

April 15 - May 05, 2022

Athens Now

information & inspiration

AthensNowal.com

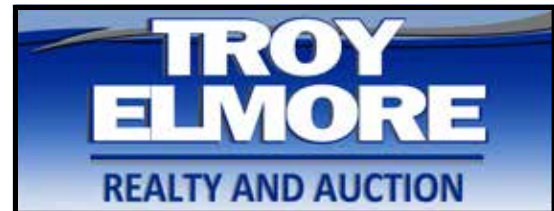


E-MAIL: info@athensnowal.com

ADVERTISING:

Ali Elizabeth: 256-468-9425

Degan Wilder: 256-426-2493



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

Special Feature

2000 MULES

2,000 Mules Is A Must-See...

As a nation, we have labored, agonized and debated over what in the Billy-blue-Sam-hill happened with the 2020 Presidential election...

Page 7

Special Feature

On Death And Dying, 50 Years Later, Part 1...

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed ..."

Page 24

Clean, Green And Beautiful

2022 Earth Day & Outdoor EXPO...

KALB's Earth Day & Outdoor EXPO is one of our favorite events to host. It has evolved over the years, but one thing that is always consistent is...

Page 12

At
ONE LOVE
Hearing Concepts
anyone that wants help
can get help!!!!

**NOW BUY 1 EAR,
get 1 EAR for FREE!!!**

4 ModelZ to chooZe from

256-233-3844

Athens, AL

Owner: Joshua Zeke Creasy, BC, HIS



Like Us On
Facebook



FREE Consultations

Keep Judge David Puckett In District Court, Place Two

By Ali Elizabeth Turner

Judge David T. Puckett was raised in Athens and went to East Limestone High School. He went first to Calhoun and then finished his undergrad degree at Athens State University. He majored in political

Continued on page 15



Lemons For Blessings: The Newest From Carissa Lovvorn And The Sharing Sisters

By Ali Elizabeth Turner

On April 5, local author Carissa Lovvorn released her second children's book which is about the adventures of two charming girls known as the Sharing Sisters. The name of the book is *Lemons For Blessings*.

Continued on page 17



Frame Gallery

of Athens

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNT

(256) 232 - 2302

tracie@framegalleryofathens.com

125 N. Marion Street in Downtown Athens



Matthew WILLIAMSON



Limestone County Commission District 3

Paid for by Committee to Elect Matthew Williamson • 9749 Poplar Point Loop • Athens, AL 35611

FRED SLOSS

★ **SHERIFF** ★



Paid Political Ad by Friends of Fred Sloss for Sheriff. P.O. Box 1704, Athens, AL 35612



LUCAS BEATY

DISTRICT ATTORNEY


PAID FOR BY FRIENDS OF LUCAS BEATY 212 S MARION ST, ATHENS, AL 35611

Rocket City **Barns Cabins Sheds**
8x12 thru 16x40



Call or Text 256-221-7062 • 7 days
Buy or \$0 Down Rent to Own • No Credit Check
Payments starting at \$62.78/mo • Free & Fast Delivery to Most Locations

**ATHENS
ALEHOUSE
& CELLAR**



111 WASHINGTON STREET
ATHENS, ALABAMA

Hours: Tue - Thurs 4-9pm
Fri 4-10pm • Sat 2-10pm

FACEBOOK: @ATHENSALEHOUSE

Lilly Springs Home
IN-HOME CARE



256-763-2037
256-431-9980
IN-HOME SERVICE
8-5 MON-SAT
WWW.LILLYSPRINGSHOMES.COM
@LILLYSPRINGSHC



Jim Farej
Owner/Inspector
License # AL HI-4466 TN-2168

Cell: 901.493.7854
inspect.nwal@npiinspect.com
www.npiweb.com/nwalabama



**NATIONAL
PROPERTY
INSPECTIONS**
Independently Owned & Operated



Grant Gilbert
Owner

Gilbert's Jeeps
Sales • Service • Accessories
www.webejeeping.com

6494 Hwy 72 West
Athens, AL 35611

Cell: (256) 777-2436
Office: (256) 729-1980

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Sales & Distribution
Degan Wilder

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Leigh Patterson
Anna Hamilton
Jackie Warner
Eric Betts
Sandra Thompson
Roy Williams
Tim Lambert
Deb Kitchenmaster
Roy Williams
Nick Thomas
Mae Lewis

Athens Now is published every first and third Friday of the month and is a publication of Turning Press, LLC. Reproduction in whole or in part, without expressed written permission of the publisher, is strictly prohibited. Athens Now is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate. © Copyright 2007.

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

Contents

Publisher's Point	3
All Things Soldier	4
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
Health And Fitness	14
Cover Stories	15 & 17
PlayAction Sports	16
Lifelong Learning	18
View From The Bridge	19
Horse Whispering	20
Mental Health Minute	21
Alternative Approach	22
Special Feature	24



Publisher's Point

This Was The Guy

On Monday morning, April 11, 2022, one of the finest men I have ever known finished his battle with cancer and went home. His name was Frank Travis, and while I know he is safe, done with pain, and at peace, there is a hole in my heart that I know will only be "plugged" when I see him again. Frank became my instant and forever friend the moment we met, and his affectionate nickname for me was "Ali-cat." I have rarely met someone that was genuinely loved by all, but "this was the guy," and I'll tell you why: Frank walked the talk, and Frank walked the walk. This is Holy Week, a time marked out for and by believers by the remembrance of unfair, unspeakable suffering and then triumph, something Frank knew better than most.

He was gentle; he was firm. He was funny, and he could look you right in the eye and you knew in that moment that you just needed to hush, and do so immediately. He was smart and he was humble. He was patient and he was forthright. He was a gifted teacher, and he was always open to learn new things. He put everyone at ease unless there was a rapsca-lion in the room; he was a master of diplomacy, and as the saying goes, "When Frank Travis speaks, people listen." This was the guy.

If I had room, I could regale you with all of his ac-

complishments, and they were numerous. He was a true "song-and-dance man." And sometimes I teasingly and with deep honor called him "Bojangles" after the immortal Bill Robinson, who, along with the innocent help of Shirley Temple, blew up every color barrier he encountered with his dancing feet and sonorous voice (especially during the 1930s.) Frank played the part of Hoke in a local production of *Driving Miss Daisy*, which he also directed. He collaborated with Charlotte Fulton to produce *Arise And Build*, a musical about the history of Trinity School. He was a winner at our Storytelling Festival, he was one of the directors for Polk Sal-

let, and people still talk about his skits: Frank in overalls reading a poem about love and harmony at Storytellers; Frank looking like a combo of Bob Marley, Snoop, and Frank Zappa sporting a toga at Grease Festival; Frank looking like Bojangles in tails and white gloves; Frank directing the Round Island Men's Choir in his red polo shirt; and then there is my last memory -- Kelly Range wheeling Frank into the Cinemagic Theatre in Athens for the showing of the film Frank directed and in which Kelly was one of the bad guys. It was called *Coming Through The Fire*, and was based on the life of Dr. C. Eric Lincoln, a Trinity graduate and Duke



University professor.

Frank was well-educated, had a long and excellent career, was on a kazillion local and state-wide boards, was a celebrity waiter for Relay For Life, and if I could only talk about one encounter, it would be one I had with him after he lost his legs. He had just been honored by the community at the first "Love For The City" festival and was sitting in his wheelchair. I came to congratulate him and give him a hug, and here's what he said to me that I will never forget: "Ali, if I had to lose my legs in order to have what I have now, I'd do it again." Through tears I replied, "I know you would, Frank Travis." One class act; this was the guy. We ache, we celebrate, we'll see you again, and we will dance.

Ali Elizabeth Turner

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



athensnowal.com



A Rare Chance To Help

by Ali Elizabeth Turner



This past week our entire nation has been grappling with the fact that a totally racist man (according to his own rants on social media) shot innocent subway riders in New York City. (For the record, my personal belief is that racism is first of all a habit that is developed, and it

can be practiced by anyone of any color, so the fact that the suspect, Frank James happens to be black is completely a non-issue.) Thankfully, there were no fatalities, but 29 people were injured.

One of the heroes of the day was a 33-year-old veteran who served in Afghanistan, and whose quick application of field medicine stopped the bleeding of a wounded man's leg. Thomas Fischer, 33, was heading to class at the SAE Institute of Technology in New York City Tuesday morning when he came upon a scene that was reminiscent of a combat zone. People were scattered about, bleeding all over the place.

"I only saw the smoke," Fischer said of the situation that occurred after a suspect now identified as Frank James opened fire on the Manhattan-bound N train, shooting 10 and



injuring 19 others.

Fischer applied a tourniquet, and said that he used his combat training gained while in the US Army to help the man, who had been shot in the right ankle.

"The person I was working on, the tourniquet that they tried was not working. I had a belt, so I used my belt to stop the bleeding, or slow it down enough, and just keep him nice and calm and awake so he doesn't pass out,"



said Fischer. He served for nine years, and his last unit was the 10th Mountain Division out of Colorado. "The military is very big on 'Stop the bleeding, high and tight tourniquet.' That's ingrained in your brain from day one," he mentioned. He then continued, "I didn't want to elevate his lower right foot because I was concerned it was broken. I really wanted to stop that bleeding so that it would be ready when the EMTs arrived."

Frank James is 62, and has an extensive criminal history in several states, including Ohio, Wisconsin, Pennsylvania, New York,

and New Jersey. It includes theft, disorderly conduct, violent attacks in public places, a criminal sex act, possessing burglary tools, and more. He even called in the tip line with information that helped to get him arrested.

I am sure it will take a while to get to the bottom of what motivated him. And, I am thankful that no one was killed. Even more, I am glad that a veteran who served honorably was able to take all of his skills and experience and be of great help in what became the equivalent of a civilian mass-casualty event on a New York subway.

