

April 21 - May 04, 2023

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Pages 25 - 32

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Crown Service Termite And Pest Control: 10,000 Inspections Strong...
When Wayne Hemmerly, co-founder of Crown Service Termite And Pest Control mentions February 5, 2018, he...
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BNI LIMESTONE LEADERS

Tuesdays at 7:45am
Alabama Veterans' Museum • 114 W Pryor Street in Athens

Growing Businesses By Building Strong Relationships



“God Encounters Tent Revival” Coming Back To Athens May 12

By Ali Elizabeth Turner

A year ago last May, Scott and Kim Barnhart closed the doors to a church in Huntsville that they planted in 2012, which was known as The Freedom House. It

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Clean, Green And Beautiful

One Bag Challenge Extended To May 7...
\$1,000 IN CASH PRIZES! Are you looking for a way to take care of your piece of the planet for Earth Day?...
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From The Tourism Office

Tourism Scavenger Hunt...
Athens-Limestone Tourism Association is incorporating history into a fun scavenger hunt in Athens Big Spring...
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The 2nd Annual East Limestone High School Marching Band Car Show Is May 6

By Ali Elizabeth Turner

Coming up on May 6, the 2nd Annual ELHS Marching Band Car Show is going to be held at the high school parking lot from 10 a.m. to 2 p.m. The purpose of the car show is to raise money for the band to purchase instruments, uniforms, and

Continued on page 17



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Publisher's Point

***We Need Holy Moments
Now More Than Ever***

Never underestimate the power of the small book. Consider the impact of writings such as Homer's *The Odyssey*, Harriett Beecher Stowe's *Uncle Tom's Cabin*, and George Orwell's *1984*. Their topics are complex, difficult, and one is even dystopian, and they have impacted not just our culture, but our planet. By contrast, recently I was given a small book as a gift by a woman who helps to restore trafficked women, which is an undertaking that at times is so daunting and dark on its own that I doubt *1984* is on her nightstand right now. The book is called *Holy Moments, A Handbook for the Rest of Your Life*, by Matthew Kelly, and it is only 115 pages long. It is a keeper, and I would be remiss if I didn't tell you about it.

On the surface, its premise is ridiculously simple. We can choose to partner

with God to create "holy moments," or we can choose to create "unholy moments," which damage those around us as well as we ourselves. "Holy moments," which Kelly describes as being "tiny collaborations with God" or a "mini-transfiguration," are described as follows:

A Holy Moment is a single moment in which you open yourself to God. You make yourself available to Him.

You set aside personal preference and self-interest, and for one moment you do what you prayerfully believe God is calling you to do.

Kelly is quick to point out that having preferences with regard to food, music, vacations, books sports, TV shows or movies, or clothing styles are not the problem. It is when our preferences are inserted into the places that can only be fulfilled by our di-

vine purpose that we come up short, empty, and selfish. He says further: *Some moments are holy, some moments are unholy, and our choices can guide a moment in either direction.* It doesn't get much plainer than that.

I have found over the years that I especially appreciate authors who quote other authors perhaps because the other one just "said it better." Matthew did that for me when he quoted a South African author by the name of Laurens van der Post, who said:

There is ultimately only one thing that makes human beings deeply and profoundly bitter, and that is to have thrust upon them a life without meaning. There is nothing wrong in searching for happiness. But of far more comfort to the soul is something greater than happiness or unhappiness, and that is

meaning. Because meaning transfigures all. Once what you are doing has meaning for you, it is irrelevant whether you're happy or unhappy. You are content.

Obviously doing "what has meaning" has to be defined by that which is good, and that which is good must always be determined by the only One who is good, and that ain't us humans. The great irony is that doing good feels really good, but the serotonin-dopamine-oxytocin burst that we experience when we participate in Holy Moments can't be our motivation, as wonderful as are the side effects.

Simply stated, we were created to do good, and doing good is what makes us what we were designed to be in the first place -- our "true selves." This is especially important in the face of something as evil as children being gunned down at a school or at a 16th-birthday party, or as seemingly non-consequential as paying for the coffee of the person behind you in the drive-thru who will never be able to thank you. It all has a compound effect, and this little "handbook" can help you get better at it. Enjoy!

Ali Elizabeth Turner

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It only takes a handful of **HOLY MOMENTS** to flood your soul with joy and show you a new and exciting vision of the rest of your life.



Museum Archives And Memorial Day

by Yvonne Dempsey



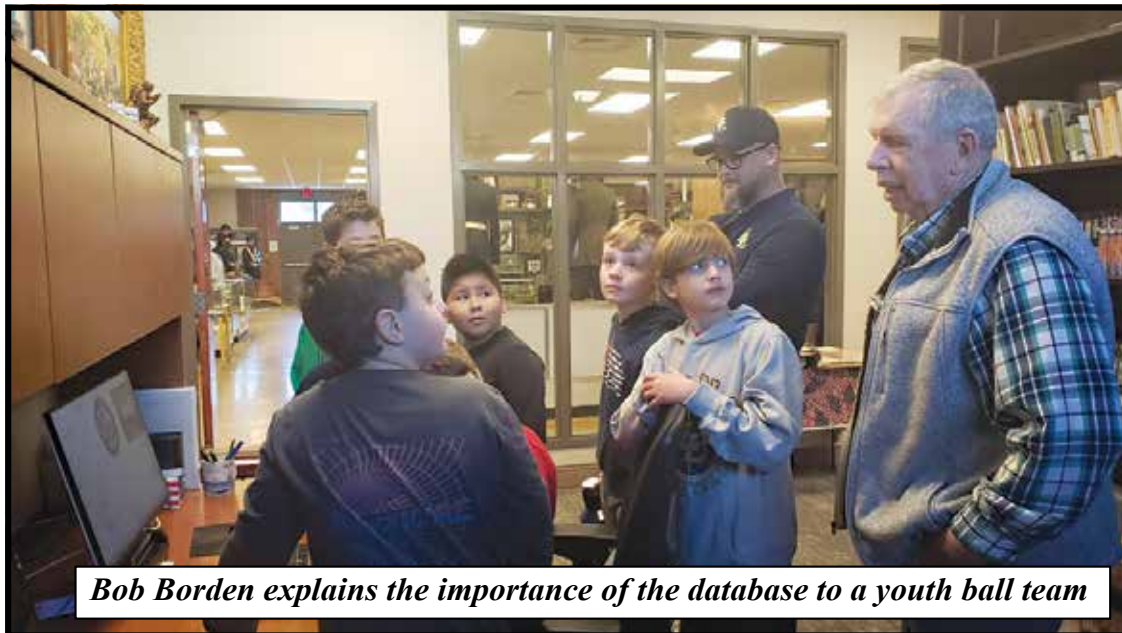
As part of our museum's continuing efforts to preserve history and honor our veterans, much work is being done on our military archives of local veterans and veterans who are relatives of area residents. For several years, Sandra Thompson, museum director and veteran, wanted to have a database created to include as much information about each veteran as possible.

Dr. Katia Maxwell from Athens State University, in conjunction with the museum, developed an electronic database program for living and deceased veterans. Currently, this includes more than 5800 veterans and their military service records and is accessible on a computer in our museum library. The overall purpose of the database is to provide a window for current and future generations to recognize the sac-

rifices and accomplishments of these veterans.

The veteran's entry includes their picture, branch(es) of service, years served, locations stationed, medals, awards, special achievements, combat highlights, any information that the veteran or family member can give, and if the veteran is deceased, the place of burial. There is also a link on the deceased veteran's page to *Find a Grave* which takes the user virtually to the exact cemetery or graveyard. Grave location, pictures of the grave, other info, and GPS coordinates are usually found there.

Ms. Thompson also wanted all deceased veterans in Limestone County to be recognized on Memorial Day with an American flag placed at each grave. Ten years ago, this idea became reality. Volunteers were sought through-



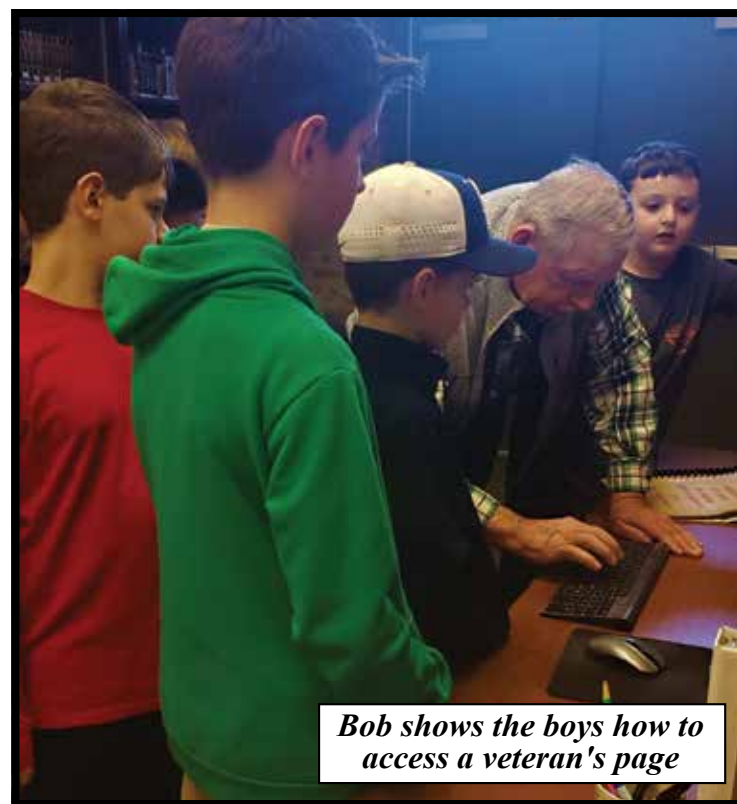
Bob Borden explains the importance of the database to a youth ball team

out the county including schools, churches, local veteran's organizations, and family members of deceased veterans from all branches and eras to cover all of the approximately 300 cemeteries in Limestone County.

To get this endeavor underway, these graves had to be identified. Four Boy Scouts from two local troops (236 and 240) cataloged veterans' graves in Roselawn and Athens City cemeteries, which was a daunting task. This earned them their Eagle Scout rank through their work locating the graves, documenting the info, and working on our database. Since then, much work has been done to identify all of the veterans' graves.

Each Memorial Day, the Alabama Veterans Museum invites veterans, family members, and friends to a ceremony honoring veterans who have passed away during the previous year. Public information on the program will be forthcoming.

Please consider participating in placing flags on veterans' graves. This is a great activity for any organization, fam-



Bob shows the boys how to access a veteran's page

ily, or individual. The flags are available for pick up at the museum during business hours Mon-Sat 9 a.m.-3 p.m. The flags are bundled together for each cemetery and ready to be issued. We request that all flags be placed by Memorial Day, which is Monday, May 29.

Come by the museum to review the database or to enter a veteran's picture and info. Pictures and other records

can be scanned and the original given back. If you have any questions, the database managers are Bob Borden, Don Chaney, and Cindy Roberson. Museum staff and volunteers are also available to help with forms and information on honoring our veterans. If you are unable to visit the museum, you can email your questions, info, and requests for forms to the database email at museumdatabaseinfo@gmail.com.

