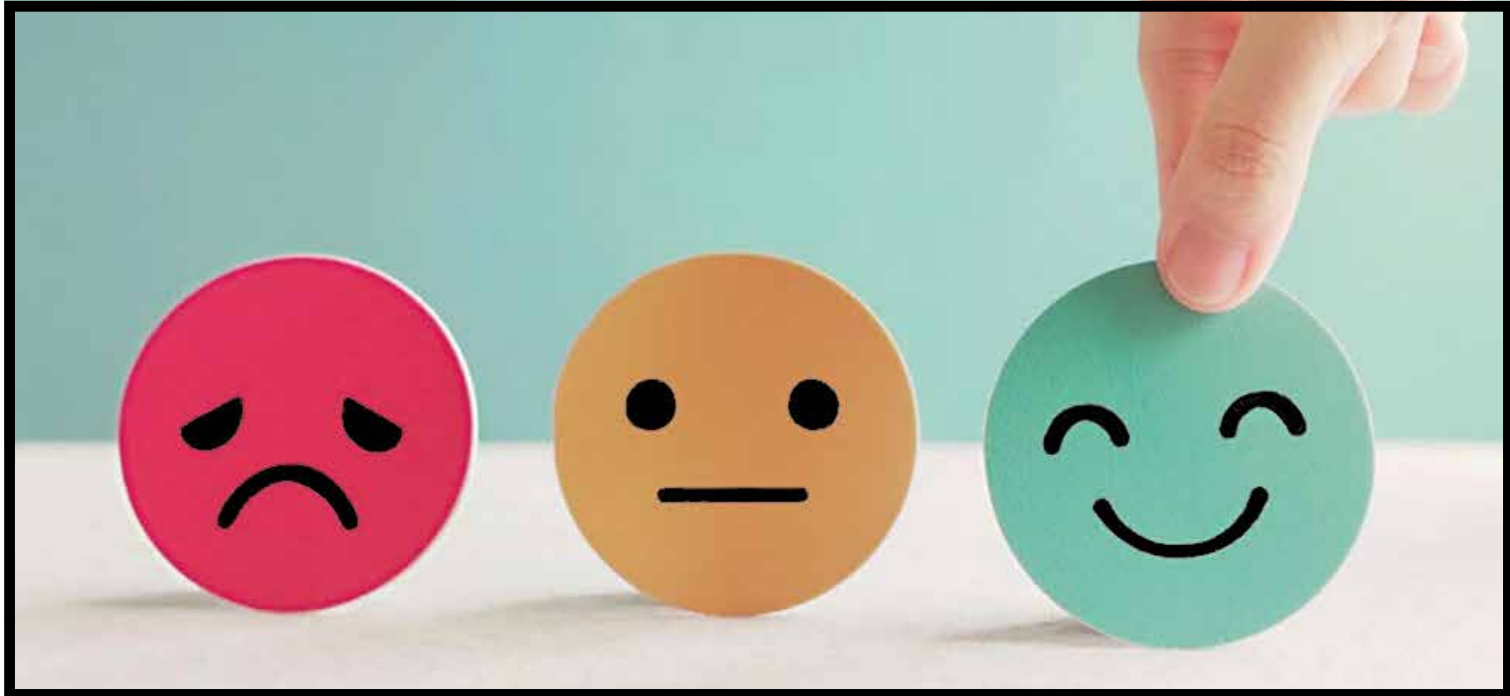
One of the great ironies of our time is that we're more connected to each other than ever, yet we often feel isolated and alone. We're constantly connected to coworkers through email and Zoom, but it's been months since we have had a real conversation with a good friend. And as more and more shallow connections demand our attention, we must be more intentional about making space for deeper, more meaningful relationships. This might mean scheduling a regular call with a good friend, treating it like an appointment. Maybe it means one night a week turning off the TV and talking with your partner. Emotional

health depends on social health. And social health depends on quality time, not just more connection.

And finally, everyone self-sabotages. From breaking your diet with a sugary dessert to avoiding a difficult conversation, the tendency to act against your own best interests is incredibly common. But to break the cycle of self-sabotage requires not just that we are aware of these unhelpful tendencies, but also that we're clear about what we really want. One way to avoid self-sabotaging behaviors and stick with our goals and com-

mitments is to clarify the difference between immediate wants and long-term beliefs. Remind yourself of your values in the moment and you'll have much more motivation to follow through on them. Being your best emotionally is rooted in living according to your principles.