**All Aarons
Travel**

931-309-6167

www.AllAaronsTravel.com
allaaronstravel@gmail.com



**Rita Aaron,
Owner**

KEEP JUDGE

**★★ DAVID ★★
PUCKETT**

Limestone County District Court

Paid for by Friends to Elect Judge Puckett • P.O. Box 916 • Athens, AL 35612

BRITLEY LEONARD BROWN



DISTRICT JUDGE PLACE 2

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



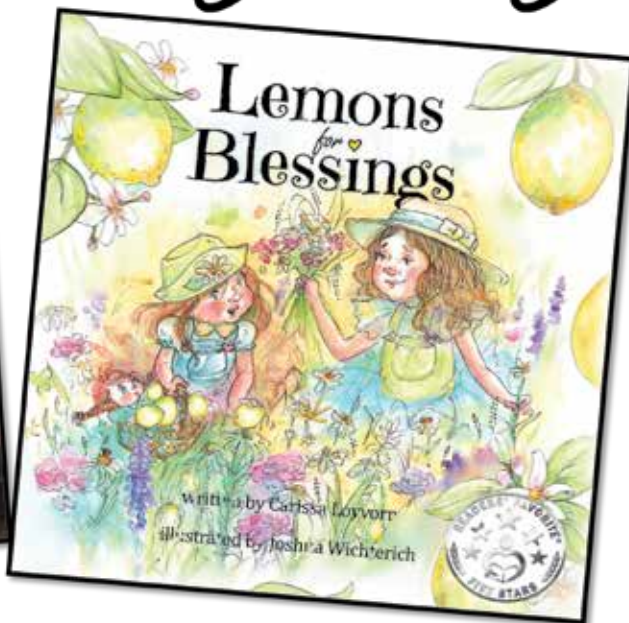
Jason Santo
Owner

1260 Us Hwy 72 E Ste B
Athens, AL 35611
p: (256) 444-4044
f: (256) 444-4055
c: (706) 289-5110
e: store7250@theupsstore.com
w: theupsstore.com/7250

Hours:
Mon - Fri: 07:30 AM-06:00 PM
Saturday: 09:30 AM-04:00 PM
Sunday: 11:00 AM-04:00 PM

The UPS Store

Book Signing



Tuesday, April 19th | 5pm to 7pm

**Join us at
Frame Gallery of Athens
125 N. Marion Street**

Sponsored by Frame Gallery of Athens and Athens Now

Frame Gallery
of Athens

Athens Now
information & inspiration

**\$35 monthly
allowance
for groceries**



The Healthy Foods Card benefit provides an allowance to purchase approved healthy foods and may help you eat healthier

If you're eligible, Humana plans may be able to help you pay for healthy food to put on the table with the Healthy Foods Card benefit. It's included with the Humana Gold Plus SNP-DE H5619-093 (HMO D-SNP).

Healthier grocery purchases. Here's how it works:

- Each month, the Healthy Foods Card is automatically loaded with \$35; unspent money doesn't roll over to the next month
- Shop at participating stores for approved grocery items
- Swipe the Healthy Foods Card at the checkout to pay for purchases

Call a licensed Humana sales agent



Chris Shore
256-321-8498 (TTY: 711)
Monday - Friday, 8:30 a.m. - 5 p.m.
cshore2@humana.com

Humana. A more human way to healthcare™

No amounts on the Healthy Foods Card can be used to purchase Medicare-covered prescriptions or services, nor can it be converted to cash.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in this Humana plan depends on contract renewal. Applicable to Humana Gold Plus SNP-DE H5619-093 (HMO D-SNP). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal Civil Rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-877-320-1235 (圖文傳真: 711)。

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 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

“Earth Daze” April 20 & 22

The Library is hosting a series of events, “Earth Daze” to celebrate Earth Day! Athens-Limestone County Public Library.

- April 20 – 11AM – 2PM Earth Day Activities: Representatives from KALB, Alabama Master Gardeners, Wheeler Wildlife Refuge, and the Land Trust of North Alabama talk about the importance of protecting our planet's environment.

- April 22 – 12pm or 4pm Documentary showing of “Flight of the Butterflies”. Come to the Library at 12 or 4 to catch the show!

Local Political Forum April 21

The Athens-Limestone County Chamber of Commerce and Athens State University are partnering to host a political forum for all local candidates on April 21, 2022 at 4pm at McCandless Hall. This event is open to the public and free to attend. We hope to see you there!

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.

Coffee Call May 7

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

Play Outside Day May 7

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

For more information: 256-232-5411.

Genealogy Classes 2nd & 4th Thursdays May 12 - July 28

Are you interested in learning your family history? Join us at The Library for a series of genealogy classes that will help you discover your family lineage. 11:30AM – 12:30PM. Call us to register! (256) 232-1233.

9th Annual Sporting Clay Tournament September 30

The Chamber is excited to announce the 9th Annual Sporting Clay Tournament will take place on September 30 at Old South Clays. This event is an excellent opportunity to network in a relaxed atmosphere with fellow Chamber members and potential business associates. Early Bird Team Registration is now available for \$550 until May 25th. Price will increase by \$100 thereafter.

2,000 Mules Is A Must-See

by Ali Elizabeth Turner

As a nation, we have labored, agonized and debated over what in the Billy-blue-Sam-hill happened with the 2020 Presidential election. We have been told everything from “It was the most secure election in history,” to “It was straight up stolen.” Anyone questioning anything has been labeled, threatened, and is basically told to move forward and just put all of this behind them. But as admirable as that option may sound on the surface, there are those who understand that we can’t do that if America is going to survive. One of them has put everything on the line to make sure that the American people have a chance to see what was suppressed and dismissed as the ravings of conspiracy theorists. His name is Dinesh D’Souza, and he has produced a documentary entitled *2,000 Mules* that will have a limited release early in May.

For those of you who are not familiar with Dinesh, to me he embodies what it means for someone to come to America and live their dream. He came here as a teenager on a full Rotary scholarship to Dartmouth University. He graduated with honors, went on to write several books, produce several movies, be the dean of a college, a lecturer, a news commentator, and also ended up in prison on a lame campaign contribution fraud charge. He was completely pardoned by President Trump.

What makes *2,000 Mules* so compelling is that it combines a great deal of footage of “campaign

workers” taking required selfies so they could get paid, and security footage showing ballot boxes being stuffed. Then, they utilized what is known as geo-tracking, which traces the “pings” and the patterns of calls from burner phones to establish time-stamped routes of those who would visit ballot boxes in order to deliver what they had just been ordered to; often between the hours of midnight and 3 am. Geo-tracking is the same strategy used by the DEA when they bust drug cartels, and it works.

Back in 2010, years before there were any serious allegations of election tampering, a woman by the name of Catherine Engelbrecht started an organization entitled True the Vote. Dinesh reached out to her to help with *Mules*, and she is a brilliant force of nature. Here is what the organization says is their reason for what they do:

True the Vote’s mission is to train citizens to protect election integrity at the polls, and protect ALL voters’ rights.

Politicos and powerbrokers expect they’ll have total control over the election process, including what happens at the polls, who counts the ballots, and who watches them count. They believe the average person will trust them to conduct a fair election and think no more about it.

As American citizens, we share a civic responsibility to participate in this essential foundation of self-government, not just by voting, but by engaging in every stage of

the electoral process to ensure our elections are administered legally and fairly so that we may have confidence in the results.

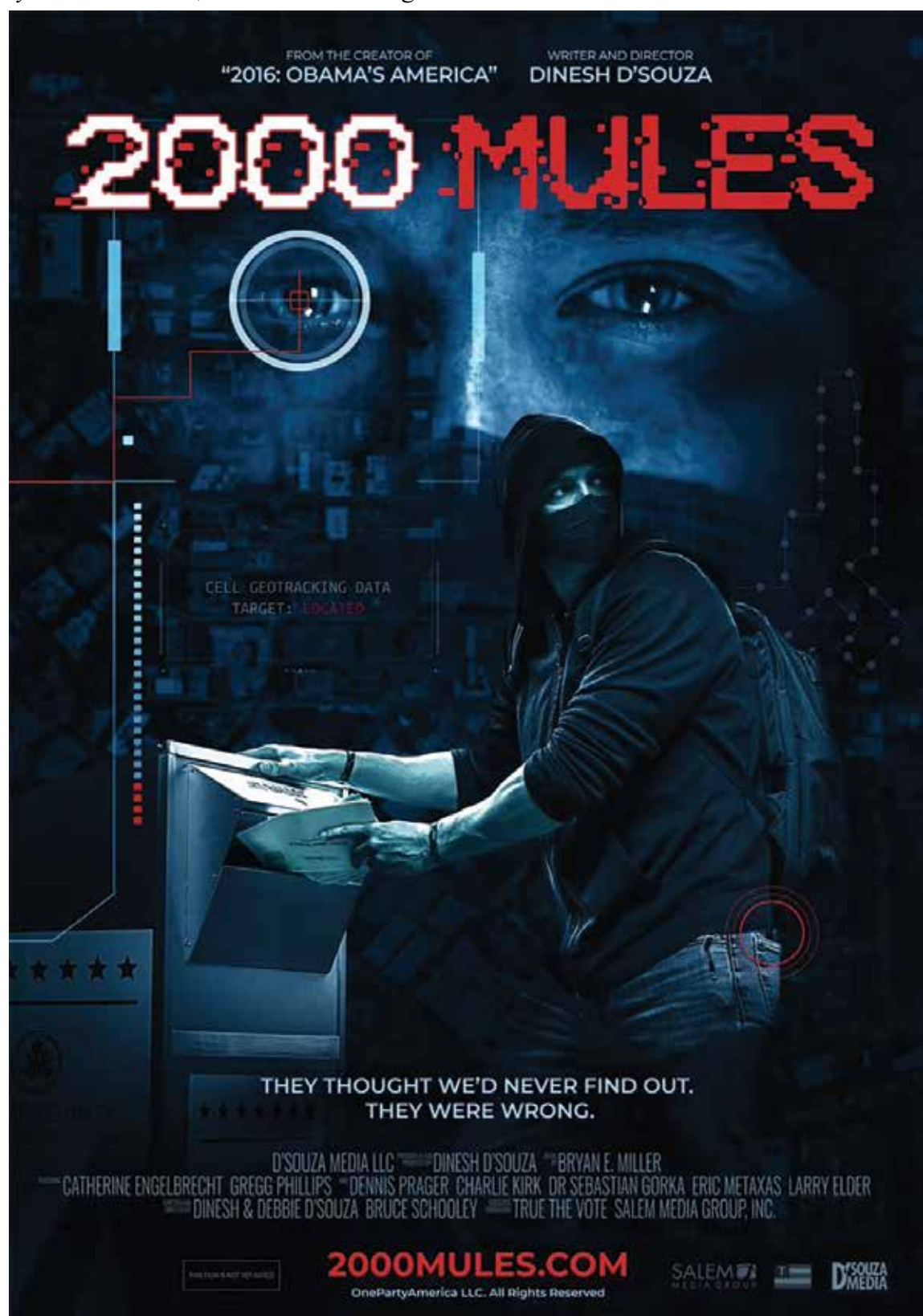
You cannot afford to leave this important work to other people. Don’t assume that if you don’t do it, some-

body else will. Please dedicate some of your time to free elections in America.

The best way that I know for you to do your part to protect your voting rights, and those of others, is to begin by educating yourself and see if D’Souza and Engelbrecht are on to

something, or whether this is worthy of a “tin-foil-hat” category.

There will be several ways to view *2,000 Mules* as well as purchase the film. Please take the time to do so. I truly feel you must. For more information, go to www.2000mules.com.



Our Tears Are A Fitting Tribute

by Ali Elizabeth Turner



We had expected to have Monday, April 11, 2022, to begin at City Hall with at least a quick reference to the NCAA Championship the previous week, and a fitting farewell to Coach K as the just-retired head coach of Duke University. We already knew the topic for this edition of *Ronnie* and the thought was there would be some lighter-hearted life lessons to share with the community. Then the sports-related theme was going to be wrapped up and we would be on to our next topic.