Database information

Please provide the following information for the Alabama Veterans Museum Veteran Database

Last Name _____
 First Name _____
 Middle Name _____
 Suffix: _____
 Date Born: _____ Date Died: (if applicable) _____
 Branch _____ Rank _____ Unit(s)/Ship(s): _____
 Conflicts: _____
 Awards and Decorations: _____
 Additional Comments: _____
 Cemetery: _____ Section: _____
 Row: _____ Marker Location: (Head) _____ (Foot) _____

**** Please provide a picture of the individual (Preferably in uniform) ****

SEND TO: museumdatabaseinfo@gmail.com or drop off at the museum, 114 W. Pryor Street, Athens, Alabama 35611

Special Feature

Crown Service Termite And Pest Control: 10,000 Inspections Strong

by Ali Elizabeth Turner

When Wayne Hemmerly, co-founder of Crown Service Termite And Pest Control mentions February 5, 2018, he becomes just shy of a chuckle that rings with triumph. February 5 was the day that Wayne and his business partner, Stephen Corbett, launched their company debt free but with virtually nothing. Five years later, they have now taken care of more than 10,000 situations which demand their pest control expertise, particularly as it relates to termites.

Between them, Stephen and Wayne have had several fascinating careers, including construction, real estate, executive protection of executives and celebrities, the entertainment business, farming, and big-box pest control. In addition, Stephen is a champion sporting clays shooter. They specialize in inspections and providing termite letters, the document that must be submitted that at-tests to whether or not a property that is for sale is free of termites, and what must have cleared before a commercial or residential business closes for sale.

I recently had Wayne on my radio show, and he told a story I never get tired of hearing because it underscores the kinds of opportunities that are still available in America if you are willing to work hard. Wayne talked about the fact that on that first day of business in 2018, they emerged with the

promise of more business in the form of providing termite letters. On day two, Stephen found a termite rig and borrowed a truck from his father-in-law, and by Friday they applied a termite treatment. At first, Wayne did the inspections, Stephen did the applications, and Susan Hemmerly, Wayne's wife, would come and do invoices and the books after she got off from her other job. Harrison, Wayne's son, was their first part-time employee. Since then, their team has grown. It includes Bella LaFontaine, who is the office manager, several pest inspectors and techs, and the newest addition to the Crown crew, Kim Holladay.

Kim is the receptionist and handles customer service. "We have known her for years, and she knows the industry. We are so glad to have her," Wayne said with conviction.

They outgrew their second location, and last August were able to purchase their own facility. Wayne said, "There's more parking, more room, office space and storage. Most of all, it's ours!"

There are a number of reasons that you should choose Crown Service for your pest control needs. First of all, Wayne makes sure that the inspections are careful and the quotes are custom. You don't just call up and get a computer-realized estimate which is completed



Bella LaFontaine
Office Manager



Kim Holladay
Receptionist & Customer Service



sight unseen at their office; they come to you and discuss your options first, and the inspection is free as well as without obligation. Bella keeps the customers in her cell phone and is available to make sure that they get what they need. Stephen sees to it that the work is performed as promised. Because they don't have as much overhead as a national chain, they are able to give better prices. They use the exact same chemicals as the chain services, and as Wayne says, "Our big difference is pricing and service."

They may concentrate on termite letters and termite treatment, but Wayne has a list of favorites he likes to go after. First up is fungus. "There is a lot of confusion these days between mold and wood-decaying fungus," he said, and people are

at times getting treatments that are not necessary. Second up -- termites. Wayne gets a great deal of satisfaction getting rid of those critters so houses can pass inspections, and keeping them gone with ongoing protection plans that are thorough and affordable. Next in line is the category of pests. Ants, cockroaches, spiders, silverfish, rats, mice, wasps, fleas, crickets, brown recluses, bed bugs, and earwigs don't stand a chance. Most recently they added mosquito control, although as Bella said recently at our BNI meeting, "We won't get your cat that is stuck in your duct work. Someone else will have to do that!"

Crown Service will also do crawl space moisture management, deal with rot and damage, install appropriate vapor barriers, and provide you as a

homeowner with that most important thing: peace of mind. Wayne says, "We have a goal, and that is to treat each home as though it belongs to our grandparents." Let someone who has a heart to protect take care of your most precious possession, your home, and get a no-obligation inspection today.

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Calendar of Events

Athens Historic Walking Tours - ATHENS STATE UNIVERSITY DISTRICT April 22

9:45am - 11:00am. Athens-Limestone Visitors Center, 100 N Beaty St, Athens, AL 35611. Each Saturday in April. Athens Historic Walking Tours Join the Athens-Limestone County Tourism Association at the Athens-Limestone Visitors Center (100 North Beaty Street in Athens) at 9:45AM for check-in. Expect a 1 hour long tour which begins at 10:00AM. Comfortable shoes and a light jacket are suggested. Free. Donation Welcome.

For more information: 256-232-5411

DATES TOUR DISTRICT TOUR GUIDE:

1 Beaty District Billy Ward, 8 Houston District Will Weir, 15 Downtown District William Pepper, 22 Athens State University Jamie Mikell, 29 Donnell House Jessie Ziegler

Praise in the Alley April 23

4:00pm - 7:00pm. Join Athens Main Street for an evening of praise and worship as we Praise in the Alley. This event is hosted by Jerome and Tiffany Malone featuring Oasis Worship and Praise, Will Stutts, Friendship Worship, Zami Mare, Cynthia Hines, and Antonio Woodruff. <https://www.facebook.com/events/898471854723640>

Celebrity Waiters Night at Applebee's Fundraiser for Relay for Life April 25

5:30pm - 8:00pm. Working for tip money! Join us April 25 for the annual City of Athens Relay for Life Celebrity Waiters Night at Applebee's in Athens. This year's event is being held in memory of former Celebrity Waiters and Relay Team Members Councilman Frank Travis and Kathy Cothren who died last

Senior Lunch Matinee Series Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2023. Public events most often will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdaysevents.com

FB: www.facebook.com/YesterdaysEventCenter

spring from cancer. We've got some new waiters - including Kathy's daughter - and some favorites from past years. All proceeds will benefit the American Cancer Society. Thank you to our Celebrity Waiters who will be vying for your tips!...

Athens Mayor Ronnie Marks, Fox 54 Reporter Jasamine Byrd, Sherie Prier (Daughter of Kathy Cothren), Athens Firefighter Brandon "Perm" Joyce, Athens High Football Coach Cody Gross, East Limestone 6th Grade Band Director Jennifer "Miss Sam" Janzen, Community Advocate Laverne Gilbert, and Athens High Band Director Ty Parker

16th Annual Athens Cars on the Square April 29

8:00am - 1:00pm. \$20 per vehicle. No charge for spectators. Proceeds go to Limestone County Churches Involved, Hospice of Limestone County, Athens Limestone Community Association.

www.athenscarsonthesquare.com

40th Annual National Travel & Tourism Week Visitor Center Open House May 7 - Sat 13

Athens-Limestone Visitors Center, 100 N Beaty St, Athens, AL 35611. Stop in the Athens-Limestone Visitors Center any day for our OPEN HOUSE. Meet the Staff. Pick up a new Official Athens-Limestone Visitors Guide. Lots of fun activities are being added to this event as we celebrate Tourism Week! The week will culminate on Friday night with our 1st Concert of the Summer Concert Series. Tom McClung will be Singing in the Park! Please check back for updates.

Silver Sneaker Flex™ Classes

Every Monday, Wednesday & Friday

Silver Sneaker classes available at Athens Limestone Public Library on every Monday, Wednesday and Friday at 9:30 a.m. Class is open to all. Donations accepted. For info: 256-614-3530 or jhunt9155@gmail.com

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.



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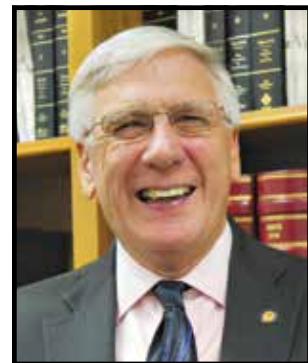
* There's no obligation to enroll.

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What Makes Ronnie Roll

Catfish Has To Be Catfish!

by Ali Elizabeth Turner



Mayor Ronnie was just back from having been in San Antonio, TX, over the weekend for the twice-yearly gathering of the 14 State Southern Municipal Conference. He is the president of this organization for another year, and the opportunity to listen to speakers and share ideas with

other mayors is always one of the high points of the spring season. The conference is packed full with educational opportunities from 8 a.m.-5 p.m. each day, and there were a number of fruitful roundtable discussions with mayors from all over the south.

There is also an element of humor each year, and seeing as this conference was held in Texas, it was Texas that provided the humor. Hence, you have the reference to catfish that serves as the title for this edition of *Ronnie*. Did you know that there are some Texas restaurants that in the past CLAIMED to be serving catfish, when in fact the fried fish filet that was placed in front of you might be anything from tilapia to what is labeled "Asian catfish," more accurately known as swai? Well, certain Texas towns just weren't

having it, and the Texas state legislature passed a regulation whereby it would be illegal to call something catfish when it just ain't! "Catfish has to be catfish," said the mayor with a chuckle. In further humorous Texas news, this time apparently applying to the entire state, there is a law still on the books that guarantees that each Texan can own ten chickens and two rabbits if they wish. "I don't think the two rabbits would stay just two for very long," said the mayor further, and I laughed.

What is interesting is that while this conference largely gathers together the mayors of small-to-midsize cities, they have found that the concerns are exactly the same as much larger cities. "Litter and homelessness are on the minds of mayors in towns all the way from 5,000 to 200,000," said Mayor Ronnie. The same can be said for cyber-security and school safety. We took a moment to talk about the heartbreak



of the murders of teenagers and young adults in Dadeville which had just occurred at a Sweet 16 birthday party. "God help us," he said, and that was not just a saying; it was a prayer.

Former Fort Worth mayor Betsy Price was the keynote speaker at the conference, and made a point of telling those gathered that as mayors, "We have a duty to be positive, to be upbeat." The other thing she emphasized is the need to "stay humble," and to be willing to work with

young people. "Be an inspired leader," said Mayor Betsy. Because he came home full of encouragement and ideas garnered from other mayors, Mayor Ronnie is looking forward to a similar type of conference that is specific to the State of Alabama next month. This year's meeting will be held in Birmingham, and he is looking forward to it.

There was only one thing left to do, and that was to pray, so we did. And then, it was time for Ronnie to roll.

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Tennessee Valley Spotlight

Mondays at 10am
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Low Score Wins

by Phil Williams



Some years ago a contract lobbyist came to my state Senate office. Contract lobbyists are interesting. Unlike a governmental affairs person who works directly for one company, contract lobbyists work for whomever retains their services. Which also means that they can decline to work for someone if they don't fit their personal or professional beliefs.

This particular lobbyist brought in a representative of Apple. They were corporately pushing for a bill designed to give preferential hiring treatment for LGBTQ applicants, and the lobbyist was under contract to the Human Rights Campaign (HRC). Needless to say, I didn't support their bill, and I gave him some good-natured grief over his representation of the HRC.

That was six years ago, and since then, the HRC has grown to become what some refer to as the LGBTQ mafia. If you want to know who is pushing the overwhelmingly rabid transgender agenda look no further than the Human Rights Campaign.

The ubiquitous Dylan Mulvaney is everywhere now, and yes, I called him "he." With over-the-top antics, he has become famous for chronicling his "transition" to being a transgender woman during his "365 days of girl-

hood" on social media. Where he used to be that feminine guy skipping across rooms, giggling that he is a woman, he was nonetheless confined to TikTok or Instagram. But not anymore. For reasons many cannot fathom, major corporate brands like Budweiser, Nike, and Kate Spade have made him one of their national spokespersons.