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



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The Alternative Approach

Healing From Within

by Roy Williams

Healing is part of what the human body was designed to do. You don't have to tell your body to heal, it is as automatic as breathing. When damage occurs due to disease or trauma, messages are sent instantly via the central nervous to the brain, which immediately begins the process of healing.

At the moment the miracle of healing begins, an amazing number of processes go into action. Your immune system is activated sending killer T-cells and microphages, or white blood cells, to the source of the disease or the area of damage. Heart rate goes up, blood flow increases, inflammation begins, and even hormones such as cortisol and dopamine are activated. Even something as small as a splinter in your finger can cause histamine production.

Yes, your body is an amazing creation with some of the most incredible response mechanisms ready at a moment's notice. Once the healing process begins, your body will immediately send nutrients to the damaged area to make repairs. If you are

bleeding, it will begin another amazing process of clotting your blood to decrease blood loss. If you are attacked by a pathogen, the killer T-cells and white blood cells will begin to hunt down the foreign proteins or other contaminants so they can destroy and remove them from your body.

The question is *Are you ready when a disease or trauma happens?* Do you have a reserve of the most important nutrients such as vitamins A, B, C, D, and E? Just as important are the minerals that are absolutely necessary to repair the damage, minerals such as calcium, magnesium, potassium, iron, and copper in your reserves. Overall, in order to heal, your body needs a supply of 16 vitamins, 74 minerals and trace elements, 12 amino acids, 3

essential fatty acid, and a lot of protein.

Ever wonder why two people can be injured or catch a virus and one will heal very quickly without complications and the other may have to be hospitalized or die? According to Dr. Joel Wallach, the difference can be as simple as one having a surplus of all the nutrients necessary for healing and the other a deficiency of those same nutrients. Some people develop cancer and others, even though they are exposed to the same environment, never develop cancer.

Healing is something your body knows how to do, but without the raw materials that are necessary to make the repairs or fight the infestation, the healing process will fail. If part of your home is destroyed by a tornado and you call a contractor to make the repairs, what will they need to restore your home? Once they assess the damage, they will make a list of the materials that are necessary to make the repairs. Without the materials, your home cannot be made whole again. Your body is no

different.

Another thing you need to be aware of is that your body is organic. It requires organic material to make the necessary repairs. Not one cell of your body is synthetic; therefore, the drugs your doctor may prescribe when you are injured or become diseased can only treat the symptoms. Drugs cannot be used by your body to make the repairs. Drugs can ease your pain, stop nausea, decrease bleeding, and even calm you down, but they cannot be used to patch you up or complete the healing process.

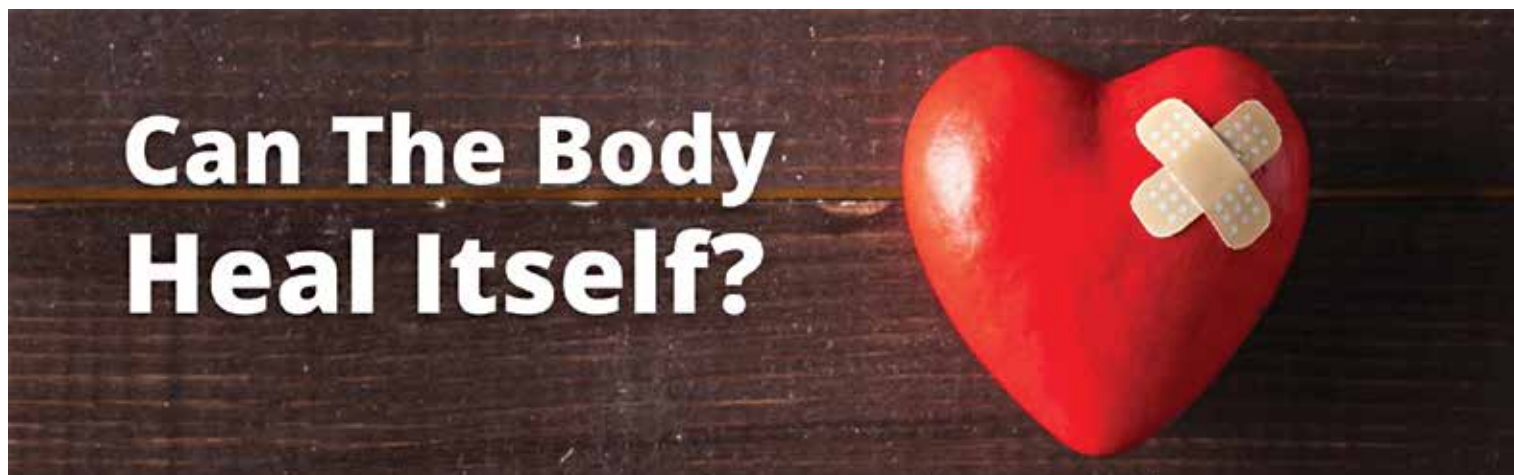
Yes, God designed your body to heal. It is, however, your responsibility to make sure you are getting the appropriate organic materials to repair at a cellular level. My wife and our children have been supplementing our diets with the highest quality all-natural supplements for most of our lives. Even in our sixties, we are not dependent on the medical profession. Our energy is great, aches and pains are minimal, we don't suffer from allergies or sinus problems;