When I walked in, I knew something was wrong and Kim Glaze just looked at me. With a soft voice and moist eyes she said, "Frank Travis passed this morning at 5 a.m." "No!" I cried out, and City Planner Lakeisha Johnson pulled out

a chair, set me in it, and from somewhere Kleenex was put in my hand. They were my vanguards in that moment, and for their swift support I will always be grateful.

Not long after, Mayor Ronnie arrived, and truly, I was so glad to mourn with folks that genuinely knew and loved Frank while my own grief was fresh and sharp. Mayor Ronnie and I then had a spontaneous memorial service and traded "Travis Tales." Following are a few.

One of the things that Frank and Ronnie had in common was that they always felt that the Pledge of Allegiance should be punctuated at the end with an "Amen." So, whenever they stood side by side in public and were giving the pledge, they would say a quiet

"Amen" at the end, and then affectionately punch each other.

Kelly Range, who played one of antagonists in the movie Frank directed called *Coming Through The Fire* got a message to Mayor Ronnie on April 4 that Frank was requesting that Ronnie and Athens City Councilman Chris Seibert come see him. Ronnie put drops of water on Frank's tongue, and with great effort, Frank told them what he would hope would happen in the city; everyone knew this was goodbye.

Trying to make an official statement was difficult, but finally Mayor Marks said, "With great sadness we need to talk about the loss of a great man." Then he added, "I can't think of a person that I have more respect for. His kindness and



faith were amazing." I told him that I had felt that Frank was a modern-day Job in my life; the real deal for sure.

Ronnie went on to talk

about what it was like to have Frank run an Athens City Council meeting as president. "He was calming. He would tell jokes, and he was also professional."

The stories continued, and the mayor particularly enjoyed a skit that Frank did with his granddaughter at Poke Sallet a few years back. I told him my personal favorite was of the unrecognizable Frank at Grease Festival decked out in dreads, shades, and a toga.

"This is Easter," said the mayor, and it gave us pause to think of that suffering as well as victory of long ago. Then we sighed and it was silent for a bit, the tears were still triumphing. "Our tears are a fitting tribute," he said. Then we prayed, and it was time once again for Ronnie to roll.

April 15 - May 05, 2022



BRAD STOVALL'S

AUTO BODY

Let us get your
BODY back
in **SHAPE!**



Behind Tanner Post Office • 233-5140

Tennessee Valley Spotlight

Mondays at 10am
1080 AM WKAC



From the Alabama Veterans' Museum

Chaplain Exhibit On Display For A Limited Time

by Sandra Thompson, Director, Alabama Veterans' Museum

Reverend John Hurt, 1st Lt. Carl R. Hudson, Captain Herman G. Felhoelter -- while you may not recognize these names, these heroic men are a part of a select group known as military chaplains. Military chaplains administer broad religious programs designed to meet the needs of the military community. They offer spiritual care and ensure all military members and their families have opportunities to exercise their constitutional entitlement to the free exercise of religion. They provide religious services, religious accommodation, pastoral care, unit engagement, and counseling to meet the diverse needs of military members.

The Chaplain Corps has a history as far back as the military when Reverend John Hurt of Virginia was appointed to the position on March 4, 1791, to serve as chaplain of the 6th Virginia Regiment during the American Revolution. Although chaplains are not required to attend basic military training and are considered non-combatants as defined by the Geneva Convention, they often find themselves on the front lines in the midst of war. Such was the case with Francis P. Duffy in WWI, who became the most highly

decorated cleric in the history of the U.S. Army.

When the 69th New York Infantry Regiment ("The Fighting 69th") was federalized and redesignated the 165th U.S. Infantry Regiment, they were sent to war in France. When the unit moved up to the front, Duffy accompanied the litter bearers in recovering the wounded and was frequently seen in the thick of battle. Recognized by the regimental commander, Lieutenant Colonel William "Wild Bill" Donovan, as a key element in the unit's morale, Duffy's role in the unit went beyond that of a normal cleric: the regiment was composed primarily of first- and second-generation Irish immigrants from New York City, many of whom wrote later about Duffy's leadership. Brigadier General Douglas MacArthur stated later that Duffy was briefly considered for the post of regimental commander. For his actions in the war, Duffy was awarded the Distinguished Service Cross and the Distinguished Service Medal, the Conspicuous Service Cross (New York State), the Légion d'Honneur (France), and the Croix de Guerre.

Since its existence, the Chaplain Corps of the United States Armed Forces has



been active in more than 270 major combat engagements and more than 400 have died serving their country. Nine different chaplains have received the Medal of Honor for going "above and beyond the call of duty." The most recent being in 2013, when President Barack Obama posthumously awarded the medal to Chaplain (Captain) Emil Kapaun, for his service during the Korean War. Not only did Captain Kapaun serve during WWII, he voluntarily returned and was captured during the Battle of Unsan in November of 1950 where he perished from pneumonia due to malnutrition.

You can read about Captain Kapaun and many other chaplains who made the ultimate sacrifice. Currently on display is the Chaplain Memorabilia Exhibit from Korea to modern day. This display comes from the collection of



Tom Walker of Sevierville, TN. It will be on display for a limited time at the Alabama Veterans Museum. Take time

to see this exhibit before it leaves. This is a very special exhibit you do not want to miss!

RIVER CITY
ROOFING
SOLUTIONS INC.
256-274-8530
WWW.RIVERCITYROOFINGSOLUTIONS.COM



Slinkard On Success

“H” Is For Habits

by D. A. Slinkard

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

We have come to the letter ‘H’ in our alphabetical series on success and the word is “Habits”. We all have them and some are good, some are bad and some habits can be downright annoying to other people. Sometimes we disguise our habits by using another descriptive word such as “routine”. I do believe there has been a negative connotation with the word “habit” and we need to realize it is a part of our lives and who we are as individuals. We form a habit of how we go about our day.

I am sure the majority of people could tell you exactly what their day-to-day life looks like whether it be when they are at home, at work, at church, school, etc. We form habits that dictate the way our lives will go. I was brought up to always be on time, in fact, if you were 10 minutes early you might as well be considered late. There is a quote I often think about that says, “if you show up consistently 10 minutes late, you can also show up consistently 10 minutes early.” It is all about building the right habits in life.

If you were to take a deep dive into your daily living habits, what would you find? What habits would be considered good habits and what habits are those that should be eliminated? Taking the time to be critical of our own lives is not an easy task

to do. Have you ever noticed how much easier it is to give advice to other people, but when it comes time for your own life you have no idea what direction to go?

Do not feel bad, there are times I am in the same boat. However, in the year 2022, we are focused on generating success as we have never had before. In the last article, I challenged you to write down ten specific goals and then target the one goal that if you could achieve in the next 24 hours would have the greatest, positive impact on your life. We take that article combined with our concept of habits and we need to start moving our life toward creating the habits that help us achieve our goals. We need to do it because no one else is going to do it for us. The fairy is not going to come in the middle of the night and just give to you everything you want. It will take work.

If you did not participate in the goal writing portion of the last article, I urge you to do so now and it will help you to change your life. For instance, if a person has the goal of losing weight, (which many people do) the person must focus on what their daily habits have created for them. What do the results suggest? If I have created a habit of eating junk food, I now need to retrain my daily habit and substitute the bad food for a health-



ier option. Will this be easy? Absolutely not, but it begins with making the choice to change. We must make the choice for change to happen.

However, before you can make the choice to change you must take the time to understand what you are and are not doing. It was not until I started paying attention to what choices I was making did I begin to realize I had some bad habits and I needed to get rid of them. I could

not begin to think about goal achievement until I was able to remove some obstacles I was creating in my own life.

I believe our lives are impacted by the way we think and sometimes we think the wrong things and this is why we do not have success. Instead of thinking like the person we want to be, we think like the person we do not want to be. We do not think success, but we think failure, and this can be devastating for so

many people. We enable doubt to creep into our way of thinking, and we go from being able-bodied creatures to people marred down in self-doubt. We have created the habit of holding ourselves back. Too many people do not take action until typically it is too late to do so. Whatever it is you want to achieve in life, you can, but you must first build the habits that bring you closer to achieving your goals.



We Haul Away "Broken" Appliances

Also Specializing in Washer/Dryer Sales

Licensed/Insured

Jess Davis, Technician
Office: 256-444-0478

803 S. Jefferson St.
Athens, AL 35611

WWW.ECONOTECHRECYCLERS.COM



Clean, Green And Beautiful

2022 Earth Day & Outdoor EXPO

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

KALB's Earth Day & Outdoor EXPO is one of our favorite events to host. It has evolved over the years, but one thing that is always consistent is how much fun it is! Education is the main focus of this event, but we try to make it fun enough that you won't even realize you are learning.

This year we have partnered with Athens State University and the event will be held on campus on Saturday, April 23 from 10 a.m. to 3 p.m. Admission to the event and all shows/performances 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. All shows are sponsored by Limestone County Water and Sewer Authority.

Athens State University will have live reptiles and amphibians and will provide historic tree tours in celebration of Arbor Day. There will be exhibitors offering products, services, information, and education. Thanks to Limestone Pediatric Dentistry, The Boyd Family Farm Petting Zoo will be onsite. Visit the Kids Korner where there will be children's





2022 EARTH DAY & OUTDOOR EXPO

Science Guys · Live Animals · All About Bats · Exhibits · Vendors

Keep Athens-Limestone Beautiful & Athens State University

Saturday, April 23rd
10 a.m. - 3 p.m.
(gates open at 9:45 a.m.)

Athens State University
300 N. Beaty St.
Athens, AL 35611

Free Event
\$1 Donation suggested to help support
Keep Athens-Limestone Beautiful



make-and-take crafts.

We are excited to have three food trucks at the event with food available for purchase: Two Dames with Dawgs, Momma P's Taco Truck, and Rita's Italian Ice.

We are extremely grateful for our wonderful sponsors without whom this event would not be possible. A special thank you goes out to Athens State University, Limestone County Water and Sewer Authority, Intech, Indorama Ventures Sustainable Solutions LLC, American Leakless Company, Limestone Pediatric Dentistry, Blake Williams Communications, Redstone Federal Credit Union, and Clem Tire Inc.

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 repellent are recommended. 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 1/2 hours.

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



(256) 233-8000
KALBCares@gmail.com
www.KALBCares.com



Cooking with Anna

Love Is Not Self-Seeking

by Anna Hamilton

Learning to truly love oneself could be viewed as self-seeking or selfish, but if you are putting into practice true love, you will have no room for selfishness. If you are self-seeking, you will not be patient or kind. You will become envious, boastful, and proud. When you only focus on yourself and making sure you have everything you want, it will make you become a person who is obsessed with being first.

We all know someone that always has to have it their way. They have to be right in every situation, we have to eat where they want to, we have to adjust our schedule to accommodate them...They control the entire way everything goes when we are around them. Do you like people like that? I sure don't! They are selfish and self-seeking. They make sure that they are comfortable everywhere they go before anyone else.