Why would major corporations long associated with the beer of the average Joe, the gear of major athletes, and the high fashion sense of actual women, feel the sudden need to have a guy with a serious level of immaturity and obvious attention seeking disorder as their national spokesperson?

I'll tell you why in just three words: Human. Rights. Campaign.

Welcome to the modern world of corporate extortion. The unofficial, yet official, version of pay-to-play.

As the continued push for Environmental-Social-Governance (ESG) scores is forced on corporations, the goal of making a profit for shareholders has shifted to companies proving their worth beyond their corporate charters, resulting in ESG scoring. As a part of that ESG score, the "S" is based in part on something called the Corporate Equality Index (CPE).

Who promotes the Cor-

porate Equality Index? You guessed it: the Human Rights Campaign.

Does the company have a public stance on LG-BTQ rights, provide LGBTQ benefits, or promote gender fluidity in the workplace? These criteria and more form the CPE, with the goal of HRC being to force companies to obtain a perfect score of 100 or risk having their CPE score go down, which in turn would bring down the company's overall ESG scoring.

"Well, we can't have that! We've got to get some more of that woke in here! Trot out some dude that pretends to be a chick and let's see if that will up our score! Let's call it inclusivity!"

Thus a company that once had heroes like Bo Jackson and Michael Jordan promoting its brands suddenly has a skinny dude dancing around in Nike sports bras. If you think that it makes no sense, then you would be right. If you think that it defies their corporate image, then you would also be right. Yet they do it, and according to the HRC there are 379 Fortune 500 companies who participate in the HRC Corporate Equality Index, and 258 of them have achieved the coveted score of 100.

I suppose it is likely that some of those 379 actually believe in the things that HRC stands for. They may, in fact, believe that a biologi-

cal male can wake up one day and identify as a woman, that children should be subject to mutilating surgeries that redesign their anatomies, or that drag queens should be allowed to prance provocatively in front of elementary age children.

But I theorize that many of them do not. It is more likely that many of the companies scoring well on the HRC's CPE are really just corporate cowards who live in fear, and so they pander into subservience not knowing that the wokeists will never be satisfied. Wokeists will always demand more, and if you fail them, they will lower your score and bring the fires of ESG down upon the corporation's bottom line.

However, history tells us that companies that stand up and say "no" actually do pretty well. Rather than scoring 100 on HRC's made-up index, we need more companies to shoot for a golf-like "low score wins" approach.

The largest Hispanic-owned food distribution company in the U.S. is Goya Foods. After Goya took conservative stances, progressive cancel culture called for massive boycotts, yet their net sales rocketed up by 22%. People who had never eaten black beans in their life rushed to the stores to buy Goya Foods products.

Chick-Fil-A faced con-

stant backlash from liberals for promoting Biblical marriage between a man and a woman. The boycotts failed every time and Chick-Fil-A is one of the highest grossing restaurant chains in the world with sales in the billions.

HRC and liberal wokeists will never be satisfied. They are bullies. Those companies who dare to push back will find that good old red-blooded Americans will rush to their support and thank them for their courage.

In this case, the low score wins.

Phil Williams is a former state senator, retired Army colonel and combat veteran, and a practicing attorney. He has served with the leadership of the Alabama Policy Institute and currently hosts the conservative news/talkshow Rightside Radio M-F 2-5 p.m. on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM - Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to www.rightsideradio.org. The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to Commentary@1819News.com.





Slinkard On Success

Plan The Work, Work The Plan

by D. A. Slinkard

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

Seeing is believing. I had this conversation recently with an individual about how sometimes we have to see things before we believe them. Nothing's wrong with this approach because, honestly, we live in the world of outrageous claims leaving most people saying, "Yeah, right!" I am from the "Show Me State" of Missouri; so, I understand a thing or two when it comes to not always believing something right away.

This got me thinking and wondering how many times we go about with the improper thought process and say a half-hearted prayer to God about something we do not even mean. And furthermore, we *do not expect* God's blessing to happen. Our thinking needs to be that we *do expect* the right things to happen. Our thinking needs to be in such that we expect the desired outcome. However, many times we do not properly believe the way we should because we do not think it will happen anyway.

I want you to think about a time in your life when you knew something was going to happen. This occurrence is something that you knew beyond a shadow of a doubt was going to come to fruition. I played collegiate baseball, and there were times I knew

I was going to get a hit off a certain pitcher. Lo and behold I was right. There were other times I questioned whether I could get the barrel on the ball; even worse, I could not even get the bat off my shoulder. Why? I was expecting the wrong thing to happen, and it did.

When we expect the wrong things to happen in our lives, we never achieve the right things. When we focus on the negative, we are going to get negative results. I firmly believe we, as a society, can do much better when it comes to the goals we have in life. We tend to be too broad, or at least I know I am. Yet, the times I am more specific about how I will achieve my goals, the better my chances increase of actually hitting my desired outcome.

If my goal is to increase business sales, this sounds great; but what am I really going after? What will I actually be targeting? This is why specifics are important. This may seem like an elementary thought for some people; but I assure you, we have inadequate knowledge when it comes to goal setting. Do you not believe me? Next time you go into a bookstore, check out the goal-setting and self-improvement section, and then tell me I am wrong.

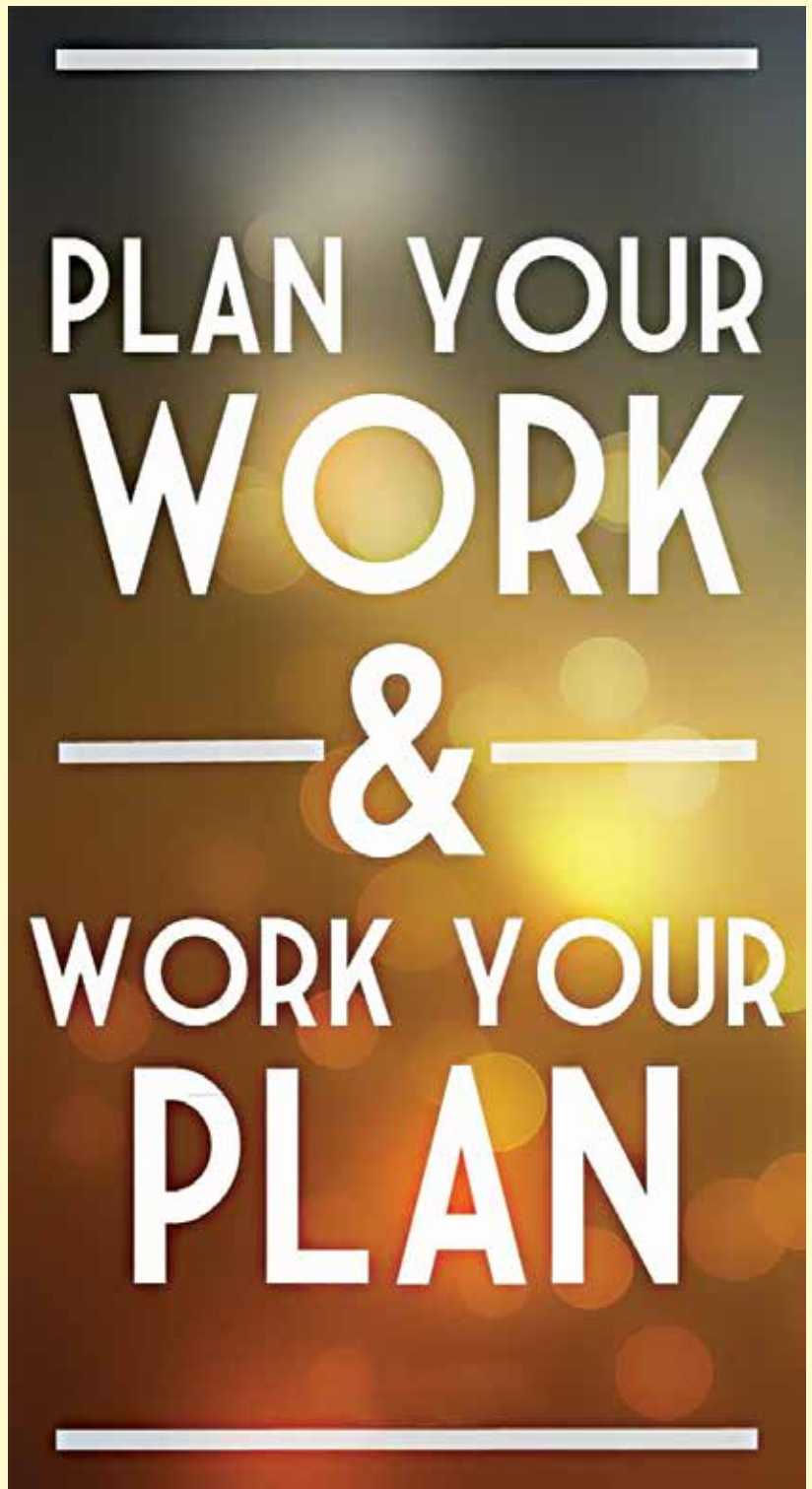
How one becomes good at goal setting is

a common question I am asked, and I believe in Stephen Covey's thought process of "beginning with the end in mind." I correlate this to planning a family trip. I live in Athens, Alabama, and if I want to take the family to St. Louis, Missouri, I already know what my destination endpoint is going to be. If I end up anywhere other than St. Louis, Missouri, then I have missed the boat. Just like anyone who plans a trip knows, there are designated stops and routes along the way. Can you imagine trying to go to St. Louis with no game plan in mind? This is a horrible idea, but this is how we go about our goals in our everyday life. We just take life as it comes at us, and we become reactive instead of proactive. Anytime I plan a trip, I typically have two to three alternative routes ready to go in case an unforeseen event happens. Your goal planning should be no different.

So, what specifics are you missing in your life? If you quickly answer this question, you may say, "I don't know"; but if you take the time to map out your journey and begin with the end in mind, you will have better chances of having success. The easy thought process

is to realize what you want to achieve and then work your way backward, in reverse order. Take the time to map out each step of the way in achieving your goals, but take the time to fully see yourself hitting the mark. You would not plan a vacation with-

out the proper game plan, and your life goals should be no different. It is time to get specific with your life; you need to decide what your outcome is going to be and work backward to get there. Believe in yourself.





Clean, Green And Beautiful

One Bag Challenge Extended To May 7

by Lynne Hart - KALB Commission Member, Keep Athens-Limestone Beautiful

\$1,000 IN CASH PRIZES!

Are you looking for a way to take care of your piece of the planet for Earth Day? We have just the thing, and you might take home a generous cash prize for participating!

All residents of Limestone County are invited to go out and pick up at least one trash bag full of litter from roadsides, parks, and other areas within Limestone County. It can be your neighborhood, your favorite walking trail, along the Elk and Tennessee River, or any public lands.

We love to educate the community about the

Cash Prizes Include:

- One \$500 prize – Sponsored by Bank Independent
- One \$250 prize
- One \$100 prize
- Two \$50 prizes
- Two \$25 prizes

dangers of litter and how it affects our air, water, and soil quality. KALB staff love to speak with students, clubs, or other groups – just invite us! However, we also want that education to turn into action. We hope that by learning the effects of littering, people will think twice before tossing their

trash. Sadly, there are still many people who do not respect the environment and continue to litter our waterways, streets, and public lands.

As an encouragement to get residents of Athens and Limestone County to clean up the litter that is out there, KALB is offering \$1,000 in cash prizes for picking up trash.