we run five businesses and really love life because our overall health for our age is great.

Now that you understand that all healing is dependent on nutrients, doesn't it make sense to start a nutritional program that supports your overall health? As we age it becomes even more necessary. As we age our ability to maintain a youthful appearance, stamina, and overall health will decline if we are nutritionally deficient.

If you are one of those people who are not supplementing your diet, please consider starting a basic support program called, **Overall-Health Combo**. It is a combination of two easy to take supplements, **MSM+C** and **Ultimate Fruit & Veggie**. A daily serving of each will naturally help with energy, pain, focus, concentration, and quality of life. To learn more, go by Herbs & More in Athens or NHC Herbs in Killen.

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Abbie Cooper



Cooking with Anna (continued from page 13)

Love Does Not Dishonor

by Anna Hamilton

continued from page 13

now striving to accomplish.

Honoring your body with proper nutrition is just part of the journey. You must also be honest, truthful, and stand firm in what is right and good. When people speak of you in this world, you want your honest character to shine through. You want to be known as an honorable person. When you are known in this world as someone with good character, you bring honor to the Lord; and that is truly our main goal as Christians in this life.

On this journey of love, I hope to be someone that brings honor to God and to myself. Love and honor go hand in hand. When you do not honor yourself,

love can not be present. Respecting yourself enough to do the right things will bring love and joy into your life. It doesn't mean it will always be easy, but it will be worth it!

This week's recipe is a scrumptious roll recipe. It is made with almond flour, cutting the carbs and the gluten. It also is packed with cauliflower! Your family will love these and never know that they are eating something so good for them! It gives you the chance to enjoy a soft, yummy, warm dinner roll without carrying that heavy feeling. We love this for breakfast, lunch, or dinner and we hope you enjoy them too!