True love, true Godly love, has no room for self-seeking

behavior. One of the most well-known passages on love in the Bible comes from John 15:13, "Greater love has no one that this: to lay down one's life for one's friends." There is no room for self-seeking behavior in this passage. What if God had chosen to be selfish and not give us his son? "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Loving one another without seeking what is best for yourself does not mean that you do not love yourself. It is quite the opposite; by being someone that seeks to help others, you will be able to understand more and more how God loves us. All of us at some point in our lives have chosen to do something selfish. My grandfather likes to tell a story about when I was child. He would give me a candy bar to split between myself and my sister. I would unwrap the candy bar and break it in half. If the two

continued on page 23

Southwestern Spaghetti Squash

Ingredients:

1 spaghetti squash, whole	4 Roma tomatoes, chopped
1 Tbsp olive oil	1 (15 oz) can corn, drained
1 lb. chicken breast, chopped	1 (15 oz) can black beans, rinsed and drained
1 Tbsp ground cumin	1 (4.5 oz) can green chilies
1 Tbsp chili powder	1 ½ cup cheddar cheese, shredded
Salt and pepper to taste	½ bunch fresh cilantro, chopped
1 green bell pepper, chopped	

Directions:

Preheat oven to 400 degrees. Cut the squash in 2 halves, scrape out the seeds and the fiber out of each half. Spray oil over the cut sides and inside of the squash. Place the squash on the prepared baking sheet cut side down. Bake for about 40 minutes. Remove it from the oven when it's cooked through and soft. You can check by pulling the baking sheet out of the oven and piercing the squash with the fork - it should be soft. After the squash cools, scrape squash with a fork to remove flesh in long strands and transfer to a bowl. Let it cool.

Heat olive oil in a large skillet. Add chopped chicken breast, sprinkle with half of the cumin, chili powder, salt and pepper. Cook, stirring occasionally, for about 7-10 minutes until the chicken is cooked through.

Add chopped bell pepper, chopped tomatoes, corn, black beans, and diced green chilies to skillet with chicken. Add the remaining

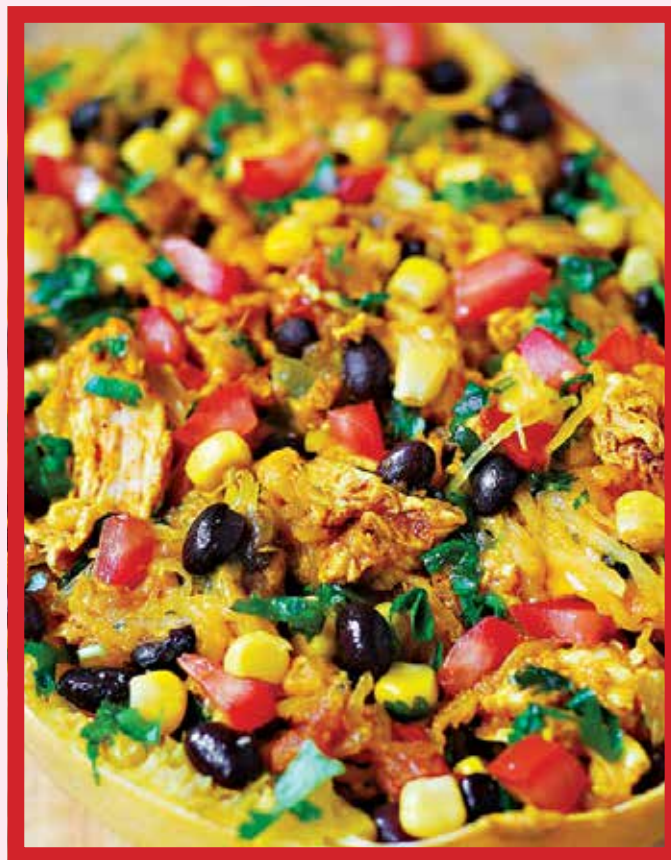
spices and stir everything to combine. Remove from heat.

Add spaghetti squash flesh to the skillet. Stir to combine. Taste and add more spices if needed.

Set oven to broil.

Stuff each squash half with the chicken mixture and top with shredded cheddar cheese.

Broil for 1-2 minutes, or until the cheese melts. Remove from oven and top each half with cilantro. We like to add a little sour cream and guacamole as well. Enjoy!



Embrace The Peanut Butter Addiction

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

Most of us have a life memory of a peanut butter and jelly sandwich as a snack, school lunch, or even college survival on a budget. Even now, it is possible one may be prone to simply grabbing a spoonful of peanut butter right out of the jar while trying to keep up with a busy schedule and craving yummy comfort food. While this feels like just trying to survive life and quench a craving, it actually is bettering overall health. Eating peanut butter regularly can help lower the risk of developing some serious health disorders and increase energy.

By calories alone, peanut butter may not look like such a great choice; but the truth is, it actually has the perfect combination of fiber and protein to keep hunger pains away which cuts back on other less healthy snacking temptations. Fat content may be another concern while reaching for the peanut butter, but do not let that prevent this choice because the fat found here is actually good. This healthy fat, known as monounsaturated fat, is proven to help fight off disease and help the body function at a higher level. Studies have even shown that those who eat fats like this on a regular basis tend to have less belly

fat. Another added bonus is that regular consumption of peanut butter can even help reduce your risk of developing diabetes.

Peanut butter packs quite a few health benefits, but one unexpected benefit is magnesium. This mineral is essential to body function, helping over 300 processes in the body. This high amount of magnesium aids in overall detoxifying, energy production, building stronger bones and teeth, and maintaining a much healthier nervous system.

That "guilty" spoonful of peanut butter you grab during a midday snack attack is really an excellent choice

because peanut butter is a triple threat of greatness for the body. It is packing fiber, protein, and healthy fat giving an extra energy boost without a crazy blood sugar spike, which would only result in a major crash later. More than avoiding the crash and quenching the hunger is that satisfying calm that comes after you indulge in this spoonful of goodness. This is not just from nostalgia. Turns out, the high amount of beta-sitosterol, a natural chemical found in peanut butter, helps bring down cortisol levels and balance them against other hormones, which means peanut butter is actually helping fight stress.

This is more than enough to back up peanut butter addiction for anyone, but I want to give two more huge reasons to keep it going strong.

There are several studies that suggest eating peanut butter every day increases intelligence. The large amount of monounsaturated fats found in peanut butter help protect brain health and function due to their antioxidative and anti-inflammatory properties. This prevents free radicals from damaging the brain so intelligence and intellectual growth can continue for years to come.

Finally, and just maybe the best part, is that peanut but-

ter is actually proven to help you stay thinner, even if that goes against individual genetic makeup. Peanut butter contains the compound genistein which acts directly against the genes that cause obesity.

The next time you reach for that jar of peanut butter, you don't have to have any guilt! You can rest easy and defend the addiction fully knowing you are really helping overall health in multiple ways while enjoying every last bite.

For more information regarding a personalized general or sports nutrition plan contact me at Prime Performance 423-805-0870.



MAKING RESULTS A REALITY



423-805-0870

PRIMEPERFORMANCETRAINING.NET



Keep Judge David Puckett In District Court, Place Two

by Ali Elizabeth Turner

continued from page 1

science and minored in business. For several years he worked as a contractor on Redstone Arsenal, and specialized in logistics. By the time he decided to go to law school at Alabama, he was married with children, and his third child was born one month before he took the bar exam. Even with the little amount of sleep that comes with having a newborn, he passed the bar exam on his first try.

Some of what influenced Judge Puckett to pursue a career in law was having a brother-in-law who was an attorney in Birmingham, and a wife who has now been a paralegal for more than thirty years. Yet, it was the study of the Constitution when he was at Athens State that lit a fire within that has never dimmed. Judge Puckett has practiced in several Alabama cities, and has been both a partner as well as the head of his own firm. He has been

the chief litigator for the UAW Legal Services Plan as well as a Deputy District Attorney for Limestone County. His original plan had been to practice at home in Athens, but he first went to Birmingham for a few years. They finally were able to move back “home” because he wanted his kids to be raised in a safe and small environment and not a large city.

When the recession hit, Puckett had to re-invent his practice and became something similar to a “circuit rider” in that he traveled throughout North Alabama and tried cases in 14 counties. “It got me in front of all the judges, and taught me a lot,” he told me. It was that experience that forged strong professional relationships that resulted in more than twenty letters of support from sitting North Alabama judges when he was up for the appointment as Limestone County District Court Judge, Place Two.

While being on the bench had been a long-time dream, for several years the needs of fam-

ily members suffering from Alzheimer’s had to take priority. As difficult as that time was, Judge Puckett will tell you it made him a better lawyer, someone who will fight for the most vulnerable amongst us: the elderly and the young. Judge Puckett is a strong supporter of Shirley’s Law, which was recently signed into law by Governor Ivey and creates a database of people who have been convicted of elder abuse. Shirley’s Law will prevent abusers from slipping through the cracks and re-offending by getting hired at any senior care facility in the state of Alabama. In addition, Judge Puckett has been thanked for his work so far with regard to getting child support cases back on track by pressing those that are behind on their payments and putting repeat offenders in jail for contempt of their child support order.

When the seat on the bench became open this last time, it



In addition to serving on the Limestone County District Court bench, Judge Puckett has won several awards for his BBQ

was the support of Puckett’s colleagues that was one of the factors in his decision to apply, as well as that of the community. When Governor Ivey informed him of his having been selected, she said, in part: “The responsibility that comes with this appointment is not to be taken lightly. I trust that you will rise to the occasion and set a standard for others to follow. I appreciate you serving in this capacity, and I am confident you will render valuable service to the citizens of Alabama.”

For his part, Judge Puckett said the following on January 26, 2022, the day he was sworn in: I was very honored to be chosen and appointed by Governor Kay Ivey in January of 2022. As your District Judge, Place 2, I will continue to make sure justice is served

as efficiently as possible. I will strive to bring integrity, compassion, and toughness where needed to our court system and put my life and legal experience to work for Limestone County.”

Judge Puckett has been a member of First Baptist Church of Athens since he was twelve years old and is a deacon there. He has several hobbies, not the least of which is being an award-winning member of the Alabama BBQ Association and one of their Master Judges. “I am driven by excellence,” he told me with a chuckle, “and strive to be excellent in all that I do.” If this is what you, the voter, are looking for in a Limestone County District Judge, then keep Judge David Puckett on the bench by voting for him on May 24.

KEEP JUDGE

★★ DAVID ★★

PUCKETT

Limestone County District Court

Paid for by Friends to Elect Judge Puckett • P.O. Box 916 • Athens, AL 35612



March/April Recap

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

Congratulations to Lindsay Lane's Micah Perkins on his baseball scholarship to Huntingdon College, East Limestone's Bryant Story on his bowling scholarship to the University of Mobile, and James Clemens' Evan Lott for his wheelchair basketball scholarship to the University of Alabama.