HOW TO ENTER

- Go out and pick up at least one full bag of litter from roadsides, public parks, along our rivers, or other public lands.
- Bags must be at least 13-gallon size and filled.
- KALB will provide trash bags and lend litter grabbers, safety vests, and gloves if you need them.
- Take photos of the cleanup activities and the filled bags.
- If the cleanup is a group effort, let us know if you want a group name or individual names on the entries.
- Send photos, your contact information, location



of cleanup, and how you disposed of the trash to KALBCares@gmail.com or post on the Keep Athens-Limestone Beautiful Facebook page by midnight on Sunday, May 7, 2023

- Your name will be entered into the drawing ONCE FOR EACH BAG

OF TRASH PICKED UP.

• By entering, you give KALB permission to use photos on social media.

Please contact us if you have any questions. We are happy to help!



Become a Fan



KEEP AMERICA BEAUTIFUL AFFILIATE

(256) 233-8000

KALBCares@gmail.com
www.KALBCares.com





Cooking with Anna

Rise Up And Do It!

by Anna Hamilton

Making a decision can come easily most of the time, but there are those decisions that will bog you down to the point that you feel like you are sinking in quicksand. The problem you are facing can seem so big, so messy, that it feels impossible to conquer. Where do you even start?

The book of Ezra finds the Lord's chosen people living in Babylon. Ezra leads them back to Jerusalem to rebuild the temple and their community. It is a hard, long journey and seemingly impossible task ahead of them, but with the Lord's help, he enables them to overcome opposition and accomplish his will. They are forced to face sins in their lives, and they take the courage to change. One of my favorite verses in the book of Ezra sums up their journey beautifully and provides

hope and courage to everyone that is facing a hard decision. "Rise up; this matter is in your hands. We will support you, so take courage and do it." Ezra 10:4

I think a famous shoe company may have taken inspiration for their famous slogan from this verse. The verse gives you such power! Just get up and do it! God is with you and will support you. Doesn't that make you want to get up and go? No matter how big the problem is that you are facing, you can do it.

When I worked in the corporate world, my boss would often say, "How do you eat an elephant? One bite at a time." This verse at the end of the book of Ezra tells us that no matter what we are facing, we can do it with the Lord's help. He will

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Easy Coconut Curry

Ingredients:

1 lb. boneless, skinless chicken breasts, cut into bite-sized pieces

1 Tbsp coconut oil, or olive oil

1 onion, chopped

2 cloves garlic, minced

1 Tbsp fresh ginger, grated

2 Tbsp red curry paste, you can find this on the Asian aisle of the supermarket

1 can (14oz) coconut milk

1 red bell pepper, chopped

¼ cup chopped fresh cilantro

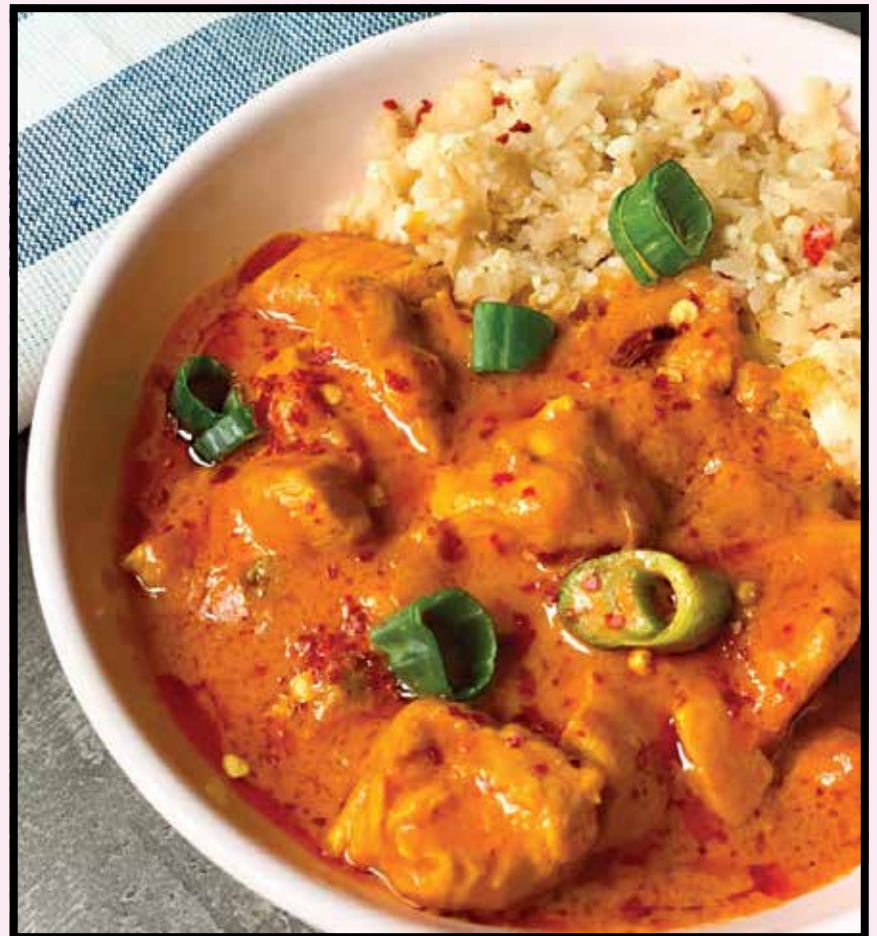
Salt and pepper to taste

Directions:

In a large skillet, heat the coconut oil over medium heat. Add the chicken pieces to the skillet and cook until browned and cooked through. Remove chicken from the skillet and set aside.

Add the chopped onion, minced garlic, and grated ginger to the skillet. Cook for 2-3 minutes or until the onion is translucent.

Stir the red curry paste into the vegetables and cook for another minute. Once the curry paste is combined with the vegetables, add the coconut milk and stir to combine.



Add the chopped red bell pepper and simmer for 5-7 minutes or until the sauce has thickened slightly.

Return the cooked chicken to the skillet and stir to combine. Stir in chopped cilantro and season with salt and pepper to taste.

Serve over cauliflower rice or zucchini noodles or feel free to enjoy this delicious curry by itself!

Tourism Scavenger Hunt

by Tina Morrison, Tourism Athens



Athens-Limestone Tourism Association is incorporating history into a fun scavenger hunt in Athens Big Spring Memorial Park. In conjunction with their Shine a Light on Big Spring Park campaign, the Athens-Limestone Tourism Association has commissioned Melly Luna Designs to create a new scavenger hunt to help you navigate through this Athens City park.

Kids and adults alike love a scavenger hunt, and this bright, colorful design will also incorporate learning Athens history while having fun. Highlights of the map include the Athens-Limestone Visitors Center, which operates from

the historic 1906 original home of Athens Utilities. The iconic light bulb sculpture by Drop Metal artist Micah Gregg commemorating Athens' first street lights in 1908 is also featured. Folks are encouraged to take time to read the historical marker which reminds us that Athens was a city before Alabama became a state.

The Isom-White pavilion, named for the Isom and White families, who were instrumental in the development of the park, is also on the list of clues. The monuments that were set in place in 1989 when Big Spring Memorial Park was established read: "Dedicated to the early settlers, men and



women who served in the armed forces and kept our country free."

Of course, a day in this park would not be complete without the ducks in the duck pond. To the south of the duck pond, under the tree, you will see where the Golden Pinwheel Garden is set up each September and remember the 2000 children whose lives are lost each year to childhood cancer. There's a nod to pickleball, the fastest-growing sport in the USA, and in the spillway, a nod to the annual

Wacky Quacky Rubber Ducky Derby.

As you work your way through the clues, remember to take pictures to commemorate the fun. Tag them with #visitathensal on social media and we will share them with our readers. Stop by the Athens-Limestone Visitors Center anytime Monday through Friday 8 a.m. - 4:30 p.m. and pick up your copy of the Big Spring Memorial Park Scavenger Hunt, or download a digital copy from our website www.VisitAthensAL.com.



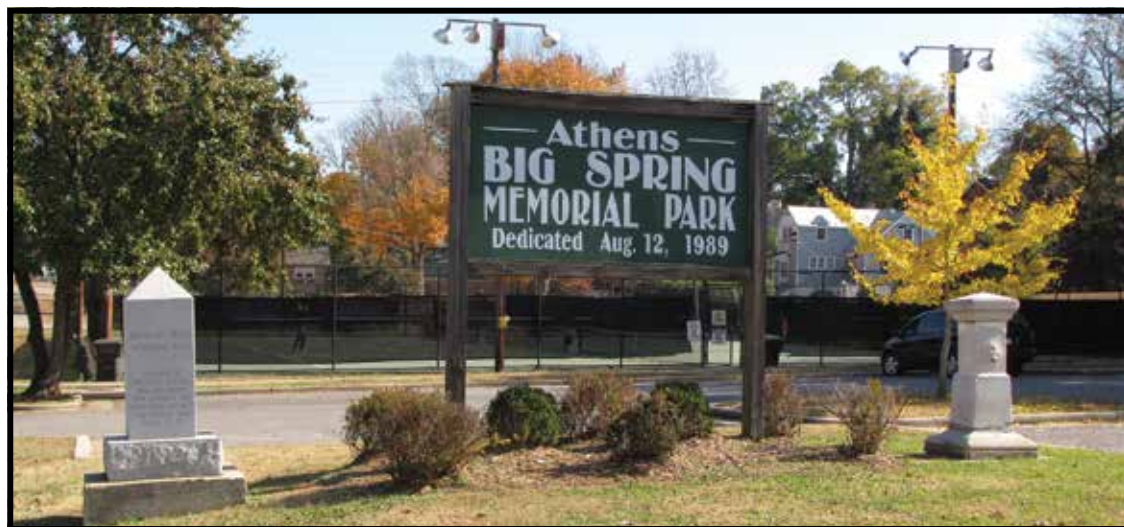
BIG SPRING PARK

Athens-Limestone Visitors Center is located in Athens Big Spring Memorial Park 100 N. Beaty St., Athens, Alabama, 35611. For more information, call (256) 232-5411 or go to www.VisitAthensAL.com

SCAVENGER HUNT CLUES:

- ① The Visitors Center welcomes everyone. Now it's time to have some fun!
- ② This sculpture highlights where Athens Utilities started back in the day. This electric bulb will light your way.
- ③ Don't let learning get you down. Our next clue is a sign about the history of our town.
- ④ Around the pond for the next clue. A waterview swing big enough for two.
- ⑤ If you brought a quarter, it would be sweet, to buy the ducks and fish a treat.
- ⑥ Need a shady place to picnic or rest? This covered pavilion is by far the best.
- ⑦ You may not have noticed him before, but our playground has a dinosaur!
- ⑧ USA is your next clue, to find something that is red, white and blue.
- ⑨ Some are blue and some are green. Behind the fence, these courts can be seen.
- ⑩ In between 2 concrete monuments that are not the same, you'll find a sign that bears this park's name.

Find more information about Athens and Limestone County Alabama at www.VisitAthensAL.com



“God Encounters Tent Revival” Coming Back To Athens May 12

by Ali Elizabeth Turner

continued from page 1

was not because of COVID. They had received new assignments from God and one of those was to prepare for revival and bring it to Athens. On the way to completing their Kingdom task, they went to Florida to have a custom-made tent made for them by a man named David Wine who had been born blind. When he was at an Oral Roberts Tent Revival as a young kid, he received his sight and the first thing he saw was the tent. Ever since then, David has spent decades making all kinds of tents for a living.