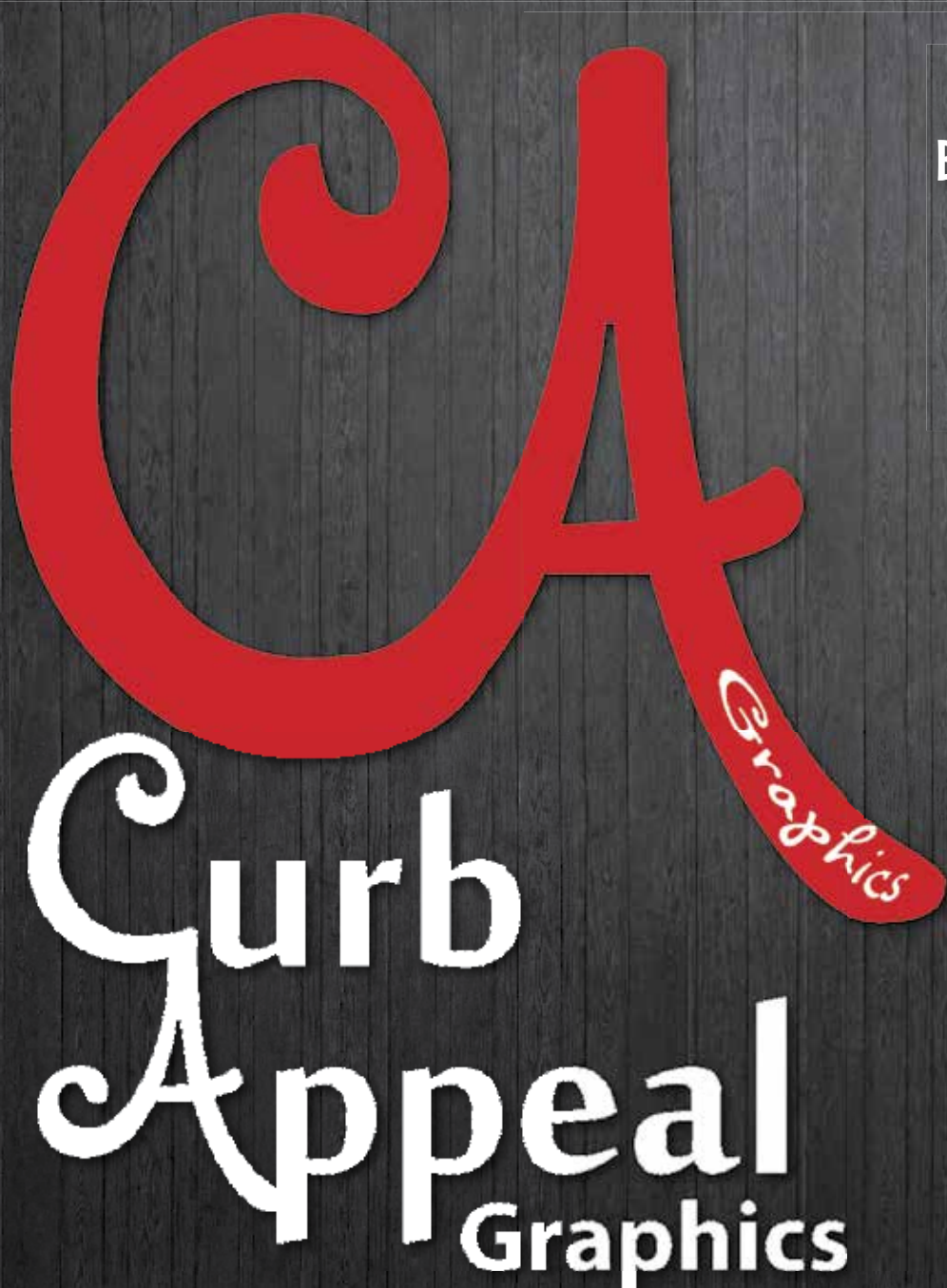
"Honor God with whatever you do, and your plans will succeed." Proverbs 16:3

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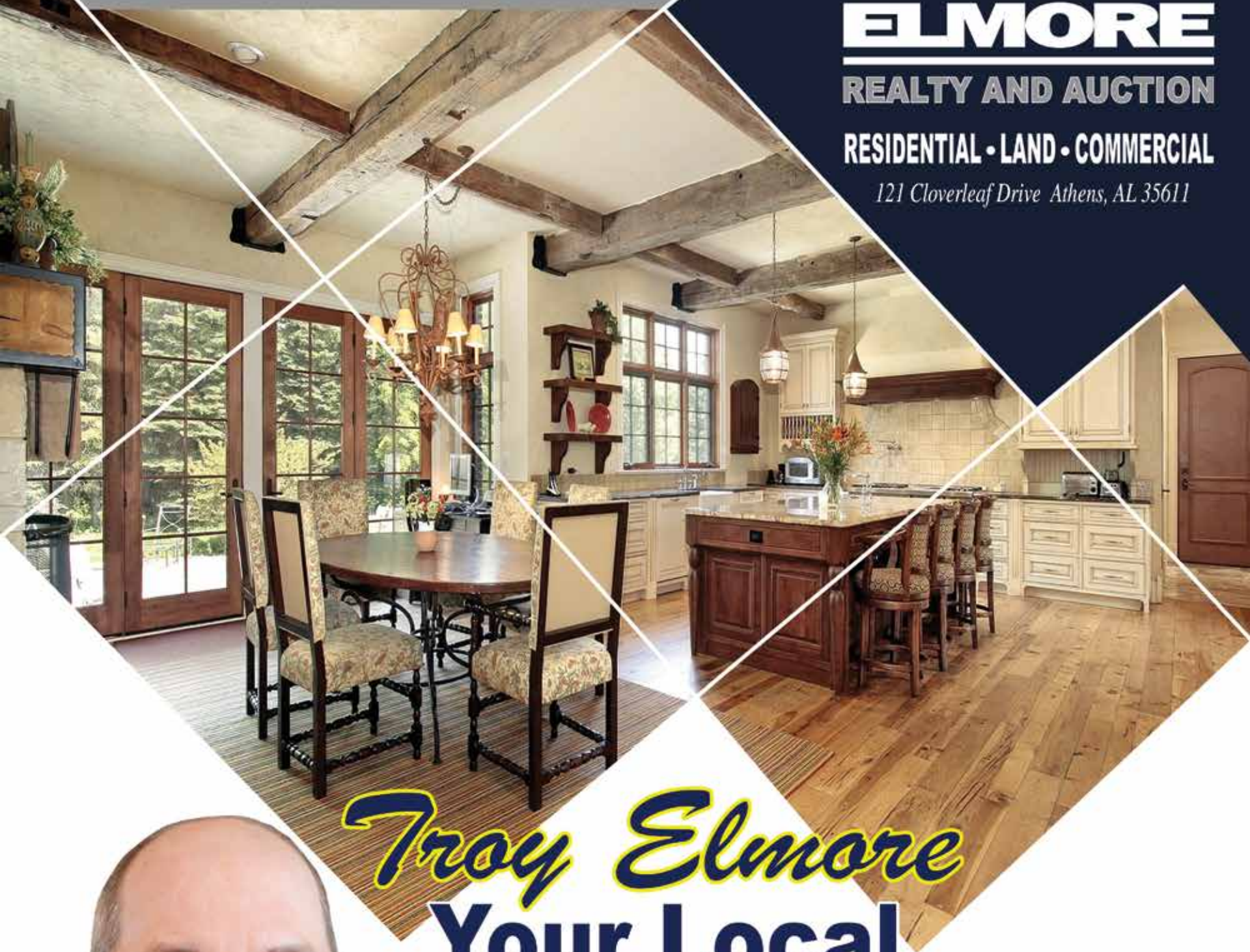
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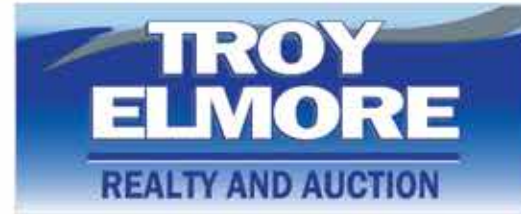
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Owning a home is a
keystone of wealth...
both financial affluence
and emotional security.