Highlights:

Baseball

- ABS 8, Decatur 2
- ABS 12, Fayetteville 8
- ABS 13, Lauderdale County 8
- ABS 4, Lexington 3
- Ardmore 9, West Limestone 7
- Ardmore 12, Lee 2
- Athens 3, Brooks 1
- Athens 6, Huntsville 4
- Athens 5, Gibson County (TN) 4
- Athens 10, Moody 7
- Athens 9, Kaneland, (IL) 1
- Athens 15-23, Columbia 0-0
- Athens 12, Scottsboro 5
- Athens 17, Austin 7
- Athens 14-9, Lawrence County 1-4
- Clements 17, Whitesburg Christian 7
- Clements 11, Columbia 0
- Clements 9, Mae Jemison 1
- East Limestone 11, Lawrence County 8
- East Limestone 7, Lee 1
- East Limestone 7- 14, Lee 11-4
- East Limestone MS 12, West Limestone 2
- East Limestone 19, New Hope 1
- Elkmont 20, Whitesburg Christian 2
- Elkmont 18-14, Brewer 8-2
- Elkmont 12-12, ABS 6-0
- James Clemens 13, Creek Wood 5
- James Clemens 1, East Limestone 0
- James Clemens 5,



James Clemens' Evan Lott signs wheelchair basketball scholarship with University of Alabama, East Limestone's Bryant Story inks bowling scholarship with University of Mobile, Lindsay Lane's Micah Perkins signs with Huntingdon baseball (Courtesy photos)

Cherokee County 3	Ardmore 1, Sweet Water 0	Priceville 8	Florence 0
James Clemens 4, New Hope 1	Ardmore 12, John Carroll 2	West Limestone 10, James Clemens 7	James Clemens VB 3, Austin 1
James Clemens 15, Lexington 4	Ardmore 8, Mt. Pleasant 1	West Limestone 20, Clements 4	James Clemens JVG 1, Sparkman 0
James Clemens 16, Sparkman 14	Ardmore 13, West Limestone 2	West Limestone 9, Elkmont 3	Tanner VG 2, Elkmont 0
James Clemens 12, Florence 1	Ardmore 8, West Limestone 1	West Limestone 13, East Limestone 7	Tanner VB 1, West Limestone 0
James Clemens 12, Florence 1	Ardmore 9, Elkmont 4	West Limestone 19, Tanner 4	Tanner VB 8, East Limestone 1
James Clemens 11, Florence 2	Ardmore 16, West Limestone 0		Tanner VB 10, Clements 0
Lindsay Lane 6, Lexington 3	Athens 19, Columbia 0	<u>Soccer</u>	Tanner VB 4, Tharptown 1
Lindsay Lane 9, Rogers 4	Athens 4, Etowah 0	Athens VG 2, Hartselle 1	Tanner VG 5, Tharptown 1
Lindsay Lane 10, Randolph 0	Athens 8, Demopolis 2	Athens VB 1, Hazel Green 0	Tanner VB 5, Ardmore 3
Lindsay Lane 9, Tinley Park (IL) 0	Athens 1, Lafayette (KY) 0	Athens VB 5, Columbia 0	West Limestone VB 4, East Limestone 3
Lindsay Lane 9, Wilson 4	Athens 7, Benjamin Russell 1	Athens VG 11, Columbia 0	West Limestone VB 5, Clements 0
Lindsay Lane 12, ABS 5	Athens 3, Hatton 2	Athens VB 3, Westminster 2	West Limestone VG 2, Ardmore 1
Lindsay Lane 13, ABS 3	Athens 4, Lafayette (KY) 1	Clements VG 6, Mae Jemison 0	West Limestone VB 7, Mae Jemison 1
Tanner 14, Columbia 10	Athens 5, Hartselle 3	Clements VB 4, ABS 2	West Limestone VG 3, Mae Jemison 3
West Limestone 6, Madison County 2	East Limestone 4, New Hope 2	East Limestone VG 10, West Limestone 1	West Limestone VB 3, St. John Paul II 2
West Limestone 7, Colbert County 5	East Limestone 6, Brewer 2	East Limestone VB 3, Elkmont 2	
West Limestone 14, West Morgan 4	Elkmont 9, Lexington 8	East Limestone VG 5, Clements 0	
West Limestone 3, West Morgan 2	Elkmont 15-3, Falkville 8-11	East Limestone VG 5, Madison Academy 0	
West Limestone 12-5, Madison County 10-15	Elkmont 15, Tanner 0	East Limestone VB 3, Ardmore 2	
	Elkmont 6, East Limestone 4	East Limestone VG 10, Ardmore 0	
	James Clemens 7, Decatur 3	East Limestone VG 2, Madison Academy 1	
	James Clemens 7, Station Camp (TN) 5	East Limestone VG 2, St. John Paul II 0	
	James Clemens 13, Lee 0	Elkmont VB 10, ABS 0	
	James Clemens 15, Mae Jemison 0	Elkmont JVB 5, Ardmore 1	
	Lindsay Lane 9, Colbert Heights 7	Elkmont VB 9, Clements 0	
	Lindsay Lane 14, Woodville 0	Elkmont VG 1, Clements 0	
	West Limestone 4, Rogers 3	James Clemens VG 1,	
	West Limestone 5, Central-Florence 4		
	West Limestone 10,		

Softball

- ABS 18, Lindsay Lane 3
- Ardmore 11, Elkmont 1
- Ardmore 10, Brooks 0
- Ardmore 15, Murphreesboro
- Central Magnet 4

Tennis

- ABS VG 7, Lexington 22

Track and field

At the Florence Invitational, first places went to Athens' Malea Wiggins (long jump), Kylie Rinke (discus), Jack Anderson (800m), Asa Savoie (3200m), Jayshon Ridgle (110m, 300m hurdles), Jack Tregoning (shot put), girls' 4x100m and boys' 4x800m relay teams, Elkmont's Alex Kuntz (1600m) and Ardmore's boys' 4x400m relay team.

Lemons For Blessings: The Newest From Carissa Lovvorn And The Sharing Sisters

by Ali Elizabeth Turner

continued from page 1

mons for Blessings, and it is the second in a series that Carissa created to bring some much-needed positivity to the COVID Era. Last year, Carissa wrote *Seeds for Sharing*, which was a true tale about the Sharing Sisters growing a garden the first summer of the pandemic. At first, its purpose was to give the girls something to do during what seemed like an endless summer, and then, their garden was so prolific and therapeutic that the girls were able to share what they had grown with neighbors and church members. The true story of giving back during an era of uncertainty was met with a robust and positive response, and it hadn't been out long when Carissa started working on *Lemons*.

The purpose of *Lemons for Blessings* is to express gratitude to medical personnel, first responders, teachers, cashiers,



Garth and the girls working on the lemonade stand

preachers, any and all who helped in our community and for all they did to take care of us during the worst of the pandemic. Again, it is loosely based on the true story of Carissa and Garth's daughters, Isabelle and Ella (who refer to *Lemons* as "our book"), and this time it is Daddy Garth that first empowered the girls by building

a lemonade stand with them back in 2019 for the Home & Garden Show. Moving forward to the time closer to the end of the pandemic, the Sharing Sisters then made lemonade both to sell and to give away, and I watched them shine like stars at last year's Earth Day celebration held in Athens. It was at Earth Day that the girls made \$220.50 to give back to the non-profit of their choice, and last year they chose the Learn-to-Read Foundation here in Athens.

What is so enjoyable about this whole series is that first of all, it is based on true incidents and events, and secondly, it has the potential to create a brand and track the girls and their mission for several years to come. Now let's talk about the illustrations. When Carissa was working on *Seeds*, she scoured the work of more than 200 illustrators until she found a young man by the name of Joshua Wichterich that she felt could capture the "vibe" of the Sisters. Carissa sent Joshua pictures of the girls, and he created the images that completed the project beautifully.

For *Lemons for Blessings*, the role of the father in the life of the daughters is explored and



The finished product being enjoyed by Ella Lovvorn, and her big sister, Isabelle

celebrated, and the back cover reads:

With a little help from Daddy and some scrap wood and lemons, the Sharing Sisters learn about the wonders of God's Spiritual gifts while thanking those who served our communities during the COVID-19 pandemic.

Giving in this way is something that was part of Carissa's upbringing, especially during the holidays. Her parents organized their own version of Toys for Tots by getting a list from the local school of kids who may not have any presents at Christmas time. "The house would be filled with presents for children," Carissa told me, "and there were toiletries for the adults. We would deliver in the middle of the night, and they never knew it was us. It was the best part of Christmas." For his part, Garth spent years deeply involved with Habitat for Humanity, and the Lovvorns are wanting their daughters to continue the legacy of giving back to their community, as well as to inspire the community to give, too. In addition, Carissa, who has a beautiful singing voice, has written a song she sings for children that is based on the book. The scripture that ties it all together is I Cor 12: 4-6, which says:


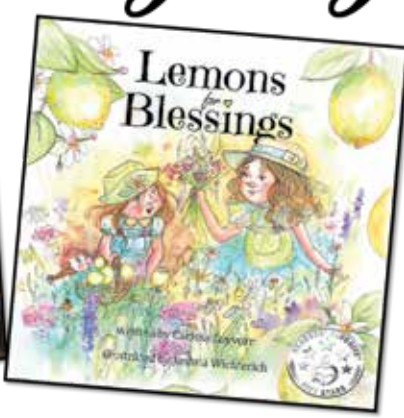
There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work.
(New King James Version)

Ideas for future books are in the works, and hopefully the COVID dust will settle to the point that the whole family will be able to go on foreign mission trips. At some point Carissa may do some projects that target grown-ups exclusively.

On Tuesday, April 19, there will be a book signing to be held at Frame Gallery of Athens, located at 125 North Marion from 5 to 7 p.m. You can come and meet the whole family, and everyone will autograph the book if you wish. As mentioned above, the girls refer to *Lemons for Blessings* as "our book," and will carefully add their signature for autographs, as will Daddy. Come and experience the joy of gratitude that can powerfully build community. You might even get to taste some lemonade that will bless you!

Books can be ordered at www.carissalovvorn.com and on amazon.com, and purchased locally at CEI bookstore.




Book Signing



Tuesday, April 19th | 5pm to 7pm

Join us at
Frame Gallery of Athens
125 N. Marion Street

Sponsored by Frame Gallery of Athens and Athens Now





Learning As A Lifestyle

Leadership: *A Game Of Chess Or Checkers?*

by Eric Betts

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

When discussing the subject matter of leadership, an administrator may manage the affairs of the organization without having to be the leader. Moreover, the position of the leader need not be coveted. The leader may not have the skills necessary to be a manager. It is not the case that all leaders have the skills to manage. One who holds the top leadership position must focus on the broader group, whereas management gets to focus on helping individuals.