The next part of preparation was searching for a site, and the first “God Encounters Tent Revival” was held at the Sheriff’s Rodeo site in January 2023. The Barnharts have felt that they should give people an opportunity to “encounter God” several times this year, so the next series of meetings will begin on Friday, May 12 and go through Tuesday, May 16.

For several weeks throughout the fall and winter, there was a “prayer-walk meeting” each Wednesday morning at 8 a.m. at the Sportsplex in Athens, where God was sought in order for the tent

revival to be done His way, and only His way. Prayer was also for the city of Athens to break strongholds preventing real revival. Those have started back up, and the information for location is on Facebook at Walk & Pray Athens.

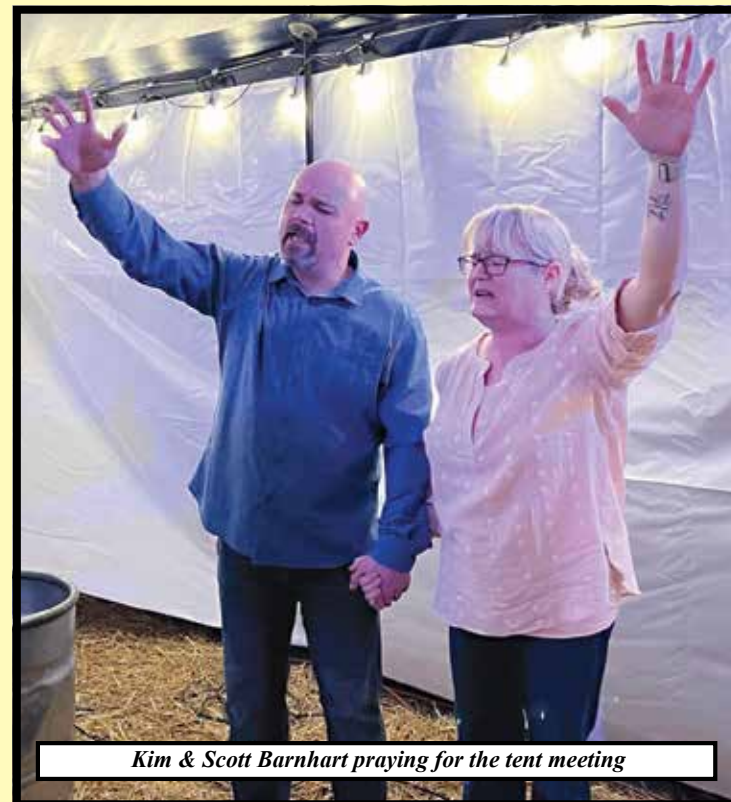
I can say from having attended the tent revival in January that the meetings were wonderful -- a true drink of cool spiritual water in a hot desert. I personally saw lives touched and heard moving testimonies, and when I got together with Scott Barnhart for this interview, I got to hear more. “Of course, our focus will always be on people getting saved and baptized,” Scott said. Even though it was winter (and thankfully there was a heater), people who received the Lord had the option to be baptized immediately in what is affectionately known as “the trough.” This is a portable baptistry that looks like it could be used to water livestock, but it is clean and gets the job done. Oh, the joy and the wet hugs!

Scott added, “And so much more happened in addition to that. Last time many came who had addictions and were set free,” he said. “Several more experienced what we call ‘inner healing’ (a deeply personal encounter

with Jesus, where wounds of the past are dealt with just between you and the Lord), and lives were changed,” said Scott. Back in January, I joyfully watched while a woman who had been badly abused by her dad forgave him and then experienced the powerful and healing love of the Father. That memory still brings happy tears to my eyes.

However, there is something about a miracle that is medically documented by a doctor that carries a lot of weight, and Scott told me about a healing that no one knew about for a few days, including the fellow who was healed. A man had to go in for a job-related physical, which included bloodwork. This man had type I diabetes that had been insulin-controlled, and that fact was part of his medical records; no surprise to him or his doctor. After the examination, the doctor took him aside and said, “I know that this is not why you are here, but I want to tell you that you no longer have type I diabetes.” To say that the man was dumbfounded was an understatement, because, as Scott then told me, “No one prayed for the guy! He just came to the service and found out later that he was healed!” “That’s our God,” I responded.

For the January event, people



Kim & Scott Barnhart praying for the tent meeting

came from several states, including Tennessee, Mississippi, Georgia and Arkansas, and the Barnharts are hoping more states will be represented this time. They also wanted people to know that God is moving powerfully in Uganda, where they have established ten churches and an orphanage. If you are interested in sponsoring a child, please see the information at the end of the article to do so.

One of the blessings last time was how local churches came together to support and participate, and if you are wanting to help, you can go to www.GodEncountersTentRevival.com.

Scott mentioned that because the weather will be warmer and pleasant, there will be no heater, and the tent flaps will be drawn up so that it can be an open-air event. The site will be in Athens on some privately owned land located at 19837 Myers Road, Athens, AL. For directions and more information, go to the website and Facebook page below. See you there!

For more information about God Encounters Tent Revival, or if you are interested in becoming a partner, visit their website at www.GodEncountersTentRevival.com



Kim with kiddos in Uganda

TentRevival.com or email at freedomhousehuntsville@yahoo.com.

For information on Walk & Pray Athens, email Kim at freedomforthenations@gmail.com

If interested in sponsoring a child at their orphanage or the mission in Uganda, Africa, please visit www.thefreedomhouseafrica.com Facebook: Walk & Pray Athens

Service times are:

Friday - May 12 at
6:30 p.m.

Saturday - May 13 at
1 p.m. and 6:30 p.m.

Sunday - May 14 at
6:30 p.m.

Monday - May 15 at
6:30 p.m.

Tuesday - May 16 at
6:30 p.m.





PlayAction Sports

March/April Update Part 1

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



We are so overloaded with news and results this spring that one column is just not enough, so we've decided to split things up into two parts: this month we'll focus on baseball and softball.

Congratulations to Ardmore's Preston Patterson for his baseball commitment to UT Southern. East Limestone's Rebekah Phelps signed with Midway University soccer.

East Limestone's Lily Hosmer scored her 100th career soccer goal along with four others in a victory over Brewer.

Athens Bible School baseball coach Bill Murrell got his 900th career win against Valley Head. He also announced his retirement effective at the end of this season.

James Clemens baseball coach Johnny Johnson posted his 300th career win against Russellville and his 100th victory as Jets coach against Charles Henderson.

Highlights:

Baseball

- Calhoun 7-3, Marion Military Institute 4-8
- Calhoun 6-9, Snead State 7-7
- Calhoun 3-11, Central Alabama 6-8
- Calhoun 1-6, Lawson State 5-1
- ABS 12, Mae Jemison 1
- ABS 7, Valley Head 1
- ABS 14, Valley Head 4
- ABS 12-13, Woodville 1-0
- ABS 10-6, Skyline 1-5
- ABS 17, Shoals Christian 17 (called due to darkness)
- Ardmore 20, Westminster 5
- Ardmore 7, Deshler 3
- Ardmore 5, Brewer 2
- Ardmore 20-4, Brewer 1-3
- Athens 5, Summertown 4

- Athens 15-21, Columbia 0-0
- Athens 10, Corner 0
- Athens 10, Wilson 0
- Athens 5, Bob Jones 3
- Athens 12, Hoover 2
- Clemens 10, ABS 1
- East Limestone 8, Clemens 1
- East Limestone 11, Ardmore 10
- East Limestone 6, Madison Academy 5
- Elkmont 14, Clemens 0
- Elkmont 13, East Lawrence 2
- James Clemens 10, Russellville 7
- James Clemens 7, Etowah 2
- James Clemens 2, Holtville 0
- James Clemens 7, Creek Wood 3
- James Clemens 5, Oakland 0
- James Clemens 3, Russellville 2
- James Clemens 12, Charles Henderson 2
- James Clemens 3, Enterprise 1
- James Clemens 3, Hokes Bluff 2
- James Clemens 8, Springville 2
- James Clemens 4, Westbrook 3
- James Clemens 9, Sparkman 5

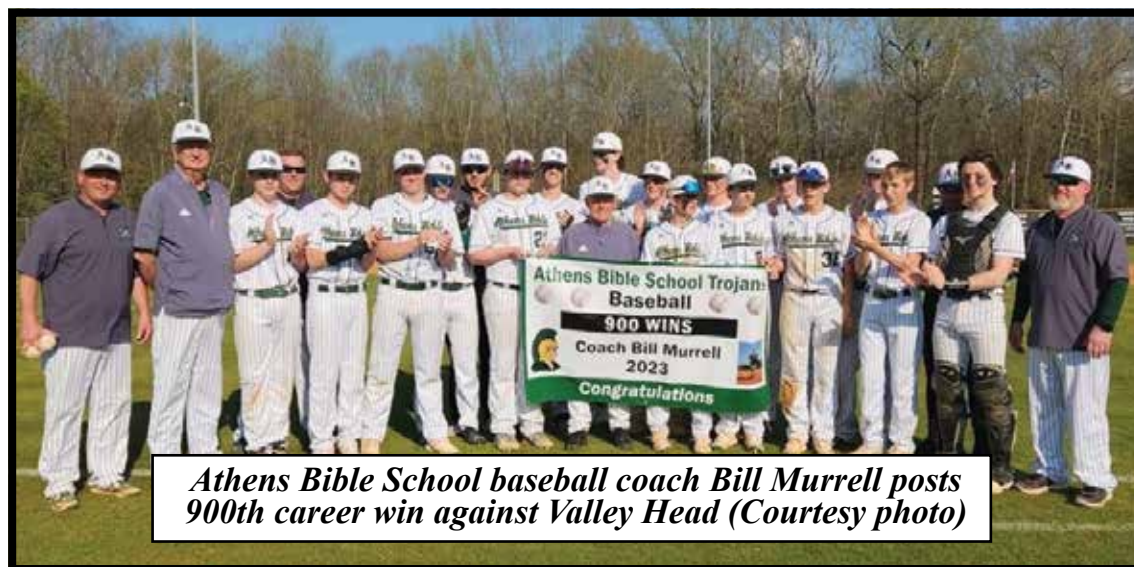
- James Clemens 8, Florence 5
- James Clemens 11-6, Florence 1-5
- James Clemens 10-12, Austin 4-2
- James Clemens 11, Buckhorn 5
- Lindsay Lane 18, Hatton 4
- Lindsay Lane 18, Randolph 14
- Lindsay Lane 12, Whitesburg Christian 2
- Lindsay Lane 12-13, Whitesburg Christian 6-1
- Lindsay Lane 13, West End 1
- Lindsay Lane 14-21, Falkville 0-6
- West Limestone 13, Lauderdale County 3
- West Limestone 14, Phil Campbell 8
- West Limestone 8, Waterloo 1
- West Limestone 17, Rogers 0
- West Limestone 8, Rogers 1

Softball

- Calhoun 5-7, Northwest Shoals 4-3
- Calhoun 3-10, Marion Military Institute 2-11
- Calhoun 6-3, Shelton State 0-0
- Calhoun 4-9,

- Shelton State 8-5
- Calhoun 6-8, Wallace-Dothan 7-8
- Calhoun 4-2, Lawson State 0-9
- ABS 13, Addison 0
- ABS 2, Central-Florence 1
- ABS 9, Decatur Heritage 1
- ABS 11, Addison 0
- Ardmore 7, Russellville 3
- Ardmore 5, Wilson 2
- Ardmore 15, Loretto 2
- Ardmore 8, Lauderdale County 0
- Ardmore 4, Buckhorn 3
- Ardmore 15, James Clemens 0
- Ardmore 1, Greenwood 0
- Ardmore 8, Scott County 3
- Ardmore 4, Meade County 1
- Ardmore 2, Russellville 1
- Athens 17, Mae Jemison 0
- Athens 15, Sparkman 11
- Athens 7, Munster (IN) 0
- Athens 14, Oswego East (IL) 4
- Athens 7, Ardmore 4
- Athens 15, Jackson Christian 0
- Athens 4, Pell City 3
- Athens 7, Madison County 1
- Athens 3, Brooks 2