~Suze Orman



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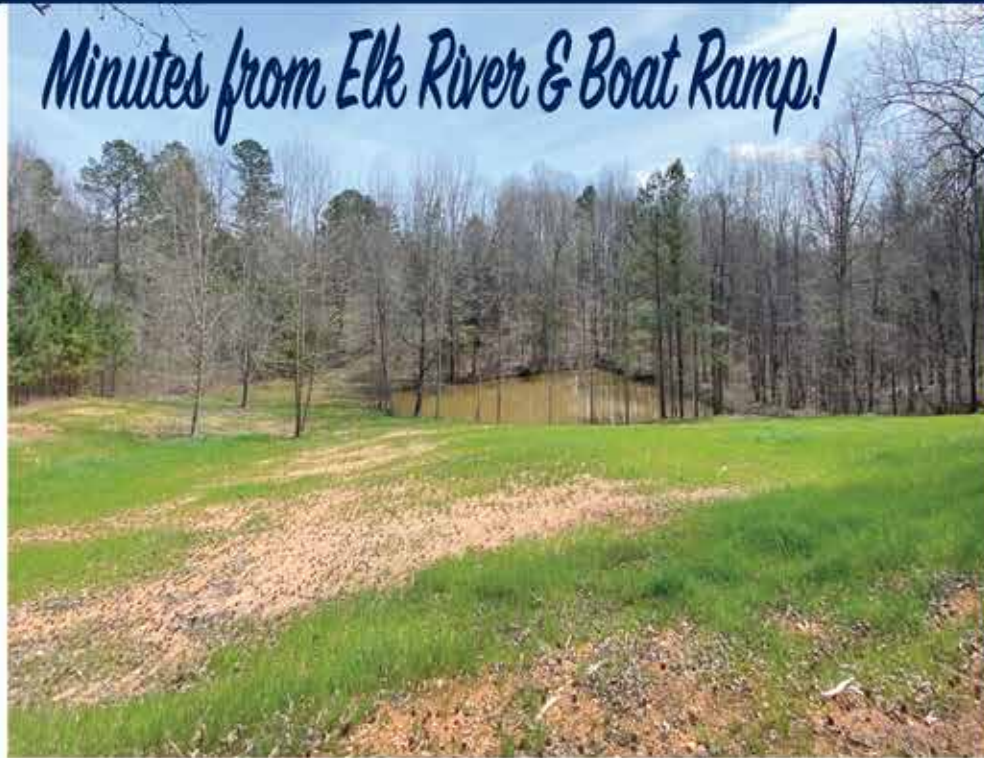
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