Additionally, while analyzing the quality of managing, we must understand what good-to-great managing means in the real world. There is good management and mediocre management. It is assumed that most desire to be good-to-great managers not only for the success of the organization but also for their own.

Here are a few qualities good-to-great managers may possess, without necessarily taking on a role as "the" leader. Marcus Buckingham, a universally recognized researcher on the topic of leadership strategies and strength discovery and author of *The One Thing You Need To Know*, gives the following standards for successful managers:

1. Good managers focus on the individual employee and his or her role in helping the success of the organization. They study the talents, skills, knowledge, and experience. Furthermore, they are aware of the personal goals of the individual and seeks to match them with the overall mission of the company. When seeking clarity, the dos and don'ts must also be consistent.

2. Good managers are never

confusing to the employee or volunteer. Everyone knows their lane, what they bring to the organization, the order of priorities, the boundary lines and exactly what is expected of them. The manager also clearly communicates what the organization is about, and the markers for success on the way to the ultimate goals.

Gallup, a major polling institution in the U. S., has found that many employees and volunteers are not clear on what is expected of them. Clarity helps productivity.

3. Good managers are not afraid to form personal connections. They care about the people with whom they work and not just the bottom line. A good manager has a desire for all to succeed and not just him or herself. Additionally, they learn about their personal lives and utilize this knowledge for the benefit of the employee and the organization.

Many fear the idea of personally connecting with employ-

ees or volunteers, thinking that this will create an atmosphere that is too relaxed. Others assume that forming personal connections will make it difficult to correct the employee or enforce certain rules. The reality is the exact opposite according to Buckingham's findings. People are generally more productive when working for organizations that care about them and when around people they like.

Buckingham states the following important discovery concerning management and personal connections: "Research confirms more than the causal link between caring and productivity. Employees who feel cared about are less likely to miss workdays, less likely to have accidents on the job, less likely to file worker's compensation, less likely to steal, less likely to quit and more likely to advocate the company to friends and family." No matter how you choose to measure performance, being cared about seems to drive it.

4. Good managers understand the power of praise and how it contributes to success. Praise and thanks are two different things. The question may be asked, "Why does a person need to be thanked for doing what they agreed to as an employee?" However, praise is not thanks. Praise, in this context, is making positive commentary on how a person's unique skill sets or strengths have contributed to the advancement of the group and encouraging them to keep their eyes on the ball. Praise does not result in complacency, as many assume, but contributes to clarity and production. It is not thanking them for working hard, it is recognizing that their gifts make it a little bit easier on the group and the management. They not only notice large impacts for success among employees, but also small levels of growth. They take the time to celebrate them also.

5. Good managers don't go easy on people because they have established personal connections and are quick to offer praise. In fact, praise and personal connection makes it easier to know how and when to challenge and critique an employee so that they work better and smarter. The employee in this context understands that such criticism comes from a good place. It is clear to the employee that the manager is not simply looking out for themselves, but genuinely desires the success of the individual. Going easy does not help personal growth, and this is the motivation for challenging the person.

6. Buckingham says that good managers play chess rather

than checkers. In checkers, all the pieces move the same way, whereas in chess, the pieces move differently and more strategically. You must know how each piece moves and incorporate these unique moves into your overall plan of attack. Leaders who play checkers assume or hope that people will be motivated by the same things, driven by the same goals, desire the same kind of relationships, and learn the same way. Those who play chess discover what is unique about each person and capitalize on it.

7. Finally, great managers are never suspicious of people's strengths or abilities. They are not afraid or intimidated that people will become overconfident because they are good at what they do. They do not seek to "put people in their place." Mediocre managers make the wrong assumption that gifted people will get ahead of the program or behave arrogantly. Such managers will tend to be overly critical toward those with the greatest strengths in order to offset arrogant actions or positions that they imagine might occur. The great manager does not fear strengths or talents in employees, but according to Buckingham, they fear that they will fail to help each person turn their innate talents into performance.

Management is an opportunity to establish connections that will last a lifetime. Furthermore, it is an opportunity to help bring out the best in others and to be inspired by the personal stories of professional growth among those they serve. It only involves learning to be more of a chess player than a checkers player.





The View From The Bridge

Join Us For The Conversation Project Luncheon & Seminar On Advanced Care Directives

by Jackie Warner

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

The Bridge Invites You To Join Us For The Conversation Project Luncheon & Seminar On Advanced Care Directives!

Who will speak for you, when you can't?

Attendees will receive supportive tools for expressing personal medical care wishes during illness and unexpected medical emergencies.

This impactful seminar will engage participants in vital conversations providing participants with strategies, supportive resources, and tools. Our presenters will be there to share a step-by-step process, offer insights for planning conversations with your loved ones and answer questions to help you get started.

When: Saturday, April 30, 2022, 10:00 am – 2:00pm

Where: Pincham-Lincoln Center, 606 Trinity Circle, Athens, AL 35611

Cost: Free; registration is required

<https://www.eventbrite.com/e/conversation-project-seminar-luncheon-tickets-276893424687>

Contact: Registration online via Eventbrite

Lunch and refreshments will also be served.

This research study has been approved by the Institutional Review Board, under federal regulations at Penn State Medical Center, IRB Protocol No. 14689, PI: Lauren J. Van Scoy, MD. *Eligible participants may also have the opportunity to receive compensation for their participation in the study with Penn State University.

Until Next Time,

Be Sincere, Kind and Intentional

Email: thebridge.us@gmail.com

Check out upcoming events:

Website:

<http://thebridge-us.yolasite.com/>

Join us for the

Conversation Project Seminar Luncheon

Supportive tools for expressing personal medical care wishes during illness and unexpected medical emergencies.

Who will speak for you when you can't about your medical care and wishes?
This impactful seminar will engage participants in vital conversations providing participants with strategies, supportive resources, and tools. Our presenters will be there to share a step-by-step process, share insights for planning conversations with your loved ones and answer questions to help you get started.

When: Saturday, April 30th, 2022, 10:00 am – 2:00pm
Where: Pincham-Lincoln Center, 606 Trinity Circle Athens, AL 35611
Cost: Free; registration is required
Contact: Registration online via Eventbrite or email: thebridge.us@gmail.com

Lunch and refreshments will also be served.

*This research study has been approved by the Institutional Review Board, under federal regulations at Penn State Medical Center, IRB Protocol No. 14689, PI: Lauren J. Van Scoy, MD. *Eligible participants may also have the opportunity to receive compensation for their participation in the research study with Penn State University.*

Thanks to our Partnering Sponsors!

- Alabama Fork Cumberland Presbyterian Church in America, Inc.
- Transformational Life Solutions
- The Bridge "Where Community Matters"

Sponsor Opportunities are Available. Please email: thebridge.us@gmail.com for more details.

Unity Requires Timing And Waiting

by Deb Kitchenmaster

Have you ever been impatient? How about, "I've waited long enough?" or, "Where are you? I've been waiting for forty minutes. I understood we were to meet at such and such time?" Me, too. We have a timeline in place and a reasonable time of waiting in mind. Then what?

Waiting is duplicitous in its behavior, meaning that your strength can be renewed or you can become exhausted emotionally or physically. What determines strength or exhaustion? Relationship (unity/connection). What about timing? Timing can also be referred to as rhythm. Timing enables us to connect with unforced rhythms of grace rather than forced rhythms of law or performance. We want the results we set out to accomplish but we want it based upon our communication in our relationship rather than our demand of performance or acting a certain

way. Behavior and attitude are best not to be ignored or overlooked.

We can take this timing and waiting savvy within our relationships inside the corrals of our lives or in the horse corral.

Let's head to the horse corral.

First, let's understand the horse. The horse is not a dog. The horse is not a human. Most importantly, the human needs to recognize the horse's need for self-preservation in mind, body, and the third factor, spirit. This is extremely important to a horse, and when a person understands how important it is to a horse, unity is enjoyed. For example, the person's approach (energy) can assure the horse that he can have his self-preservation and still respond to what the person is asking him to do. That is going to be a useful thing to both the person and the horse. There's a "time" the horse has enough confidence and it's a "yes" to your interaction and



there's time to allow confidence to be built between you and the horse. Wait for it; the change will inevitably come. Understand and remember self-preservation is extremely important to a horse!

Understanding the relationship between you and your trainer (if you have one) is important. Whether your trainer is a person or the horse, neither one can teach you any-

thing; they can only help you learn. It doesn't take long to figure out that a seed can be planted and nurtured to grow but the real learning must come from within oneself. It is quite the discovery when one realizes that a bunch of secret

Remember, if something isn't working out for you the way you would like, don't worry yourself. More than likely you are trying too hard and wanting to force something to happen. It just doesn't work that way. You want to be in the position of 'leader' or 'master' but your horse is not a slave, but rather your willing partner. You need to learn to wait for things to happen.

There are times your horse will know what you want and be trying, but it takes time for the horse to coordinate himself structurally. There are also times you must put your horse under pressure to help him become happy. Your application and the outcome of that pressure makes the difference. What is the difference between happy children and unruly? Discipline. Disciplined children experiencing a relationship that fosters a loving, consistent communication are happy.

Recently, I came face to face with a weariness and a degree of impatience within my own soul. In crying out, I realized that my timing and God's timing weren't in harmony. I have an idea of what justice could look like, and I have a desire of it happening now rather than later. I repented. I was carried by the wind of the Holy Spirit to Isaiah 40:31. "They that wait upon the Lord shall renew their strength. They shall mount up with wings." I then read a statement by a woman whose first name is Trina. "If I have inside me the stuff to make cocoons, maybe the stuff of butterflies is there too."

This week is referred to as 'the Passion of Christ' by some. I know Jesus rode a wild donkey into Jerusalem where people were waving flags, garments, and palm branches and yelling "Hosanna." He had need of a wild donkey, not a trained elephant. "Hosanna."

*Your NEIGHbor,
Deb Kitchenmaster
Corral Connections*

256-426-7947

*Animal B.E.S.T. practitioner
horsinaround188@gmail.com*



East Lauderdale Quilters
2022

QUILT SHOW

Saturday, April 23rd
10:00 am – 3:00 pm
FREE EVENT

Lexington First Baptist
301 Taylor-Kizer St, Lexington, AL
Come enjoy quilting activities, displays, and marketplace.
Scissors sharpening available.

Comparing Yourself to Others

by Lisa Philippart,
Licensed Professional Counselor

*"Comparison is the
thief of joy."*

- Teddy Roosevelt

Do you struggle with comparing yourself too much with other people? Maybe you feel insecure at work, in romantic relationships, or just across the board. Whatever form your unhealthy social comparison takes, I'm sure you're more than familiar with all the negative side effects that go with it: anxiety, low self-confidence, relationship conflict, imposter syndrome, low self-esteem, etc. The good news is that ultimately unhealthy social comparison is a habit. And regardless of why that habit formed or how strong it is now; all habits can be changed. But in order to break free from the habit of chronic social comparison, it's important to be clear on why you do it in the first place. In the rest of the article, we will look at the reasons people tend to compare themselves too much to others, and offer some tips on what to do about it.