- Athens 5, Huntsville 0
- Athens 11, Elkmont 2
- Athens 1, Pell City 0
- Clemens 7, Colbert County 4
- Clemens 17, Decatur Heritage 5
- Clemens 6, Colbert County 5
- Clemens 11, Sheffield 0
- East Limestone 8, Clemens 4
- Elkmont 13, ABS 8
- Elkmont 4, Danville 2
- Elkmont 5, Russellville 1
- Elkmont 3, Hackleburg 2
- Elkmont 8, Mars Hill 5
- James Clemens 15, Grissom 5
- James Clemens 18, Lee 2
- James Clemens 11, Woodstock North 1
- James Clemens 11, Bob Jones 7
- James Clemens 20, Decatur 1
- James Clemens 8, Florence 4
- James Clemens 4, Deshler 3
- Lindsay Lane 15, Tanner 0
- Lindsay Lane 13, East Limestone 8
- Lindsay Lane 13, Falkville 3
- Tanner 12, Mae Jemison 3
- Tanner 17, Holt 7
- West Limestone 9, East Limestone 6
- West Limestone 12, Colbert County 3
- West Limestone 11, Westminster 3
- West Limestone 14, Lake Zurich (IL) 0
- West Limestone 14, Bloomington Central (IL) 1
- West Limestone 11, Highland (IN) 5
- West Limestone 5, Westminster 4
- West Limestone 16, St. John Paul II 0
- West Limestone 15, Clemens 0



Athens Bible School baseball coach Bill Murrell posts 900th career win against Valley Head (Courtesy photo)

The 2nd Annual East Limestone High School Marching Band Car Show Is May 6

by Ali Elizabeth Turner

continued from page 1

to help fund band camps and trips.

I spoke with Amanda Smith, a true “band mom” who is also a graduate of East Limestone. She has two children, one who has graduated from both ELHS as well as the University of Alabama, and another who is still in the band. Amanda is passionate about the band because of the benefits she has seen in her kids’ lives that go far beyond music.

In 2017, Amanda, along with the rest of the band had to deal with what has become known as “The Great Band Theft” when the trailer containing EVERYTHING band-related was stolen, and through a team effort was found with the help of social media. Blake Williams of Blake Williams Communications was one of the ones who manned the social media post, and through a series of what many think are miracles, the trailer was found. All that was missing was the generator and the medical bag. Every piece of equipment remained unscathed. “While the trailer was missing, people called in from all over to donate instruments or to purchase them,” Amanda told me. She went on to say that the whole band was ready to march and compete by playing kazoos, which thankfully was never necessary. The trailer has since had the back painted with “I Once Was Lost, But Now I’m Found...” It is a happy story that has become part of the band’s culture.

Speaking of culture, it is the “band family” atmosphere coupled with parental support, student commitment, and strict requirements that have made the ELHS band so successful. Under the di-



rection of Mark McChristian, along with Michelle Priest and Jennifer “Ms. Sam” Janzen, the band has flourished and has won many awards.

Here is an example of their operational philosophy:

The ELHS Marching Band program grows not only strong musicians, but just as importantly, capable student leaders. As your student progresses through the band program, they will grow into leadership positions. Students assist in conducting music, managing uniforms, equipment, serving as section or band leaders, working fundraisers and events. Students learn to take responsibility for all operational aspects of the band. We ask a lot of your student, and the results are amazing! Our band is above all else, a family. Your student will hopefully be part of the band through graduation. The friendships and shared experiences gathered through these years will undoubtedly last far beyond graduation. Our students excel musically and academically. Many band students are in the Beta Club (honor society), routinely appear on honor rolls, hold leadership positions in school and church groups, and participate in sports and cheerleading.

The behavior of band members is to be above reproach, they are expected to help with fundraising, and if you mess up, guess what? You get to be on garbage duty! I found it refreshing to know that there is a crew that understands that belonging is a privilege, and that a fierce, lov-

ing tribe can be formed when expectations are high, fun is to be had, and grace is abundant.

Amanda also pointed out to me that ELHS has a leadership program that has been developed over the years which has contributed greatly to their success as a band family. Below is a taste of how that works:

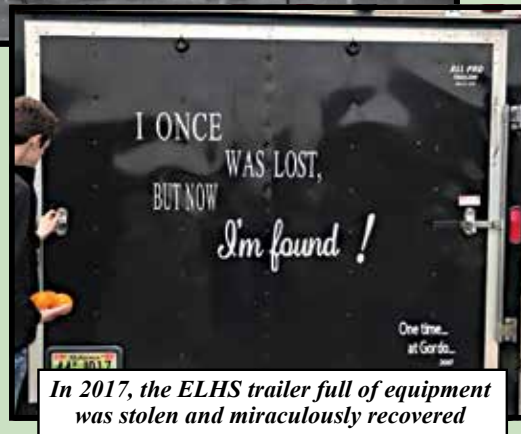
Our students are empowered to lead out of necessity and their proven capabilities. With so many band students, it is essential that we have strong student leaders. These leaders include drum majors, section leaders, and students who have stepped-up and accepted responsibilities. Our student band leadership is unique from other bands in our area and each year our students prove this approach works. Student leader positions are earned and carried out with pride. You will see student leaders directing music, organizing students, equipment and uniforms, and instructing. Younger students are welcomed into the band by older students in their sections and taught the ropes. This culture of helping each other and leading by example, strengthens our band family. Leadership meets during and after school as needed. Parents, we appreciate your support and encouragement of these student leaders.

For the car show, the Best In Show is going to be judged by the kids. There is a \$20 fee to register your car, and the show will go on, rain or shine. There

burgers and hot dogs, along with drinks and snacks.

It was important to Amanda that people understand just how hard the band kids work, not just musically, but for their band family, and thus, the whole community. “Each student is expected to participate in a spring fundraiser. We aren’t selling items, so they have to put in the work. Working the fundraisers is a learning experience about hard work and earning what you work for,” she said.

The top 20 cars will receive a plaque, and any category of car or truck is welcome. So, if you are a car fan, a show car owner, a band fan, or just someone who loves this community, be sure to save some time on Saturday, May 6 and come on out to the ELHS Marching Band Car Show. It is for a worthy cause, and you are sure to enjoy the cars and the kids! Admission is free.



In 2017, the ELHS trailer full of equipment was stolen and miraculously recovered

will also be concessions available, whose proceeds will also go to the fundraising event. One of the new features this year is called the “Room Service” ticket. You can have food delivered to your car by student waiters, and even tips will all go in the “bedazzled tip jar” to help band dreams come true. Biscuits will be available starting at 9 a.m., and for lunch there will be ham-

Pride of East Limestone
MARCHING INDIANS
Annual CAR SHOW

Saturday May 6, 2023
10 am to 2 pm | Registration 9am to 10am

East Limestone High School Parking Lot
15641 East Limestone Road, Athens, AL

Registration Fee \$20 per vehicle
Event is open to the public
Admission is free

All proceeds will go towards the purchase of new instruments, supplies, and uniforms

Presented by
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DIAGNOSTICS AND REPAIR



Yom HaShoah And Loving Remembrance

by Eric Betts

Assistant Director, Curtis Coleman Center for Religion Leadership and Culture at Athens State University



Yom HaShoah is a day of solemn reflection, which is scheduled annually on the 27th of the Hebrew month of Nisan, which honors the memory of the survivors and the six-million victims of Nazi persecution, while raising an awareness and educating our community for the prevention of future genocides. This month of Nisan falls in the spring on different dates on our Roman calendar each year. Nazism represented a planned, systematic, bureaucratic, state-sponsored persecution against our Jewish neighbors and siblings within the human race.

The United States Holocaust Memorial Museum in Washington, D.C. "honors as survivors any persons, Jewish or non-Jewish, who were displaced, persecuted, or discriminated against due to the racial, religious, ethnic, social and political policies of the Nazis and their collaborators between 1933 and 1945. In addition to former inmates of concentration camps, ghettos, and prisons, this definition includes, among others, people who were refugees or were in hiding."

According to *National Geographic*, historians use the term "Holocaust"—which is also called "the Shoah," or "disaster" in Hebrew—to apply strictly to European Jews murdered by the Nazis between 1933 and 1945. Thus we have the annual recognition called "Yom HaShoah." Six million were murdered, and millions more stripped of their livelihoods, their communities, their families, even their names. The horrors of the Holocaust are often expressed in numbers that convey the magnitude of Nazi

Germany's attempt to annihilate Europe's Jews.

It is important to remember that the 1940s were not long ago; tens of thousands of survivors are still alive. According to the *Atlanta Jewish Times*, the number of survivors have only recently dipped below 50,000; the youngest are still in their 70s and nearly 60 percent are 85 and older. Indeed, we are living with the final generation of survivors, and it is urgent that we educate ourselves in these times not only about the horrors of the Holocaust, but how to avoid a repeat of such a horrific episode in the future. Hateful or ignorant rhetoric always has negative consequences which contributes to hostile mindsets by those who may very well hold positions of power. Seventy years removed from the Holocaust, our society still struggles to scrub our vocabulary from Anti-Semitic language and thought. Our education system has to a large degree failed in this area; the youth must be taught on this subject so that the next generation won't walk in ignorance.

Stereotypes and conspiracies which existed in Europe prior to the Holocaust still linger in both Europe, America, and other parts of the world. Neo-Nazism, which always threatens Jewish life, is on the rise in Europe. In 2020, there was a rally in Budapest, Hungary, of Neo-Nazi groups which came from all over Europe. This supposed "Day of Honor," was where they sought to honor Nazi soldiers as heroes. This event, which at one time was only attended by a few, has now reached hundreds. Evidence that anti-Semitic thought still exists in Amer-

ica may be seen in the Tree of Life Synagogue massacre in 2018, where 11 persons were killed. The Anti-Semite entered the synagogue with a military-style assault weapon, while screaming hateful Anti-Jewish slurs. Fear, suspicion, and hatred of those we view as "the other" grows out of illusions of scarcity where we must compete for Earth's resources or our place under the sun. Another deception is that if others are respected or viewed as equal stewards of Earth's resources, somehow I will be diminished. When economic hardship occurs, jobs are lost, or changes occur that are difficult, it is the hateful impulse within human beings that looks for some other group to falsely accuse or blame. Truth tells us that we are all created equal and are all connected with one another in ways that are incomprehensible; to bring harm to others, we all are hurt in invisible ways. What is foolish and self-defeating about hating those outside of the "mainstream" is the reality that suggests that "there's plenty good room in my Father's kingdom" or "all of God's children got shoes."

Immediately following the massacre in Pittsburg, Rabbi Marvin Heir, founder and dean of Simon Wiesenthal Center, was quoted in the *New York Times* as stating, "I'm afraid to say that we may be at the beginning of what has happened to Europe, the consistent anti-Semitic attacks. If it is not nipped in the bud," he continued, "I am afraid the worst is yet to come." The article reveals that the killer's social media interactions was filled with anti-Jewish slurs and references and anti-Jewish conspiracy theories.