Human beings are social creatures in the sense that complex relationships and social communication were and are key to our survival and flourishing as a species. We are surprisingly good at working together (usually!) This capacity for coordination depends on being attuned to what other people are thinking and

feeling. For our ancestors, their survival depended on being aware of things like social hierarchies and status; in other words, how you compared with others. Consequently, it is completely normal to compare yourself with other people. Of course, this tendency can be taken to unhealthy levels. But if you want to rein in your harmful social comparisons to more reasonable and healthy levels, the key is to validate it rather than criticize it. Most people who get stuck in the social comparison struggle are often judgmental and critical of themselves. Try this: Recognize the urge to compare yourself to others rather than condemning yourself for it.

Deep down, the habit of damaging social comparisons is almost always a defense mechanism against uncertainty. For example, maybe you struggle a lot during team meetings at work. When the meeting starts, your mind gets flooded with thought like: "Am I doing enough? Cheryl is always so confident. Tim is working on three projects while I can barely handle one." Underneath these thoughts about how you stack up compared to your coworkers, is the assumption that you should have the answers. You should be as confident as Cheryl. You should be doing more projects. But that's totally unreal-



istic. There will always be a good amount of uncertainty about your performance or confidence. That's not something you can change. No amount of obsessive worrying is going to eliminate your feelings of uncertainty. The solution is to come to terms with uncertainty. The next time you start comparing, ask yourself: "What am I really worried about right now? What uncertainty am I trying to eliminate?" Uncertainty may feel bad, but that doesn't mean it is bad. Acknowledge and validate your uncertainty. You may find you don't need to compare.

For whatever reason, you may have just gotten into the habit of constantly comparing yourself to other people decades ago. And because that habit hasn't been updated or modified, it's just grown stronger with every pass-

ing day and year. So, while it is important to acknowledge and understand the reasons behind your social comparisons, it is not sufficient for lasting change. Changing any kind of habit is going to be work. It will require effort, patience, and time. Here's the plan going forward: Acknowledge to yourself when you're feeling the urge to compare yourself to others. Validate that urge as normal and give yourself a little compassion. Intentionally refocus your attention on what really

matters to you in the moment. Each time your mind wanders back to the comparison, gently bring it back to the task at hand. My hope is that you begin to alter your thinking to feel better and adjust your behaviors in a more positive, productive way.

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.

Lisa Philippart LPC LLC
NCC, BCPCC, BC-TMH
Licensed Professional Counselor
Living Life Counseling Center
44 Hughes Rd, Suite 1050
Madison, AL 35758
256.326.0909 cell
256.631.7898 office
256.542.3366 fax
urlifematters@hotmail.com or
Lisa.P@livinglifecounselingctr.com
livinglifecounselingctr.com





The Alternative Approach

Thyroid Health

by Roy Williams

It's now been close to 30 years since I dedicated a great deal of my life to the studies of natural health. Learning everything, I can about the human body and how health and healing are so important has been a pleasure. Getting to share many of the things I have learned with you is one of the highlights of my life.

Every so often I will learn about a product that has some real life-changing capabilities and this newsletter is about one of those discoveries. For years, many of us have known that iodine is one of those special minerals that has many positive effects on our quality of life. One good example is the discovery that just 150 micrograms daily will stop someone from developing goiter, and help reverse it in those who have already developed it.

Unfortunately, that minimum daily requirement is still set far too low to truly experience the health benefits by simply increasing the dose. And the good news is that there is nothing scary about taking even more. Japan is a good example because they consume

more than 12,000 micrograms – 12 milligrams of iodine each day. That's 50 times more than the average American.

As a result, the life expectancy in Japan is over 83 years compared to the United States which is 78. The infant mortality in Japan is half that of the United States, and America faces almost three times the number of deaths from breast cancer than Japan. Many studies have noted a connection between thyroid abnormalities and breast cancer.

Today, one in eight American women will develop breast cancer during her lifetime. Compare that to just thirty years ago, when iodine consumption was much higher and one in 20 women developed breast cancer. And lowering the risk of cancer is just one of many ways iodine in larger doses can help us live longer and have higher-quality lives. Here are some other ways iodine may help improve life:

- 1) Fights fatigue
- 2) Can help prevent dry, brittle hair and hair loss
- 3) Helps stop constipation
- 4) Supports mental health



and may clear mental foggiess

- 5) Helps with metabolism and weight loss
- 6) May improve circulation
- 7) Relieves aching joints
- 8) Can stop feeling of being cold
- 9) May decrease risk of breast cancer

There is a fear surrounding iodine supplementation that is completely unfounded. Many people were scared out of taking iodine when a couple of doctors told a fictitious story about taking iodine and developing hyperthyroidism. The profits of the drug industry helped exploit this fear, which had a bearing on their desire to discredit the use of iodine for hypothyroidism.

Our water supply was once purified with iodine instead of chlorine. Even though iodine is just as effective as chlorine and has none of the negative side

effects of chlorine, they decided to use it anyway. Unfortunately, chlorine and fluoride are toxic to your thyroid. They block the ability of the thyroid gland to use iodine, which can cause depression, headaches, weight gain, and even hallucinations.

Supplementing with iodine was routinely used by physicians until the late 1930s. Aside from thyroid, recent research has proven that all cells have receptor sites for iodine, in particular the breast, prostate, ovaries, and uterus, which require iodine in order to function properly. It's no wonder, we are having so many health issues that are now associated with iodine deficiencies.

Supplemental iodine is available in different forms, each of which affects specific tissues in the body. Potassium and sodium iodine are best absorbed by the thyroid. Breast tissue uses iodine

most efficiently in the form of molecular iodine. For those reasons, we have been suggesting a special blend of iodine that utilizes all three forms with some very amazing results, called **Thyroid Care** by Terry Naturally.

Dr. David Brownstein, M.D., is an author and iodine expert who has treated thousands of patients in his clinic. He reports; "I began to see positive results in my patients. Goiters and nodules of the thyroid shrank, cysts on the ovaries became smaller and began to disappear, patients reported increased energy, and metabolism was increased as evidenced by my patients having new success in losing weight. Libido improved in both men and women. People suffering from brain fog reported a clearing of the foggiess. Patients reported having vivid dreams and sleeping better. Most importantly, those with chronic illnesses who were having a difficult time improving began to notice many of their symptoms resolving.

If this article rings a bell in one or more of the areas I have written about, maybe it's time you try **Thyroid Care** by Terry Naturally. You can pick up a bottle at Herbs & More in Athens or NHC Herb Shop in Killen or call 256-757-0660.

Your Friend in Health,
Roy P Williams





Cooking with Anna (continued from page 13)

Love Does Not Dishonor

by Anna Hamilton

continued from page 13

halves where not perfectly even, I would make sure that they were divided equally. Now, one might think I would break the extra piece again to ensure evenness, but oh no, that is not what I would do. I would eat any extra piece to make sure each side was even and then give my sister the other half. Were they divided evenly at this point? Yes, they were. Did I selfishly eat the extra part? Yes, yes I did. I know that is a very basic example of self-seeking behavior, but we carry over that same way of thinking into our adult life. We make sure that we get ours off the top. We make sure to take ours first in order to get the best. Always trying to get the best, or be the first, will become exhausting.

Love will never be selfish. Even when you are learning

to love yourself. Focusing on not trying to be first and always get the best will give you a peace and a calmness with yourself. You will be able to understand love much deeper than before.

This week's recipe is a yummy southwestern dish with spaghetti squash and chicken. It is a winner! We love it in our house. As always, feel free to use whatever meat and veggies that your family loves to make this dish your own.

"This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another." 1 John 4:9-11.

HAZEL GREEN
CHIROPRACTIC
Dr. JOHN BOYLE

13971 Highway 231/431
Hazel Green, AL 35750

Tel: (256) 828-4288
Fax: (256) 828-4250
hazलगreenchiropractic@yahoo.com
hazलगreenchiropractic.com

New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

Athens Auto Tire
&
Wrecker Service

24 Hr. Road & Wrecker Service

306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537



Celebrating

34 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



ATHENS, AL
WOMEN'S
RESOURCE CENTER

256-233-5775 • 24-Hr Hotline
727 Market Street W, Ste. D in Athens
www.savallifeathens.org

On Death And Dying, 50 Years Later, Part 1

by Mae Lewis

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." Elisabeth Kübler-Ross

You may not have heard of Elisabeth Kübler-Ross, but you have been impacted by her work. Elisabeth was a Swiss-American psychiatrist who lived between 1926 and 2004. As a young girl, she traveled throughout Europe after the war doing relief work. She was profoundly affected by the resilience of the human spirit in the aftermath of the war and the stories that were told by the survivors of extermination camps. At the age of 16, against her father's wishes, she left home to begin a career in medicine as a psychiatrist.

Her academic and professional career is very admirable, but there is not space enough to cover it here. When she began her career at the Manhattan State Hospital in the early 1960s, she was working with schizophrenics and the terminally ill. She was horrified at the treatment of the patients, who were often completely ignored, and implemented significant changes in how they were individually treated. She went on to work at various hospitals and universities, devoted to the "greatest mystery in science" -- death.

Kübler-Ross was the first person to change the way the world looks at those who are terminally ill.

She is responsible for making hospice care and palliative care a normal part of society, and helping the world to see that death is necessary stage of life. Her focus on the terminally ill and her research into death, led to sweeping changes in the medical field that drove doctors and nurses to treat the dying with dignity.

In 1969, she published an international best-selling book, *On Death and Dying* which introduced the five stages of grief: denial, anger, bargaining, depression, and acceptance. She originally developed these stages to describe how terminally-ill patients come to terms with their own deaths. Later it was recognized that anyone experiencing any form of personal loss, such as the end of a relationship or loss of a job, was experiencing

these stages. They have now come to be known as the "Kübler-Ross change curve."

In the 1970s, she traveled to over twenty countries on six continents, initiating hospice and palliative care programs, and promoting "Death with Dignity." In the 1980s, her attention turned to AIDs patients and abandoned children who were infected with HIV. She profoundly influenced the perception and stigma of AIDS as a "gay disease" and was able to exert change in the medical field for women, children, and babies with AIDS. Her work was not well received though, especially in her own community. In Virginia, where she lived, her work with children suffering from AIDs and HIV was prohibited by the religious community in which she lived. Her

neighbors tormented and attacked her, even going so far as to set fire to her home in which she lost almost everything.

Elisabeth Kübler-Ross became the world's foremost expert on death and dying. She was named by *Time* magazine as one of the "100 Most Important Thinkers of the 20th Century." She received nineteen honorary doctoral degrees from universities all over the country and was inducted into the National Women's Hall of Fame.

In my studies of Elisabeth, it is easy to see that the driving force behind her work was a compassion for others and a belief that all human beings are sacred. She treated each patient not as a case study, but as a human being who was worthy of dignity and physical touch, as a person who had a sa-

cred light within them. She saw each person as someone who had hopes and dreams and very real fears, and showed a genuine interest in their life and the emotions that they experienced regarding death. She was able to help people who had been abandoned by their families and churches find meaning and peace in their lives and deaths. Her many workshops on death and dying were like a gathering of friends and family, rather than an academic lecture. She brought peace to thousands in their final hours and treated each one as a friend.

Her work had a profound influence on society and medicine, and her gift was her ability to light a spark within others to show compassion. "None of us is so unique as to be exempt from the human condition." EKR



**Licensed in
TENNESSEE & ALABAMA**



**TROY
ELMORE**

REALTY AND AUCTION

***Carol
Green***

256-771-8724



256-232-9604

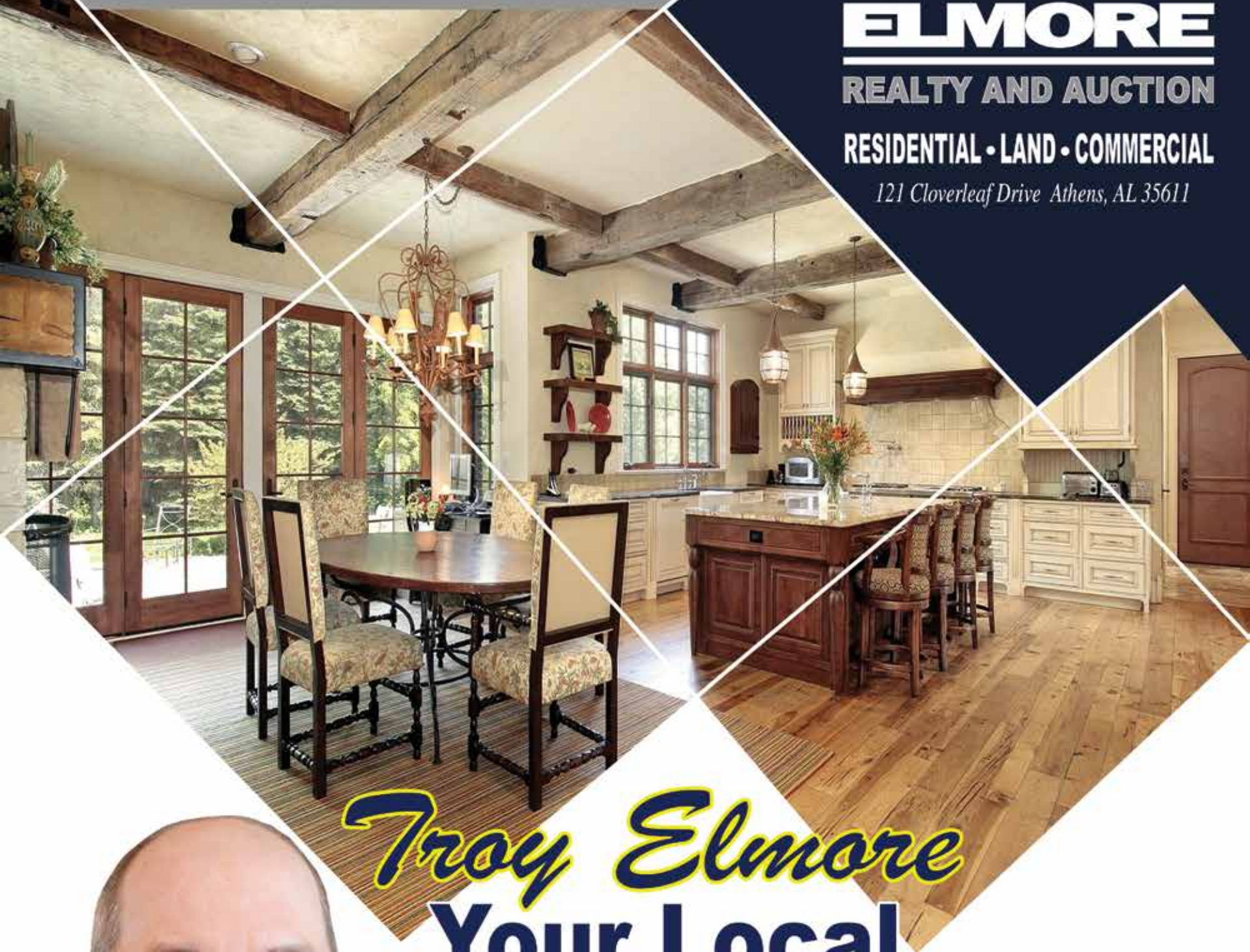
www.TroyElmoreRealtyandAuction.com



Licensed in Alabama & Tennessee!

**TROY
ELMORE**
REALTY AND AUCTION
RESIDENTIAL • LAND • COMMERCIAL

121 Cloverleaf Drive Athens, AL 35611



Troy Elmore

**Your Local
Real Estate Expert**

Serving Athens for 20 years.

256-777-3710

www.TroyElmore.com

trelnore@aol.com

Call TODAY for a FREE CONSULTATION!





AUCTION!

OUR PAST SUCCESSES SPEAK FOR THEMSELVES



256-777-3710



**HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!**

Experience Matters!

**TROY
ELMORE**

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

LICENSED IN AL & TN!



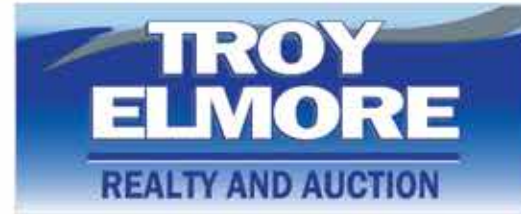
ALSL# 5137 TNSL# 6503

SUDOKU

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

*It always seems
impossible until
it's done.*

~ Nelson Mandela



ANSWER KEY:

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



BUYING OR SELLING?

Vance Dutton

Realtor®

256-614-5308

TROY ELMORE

REALTY AND AUCTION

121 Cloverleaf Drive Athens, AL 35611



TROY ELMORE

REALTY AND AUCTION



ESTATE LIQUIDATION

in Alabama and Tennessee!

We specialize in assisting families, trustees, executors, and others in estate liquidation, downsizing, and business liquidation.

It can be a difficult and intimidating process. Let us use our experience and expertise to help get the results you are looking for.

CALL TODAY FOR A FREE CONSULTATION

www.TroyElmoreRealtyandAuction.com

TROY ELMORE

ALSL# 5137

256-777-3710

Auction Property #1

365 Short School Rd Pulaski, TN 38478

**APRIL 30th
10:00 AM**

**TROY
ELMORE**
REALTY AND AUCTION

256-777-3710

Large fenced in yard!



3 Bedroom / 1 Bath Brick Home on 1.42 +/- ac.
Nice home with great outdoor space and easy creek access!

Above ground pool with deck!



Creek!

Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

with deed. As in all auctions this property is being offered in "as is where is" condition. The Auction Company or sellers make no warranty either implied or expressed as to property size or condition. Buyer purchases property based solely on

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials. Agent has ownership interest. Troy Elmore ALSL#5137



Auction Property #2

575 Short School Rd Pulaski, TN 38478



**APRIL 30th
11:30 AM**

**TROY
ELMORE**
REALTY AND AUCTION



Multiple Outbuildings!



Fireplace

3 Bedroom / 2 Bath Home on 5 +/- ac.

Spacious property with outbuildings, circle driveway and storm cellar!



Screened-in porch



5 +/- ACRES

**Call
Troy Elmore 256-777-3710**

Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

with deed. As in all auctions this property is being offered in "as is where is" condition. The Auction Company or sellers make no warranty either implied or expressed as to property size or condition. Buyer purchases property based solely on

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials. Agent has ownership interest. Troy Elmore ALSL#5137



AUCTION

APRIL 23RD
10:00 AM

REMODELED



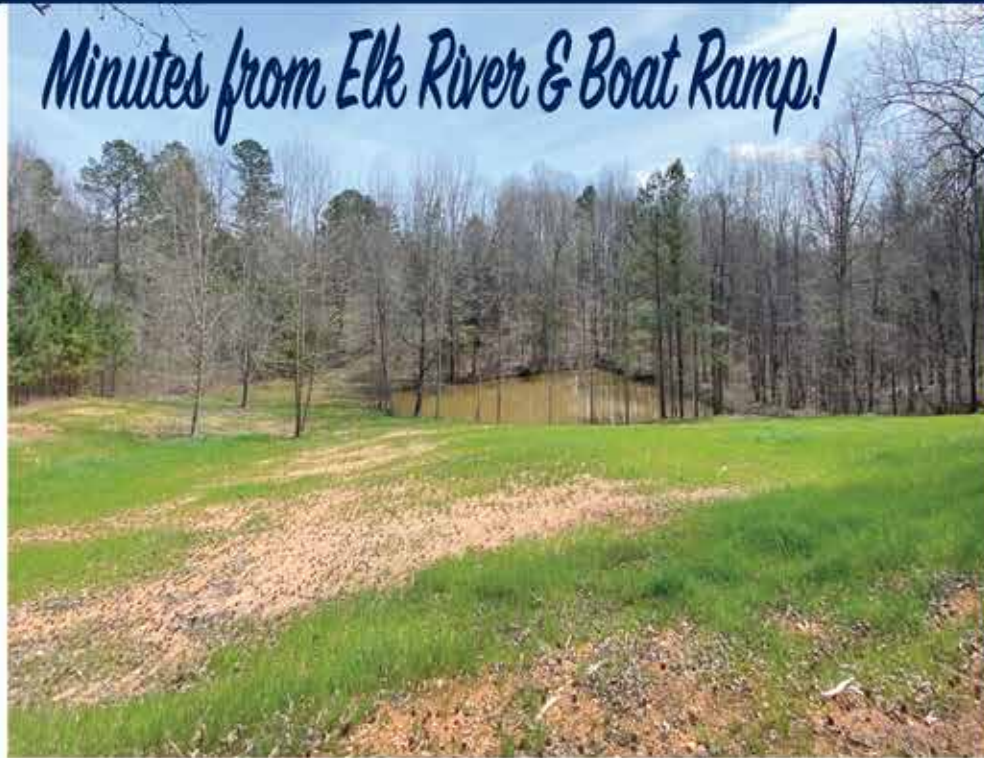
auctionzip.com #29747



12368 Hickory Hills Rd Athens, AL 35614

3 BD / 2.5 BA Brick Home with Basement ~ 14.7+/- acres ~ POND!

Minutes from Elk River & Boat Ramp!



Call Troy Elmore 256-777-3710

Visit Us Online for more info and pictures!

www.TroyElmoreRealtyandAuction.com

**TROY
ELMORE**
REALTY AND AUCTION

Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

with deed. As in all auctions this property is being offered in "as is where is" condition. The Auction Company or sellers make no warranty either implied or expressed as to property size or condition. Buyer purchases property based solely on

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials. Agent has ownership interest. Troy Elmore ALSL#5137