When the Jewish community expresses their concerns in such a vivid way, we should believe, empathize and urgently work against such hateful sentiments. Love is not limited to refraining from slurs or physical harm, but it involves hating all that could potentially cause harm to those outside of my immediate community and publicly taking a stand against it.

It must be remembered that the Ku Klux Klan was not only an anti-Black organization but also an anti-Semitic organization responsible for bombing both Black churches and Jewish synagogues. Yet today, many families still teach their children that the Klan has been historically maligned and did many positive things to help people in the world. Even former Klansmen will tell you that indeed it was and remains a hateful, Nazi-sympathizing, murderous and genocidal organization.

Additionally, to our chagrin, Christian clergy and ecclesiastical organizations have a history of unwittingly including anti-Jewish language in our sermons, hymns, liturgy, and literature. There must be a re-education and studies in this area, so that rather than being a source of harm, we become allies and advocates on behalf of our Jewish neighbors to prevent future genocides. Rabbi Abraham Heschel, who was also a key figure in the American civil rights movement, helped Catholic leaders to eliminate or modify dehumanizing language surrounding Jews in their religious rhetoric. All groups can benefit from his legacy of love. Loving our Jewish neighbors means that

we listen to their concerns and that we are outraged by anything that adds to their pain.

To understand the connection between dehumanizing rhetoric and genocides, we can look no further than the 1994 Rwandan genocide. Those who study Rwanda's genocide often draw a straight line between hateful dehumanizing rhetoric over the national airwaves to the killings which later took place. This human tragedy happened only twenty-nine years ago, and only fifty years from the Holocaust in Europe. This is frighteningly recent. Instead of educating ourselves on how to be sensitive to the experiences of others, we have created more sophisticated ways to express hatred through "plausible deniability." Plausible deniability is a way to express oneself in a way that can be interpreted as xenophobic or anti-Semitic, but because it is not explicitly stated, enough has not been said that it can be plausibly denied. The difference between the communication airwaves of the 1940s and the 2000s is the advent of Facebook, YouTube, Instagram, and TikTok, where hateful anti-Semitic code language has been adopted, learned, and developed over time. Nazis attempted to cover up their crimes in the Holocaust—and denial of the genocide persists to this day on the internet. Human beings, even in the post-modern age, have an even greater capacity to inflict the greatest amount of hate and harm against their own kind due to technology.

Rather than educating our-

continued on page 23



The View From The Bridge

2023 Trinity Legacy Summer Fun Youth Programs Underway

by Jackie Warner

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

Hello Athens, Limestone, and North Alabama. I am calling you to serve. Share your talent and celebrate the history and legacy of Trinity High School. Some of you know about the rich heritage of Trinity High School and some of you may not, but let's come together in unity and prepare to have an awesome summer of learning and fun!

We are excited to share that Athens-Limestone Community Association was awarded funding to support our summer programs for youth. We need volunteers and, of course, our youth for this year's walk through history to ignite the future!

Our Mission: To create a connection between the history and the future of Athens and Limestone County through quality programs and stimulating activities.

"Trinity was one of the first black high schools in the entire south to be accredited by the Southern Association of Colleges and Secondary schools. Students who graduated from Trinity School were very frequently recognized as having an education comparable to college."

As we continue the legacy through thoughtful and inspiring education options for all our youth, the Athens-Limestone Community Association will host the following programs in 2023. We



want to see all our youth united and learning history that will take us to new heights!

2023 Youth & Community Programming in Progress:

April - May 2023: Spring Forward to Your Future Series - Legacy and Community Volunteers Leadership institute to prepare for summer activities.

If you are interested in supporting our future youth, please register via the following link to be a Trinity Ambassador.

We have several opportunities available. Link: <https://forms.gle/FoQggu77q3qr49tK6>

This year's programming will include:

June - July 2023: Summer Youth Activities held on Saturdays during the summer.

Community youth will have the opportunity to tour the grounds and learn the history and success of Trinity High School's students. Volunteers, mentors, and students will gain valuable skills by participating in learning activities through

Arts Festival.

Don't forget to submit your inquiry supporting our summer fun!

<https://forms.gle/FoQggu77q3qr49tK6> or email us at alcapublicrelations@yahoo.com

• "We will not march back to what was. We move to what shall be, a country that is bruised, but whole. Benevolent, but bold. Fierce and free." -Amanda Gorman

Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

Email:

thebridge.us@gmail.com

Check out upcoming events: <http://thebridge-us.yolasite.com/>

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Authority

by Deb Kitchenmaster

The shedding blades, brushes, and clippers are in full motion. Horses are 'letting go' of their winter coats. Sunshine communicates to the horses to grow coats or to shed coats. The longer the hours of light in our 24-hour day, the less the horse has need of warmth that hair growth provides. The shorter days of light trigger horses to grow hair to keep them warm for seasonal change. I have a big YES to longer sunshining days. You too?

Last month's article, "HORSE POWER MEETS AUTHORITY," opened doors of communication from our readers. Thank you everyone for reaching out by phone or email and the conversations that sprang forth.

Years ago, I was part of

a team at a stable. There were three of us gals that partnered together to manage the barns, the training, and the grooming of the horses. On this day, the farrier was scheduled to come from out of state to tend to the horses. There were mares, geldings, and stallions that would be trimmed and shod by our well-known and trusted farrier. We all worked together.

A stallion was next in line. He was not cooperating; he was messing around, not paying attention to the handler, full of himself. "Deb, come, take this horse." I did. Gentle, strong, and in the measure of authority, I took the lead. He stood calmly for the farrier. When I got the bill for my Morgan mare shoeing, there was a credit on it. He wrote, "Presence with stallion." That's



what authority looks like. No certain equipment, no force -- "BEING." It's important to note that when asked to come take the horse, the previous handler did not allow ego to get in her way of asking for help. The biggest

enemy of a domesticated horse is the human ego. A sign of health is to ask for help. No one is better than another, we have no need to prove anything to anyone, and we certainly don't compare or compete against anyone. Simply do the best you can in the moment, and don't try to imagine what someone might think about you or the situation.

There are spheres of authority. What does that mean? It means boundaries or limits. God has given us each AUTHORITY, and like a muscle we develop it or not. What are some of our personal spheres? First, it would be self, then family, home, and business. No one else can govern your life as effectively as you. And no one can take authority away from you. We do not have control over other people, but we have spheres of authority through prayer, breaking strongholds, breaking off deception, and appeal-



ing to Heaven on their behalf. You can decree blessings and destiny over your children, even adult children. When I was in the barn tending horses, I had a God-given sphere of authority, which I exercised.

Psalm 115 reads, "...but the earth hath He given to the children of men." Control of the earth has never been about power but about authority, the right to govern this earth is in our hands. The word given in the original language means to give an assignment. Isn't that interesting? Children of men refers to Adam. God has assigned earth to men. Christ needs humans here on earth to release and exercise His authority. We have the God-given right to represent authority while power enforces.

Yes, there are different facets, spheres, and measures of authority and according to Romans 8, God's children have full rights and benefits. The practical meaning of the manifestation of the sons of men that all creation is crying out for, simply means the fully mature child of God -- one who is aware of their God-given authority, knowing His will and His ways, mature believers manifesting healing to the groaning earth.

Horses are true followers. Take the lead.

*Your NEIGHbor,
Deb Kitchenmaster*

256-426-7947

horsinaround188@gmail.com



Mental Health Minute

Handling Other People's Negative Emotions

by Lisa Philippart,
Licensed Professional Counselor

When someone close to us is struggling with heavy emotions, it's natural to see these emotions as problems, something to be taken care of right now...which is why we so often turn to advice-giving. But, as I'm sure you have learned, giving advice to someone who is emotionally overwhelmed is unhelpful at best, and usually counterproductive. So instead of seeing these emotions as problems, what if you shift the perspective slightly and try to see them as puzzles? Thinking of problems as puzzles puts you into the mindset of curiosity. And when you are curious about another person's emotions, it's far easier to be validating, understanding, and empathetic. Here is how the thought shift would work: rather than thinking, "Don't they see this isn't doing them any good?" substitute a curiosity question like, "What could

be going on with them to lead to so much painful emotion?"

Empathy is the act of putting yourself in someone else's shoes, imagining what it must be like to live with their thoughts, feelings, and experiences. One way to manage other people's bad moods is called reverse empathy. Instead of putting yourself in their shoes, try to remember a time when you wore the same shoes. For example, if someone is really frustrated, think back to a time when you were upset.... What happened to get you angry? What did people around you do? What do you remember wanting or needing when you felt that way? The more you can relate yourself to what this person is going through, the better your odds of being genuinely helpful or supportive to the person next to you, not to mention, being

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less reactive and emotional yourself.

Without a doubt, the number one mistake I see people (especially couples) make in their communication with each other is that they get stuck in "fix-it" mode. For example, your friend feels bad and starts describing how he feels and why he feels that way. Because you see that your friend is in pain and struggling, your natural reaction is to try alleviating or eliminating your friend's suffering. Here's my suggestion:

often people who are struggling emotionally don't want someone to fix the problem, they want to feel understood. So how do you get out of the fix-it mindset and start helping people feel understood? Try being a mirror, not a mechanic. The best way is to practice a technique called reflective listening. When someone tells you something, you simply reflect back to them what they said, either literally or with your own slight spin on it. For example, your friend says, "I can't believe my boss humiliated me like that in front of the whole staff." You would respond with, "Sounds like you were really embarrassed." Now this might sound silly or condescending, but this works because it's not about the content of what your friend is saying, it's about how they feel. The value of reflective listening is that it helps others feel like you are with them, that you are connecting and understanding.

In my next article, I will offer two more suggestions to better manage others' negative emotions.

Lisa Philippart is a Licensed Professional Counselor, providing mental health services through her own private practice in Madison, Alabama.



"An occasional foray into negative emotions makes feeling normal that much sweeter."

- Brandon Mull

I am often asked as a therapist: "How do you sit there and listen to people's problems all day.... don't you get depressed?" Actually, I don't. While you might imagine that all the sadness, frustration, and anxiety from my clients might start to rub off on me, it really doesn't. In fact, if anything, I feel I'm better at managing both my own and others' emotions because I'm forced to practice all day long as a result of my job. In the next few paragraphs, I will share some specific skills that help me to effectively handle other people's difficult emotions.





The Alternative Approach

Disease Ease

by Roy Williams

Throughout my life and probably yours, we have heard about discoveries that extend life, reduce disease, increase quality of life, and even cure disease. Vitamin B-17 or Laetrile is just one example, and was touted as a very successful cancer cure. According to the doctor that was administering it, over 80% were cancer free in just a few weeks of using it as the doctor suggested.

According to the stories, the doctor had so many people coming to him that the FDA and other government organizations caught word of it and threatened to arrest and imprison him if he continued to use it with his patients. It did not matter that there were dozens of his patients with medical reports proving that they had terminal cancer, and after the treatments with Laetrile, their medical reports showed a complete remission of the cancer.

Over the years, there have been hundreds of other doctors and scientists with similar results, and the same thing happened to them. The three letter agencies come in

and intimidate, arrest, threaten, and even imprison them to shut them up. Many have been put in prison, under the color of law, without even receiving a fair trial, and almost as many have been reported as missing.

Attention Please

Over 15 years ago, a scientist, inventor, and highly educated man was diagnosed with a rare form of bone cancer that no one had ever survived. No one had ever lived more than 10 years after being diagnosed. Sam asked his oncologist, "How long can I expect to live." His answer was devastating. It may be 10 years or 10 minutes.

With an impressive knowledge of the human body, along with his scientific knowledge, Sam decided to find a way to survive this devastating diagnosis. His studies led him to an all-natural supplement called astaxanthin, which had shown many positive results in giving the human body the ability to fight against cancer. Sam took the recommended dose for a while without any complications but

was still having to do the blood treatments every month to survive a while longer.

Over time, Sam decided to double his dose, and after a few weeks, he was able to go two months before having the blood treatments. So, he decided to double that dose and sure enough he was able to go three months between treatments. Even though his blood work still indicated that the cancer was active, his life had definitely improved. So he did even more research and discovered that the actual cancer cells would not absorb the astaxanthin. His symptoms had improved; so he came to the conclusion that there had to be a way to trick the cancer into absorbing the nutrient.

Then Sam discovered what he refers to as the Trojan horse. In his studies he had learned that cancer loves sugar, and he decided to fuse the astaxanthin with glucose, which is naturally in the nutrient but is lost in the extraction process. He has patented his process, proving that the cancer cells will gobble up the entire ingredient.

In no time at all after taking it, he was able to prove that over 90% absorption was now taking place, and his cancer went into complete remission. It has now been over 16 years and his health has never been better. At 72, he is vibrant and active with no major health issues. Since then, it has been proven to put hundreds of people with a variety of cancers into full remission in just a few weeks.

As he continued his studies, he found out that this form of astaxanthin has proved to be the most powerful anti-inflammatory ever discovered, which has interested the entire world because all disease involves inflammation. One study, involving over 100 type II diabetics, every one of the participants were off all diabetic medications in 30 days. Since then, the same results have happened with thousands of other type II diabetics.

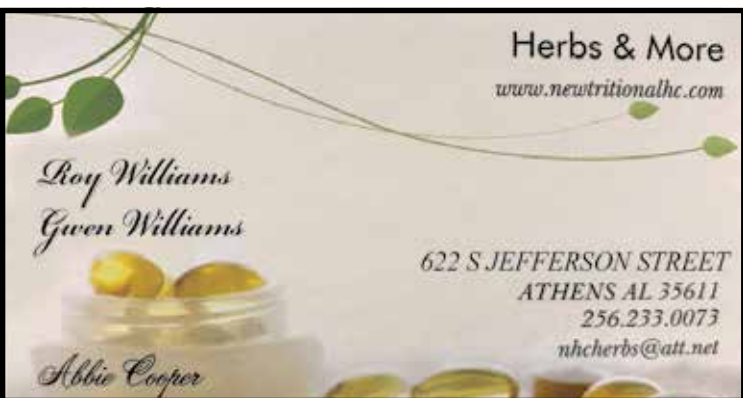
It stops free radical damage and decreases inflammation so effectively that it is a very successful support factor in those suffering with

heart disease, arthritis of all types, Parkinson's (patients having almost full relief of the shaking problems associated with it), prostate issues, neuropathy, all autoimmune disorders, and many other diseases.

To conclude this article, I would like to impress on everyone that this is a patented, all-natural, totally safe supplement that will not interfere with any medication. It has the FDA, GRASS classification and is safe for any age group. You are among some of the first to witness one of those miracles that has the potential to change the way humans support their health, lengthen the life span by decades, reduce suffering by huge percentage points, and help us in our quest to, "Make America Healthy One Person At A Time.

We are also thankful to be the first in the Southeast to be able to distribute this exclusive formula. Don't be fooled. No other astaxanthin product even comes close to this specific patented product and at this time, we are the only company approved to make it available over the counter. Call today (256-233-0073) or come by NHC Herbs Shop in Killen or Herbs & More in Athens. It will change your health and give you a much higher quality of life.

*Your friend in health,
Roy P. Williams*





Cooking with Anna (continued from page 13)

Rise Up And Do It!

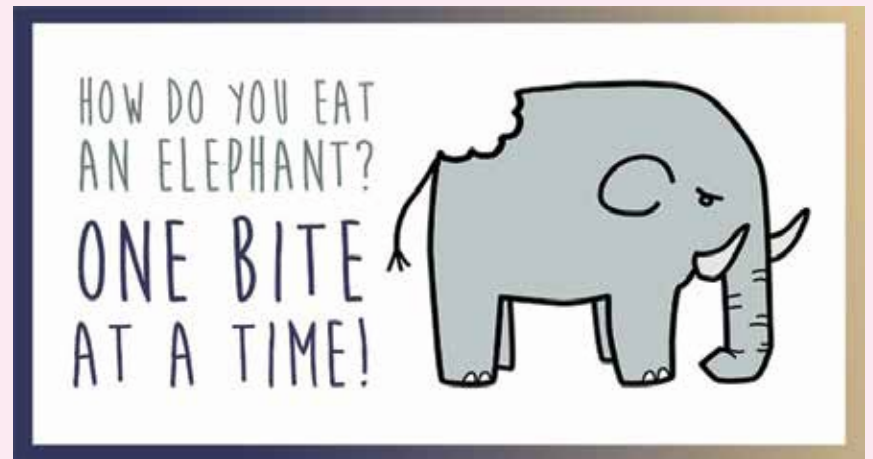
by Anna Hamilton

provide the courage we need to conquer any fear. He will provide the help we need to make the tough decisions.

I encourage you to have courage and do it. With God on your side, you can accomplish everything you set your heart to do. What a wonderful assurance it is to know that no matter what comes your way, you will be able to face any and all problems with the courage of the Lord.

This week's recipe is an exotic, super yummy, delicious dish. Where I live, there isn't anywhere to get Indian food, so you have to be creative and make it at home. This delectable curry dish is healthy and a great introduction for your family to a new cuisine. I hope you love it as much as I do.

"The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of



righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cups runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever." Psalm 23

Learning As A Lifestyle (continued from page 18)

Yom HaShoah And Loving Remembrance

by Eric Betts

Assistant Director, Curtis Coleman Center for Religion Leadership and Culture at Athens State University



selves about the self-defeating consequences of hatred and intolerance, school districts across the country are beginning to ban books, removing them from school curriculum, or are opting out of required reading that tell the history of the Holocaust. For several decades, these books, which have been extremely helpful in exposing the evils of anti-Semitism and the roots of hatred, are suddenly too much (in the eyes of some) for our young people to handle. Books such as *The Diary of Anne Frank*, or *Maus* are being removed from schools and libraries. Paige Shoshannah, a Berliner and an educator on the Holocaust, says that these two books are "remarkable because they capture the personal, intimate human

experience of a genocide, the Holocaust, that stripped humanity from Jews (and those the Nazis considered to be Jews)." Shoshannah fears that by removing or censoring these personal stories, especially as the numbers of survivors are dwindling, that the Holocaust will be reduced to statistics, names, and places, which fails to put real life human faces on those who suffered from such evils. There are those who complain about the sexual content in the books; but I can assure you that having heard the stories, those aspects won't be a blip on the screen in the minds of most youth compared to the actual human catastrophe which occurred. Many fear that this censorious approach to education will take us back-

ward rather than forward in times when such education is needed the most. Amazingly, during the period leading up to the Nazi persecution, Jewish authors were being banned, and libraries were burned for books that were considered "Un-German." According to heyalma.com, works by Bertolt Brecht, Sigmund Freud, Erich Kaestner, and others were destroyed. This is not to suggest that those who choose not to allow their children to read certain books are being hateful (Certainly, this is not the case,) but we should consider what we may be losing in the process if we become so suspicious that we go to the extremes.

Paige Shoshanna makes a dynamic and heartfelt statement about why we need

more reading on this topic during this last generation of survivors. She declares, "We cannot bring back those who died in the Holocaust. We cannot keep alive the remaining survivors. But we can fight so that libraries can include their stories in all their human vividness, warts and all. An empty library — or even an emptying library — is an act of historical distortion and censorship. Erasing the complicated parts won't help us remember; it will doom us to forget."

Even as leaders in the community, I encourage you to pick up those books you were asked to read as children. Refresh your memory through reading. Put together a list of books which tell the personal stories by survivors about Nazi persecution and

genocide and schedule your reading calendar to include them. Additionally, visit a Holocaust memorial museum with your family or house of worship. Ignorance is not bliss, and we must put forth the effort to educate ourselves about the experiences of others. In doing so, we learn so much about ourselves. When telling the stories about the heroes and heroines of history, be sure to include the survivors of the horrors experienced under Nazism. Considering the dwindling numbers of the Holocaust survivors, I reference a colloquialism I learned as a child, "Let us give them their flowers while they can smell them." Let us do all that we can to support and honor them while they are still with us.

Speak Life

by Mae Lewis

How do you change your life?

Change your language.

There is a powerful truth that what comes out of your mouth has the power to change your life. For good or bad, your spoken words have the power to transform your life.

You can change who you are by changing your language. A key aspect of personal identity is the language you use to talk about yourself. If you change your language, you actually shift your identity.

How do you describe yourself? If you are the sort of person who is always putting yourself down – “I’m so ugly,” “I’m so fat,” “I’m worthless,” etc., you will come to believe that about yourself. Not only will you come to believe those things about yourself, you will act accordingly. You are actually creating your identity by the words you say about yourself. And, when someone insults us, or puts us down, one of the worst things we can do is agree with them! Something as simple as “Maybe I am a loser like he says” is deadly to your spirit.

You can create your present identity and shape your future by the words you choose. This is true of your past also. You can actually transform your past by how you speak about it. You are the owner of your experiences, and you can choose to do whatever you want with your experiences. By choosing how you speak about your experiences, you can transform your past into a

thing of value. Even the most difficult and traumatic experiences can be transformed into something that serves you, and not something that holds you back.

Dr. David Schwartz wrote a book called, *The Magic of Thinking Big*, in which he addresses the language we use to talk about our past, present, and future. He said that “people can either speak castles into existence, or they can speak themselves into the grave.” When you define and speak your problems, your pain, your grief, you are actually strengthening that as part of your identity. Are your words building you a castle? Or are they digging you a grave?

Before you dismiss this as some sort of self-help psycho-babble, let me remind you of a few things:

Man was created in the image of God. (Genesis 1:27)

God created the universe by SPEAKING it into existence. (Psalm 33:9, Genesis 1)

God gave man a powerful ability to build up and destroy with his words. (Proverbs 15:4, Matthew 15:18). We actually have the ability to “create” our world with the words that we speak.

We have the ability to encourage life, or to bring destruction with our words. The Hebrew word for tongue is lamed/lashon which literally means “the rod that devours or establishes life.” Think about that for a moment. Words are incredibly powerful.

Consider all of the religions in the world. All

spiritual power that is exerted by men is through the spoken word: Prayers. Incantations. Spells. Mantras. I would offer that the latter three are misappropriations of this incredible gift, but I give them as examples to prove my point: there is immense power in the spoken word.

Humans are able to move the spirit realm by the words that come out of our mouths. Yet, we carelessly speak death over our own bodies, we curse others, we curse ourselves.

We have heard much about the “power of positive thinking,” but I think that there is just as much to be said about the power of positive speaking.

You really have the ability to “speak life to the deadest, darkest, night”- to

quote the lyrics of Toby-Mac’s song, “Speak Life.” To further quote: “Lift your head a little higher / Spread the love like fire / Hope will fall like rain / When you speak life with the words you say // Raise your thoughts a little higher / Use your words to inspire / Joy will fall like rain / When you speak life with the things you say.”

We know that we have the ability to encourage others with our words, but we often forget how powerful our own inner voice is to our own identity. Speak life to yourself. Speak life and hope and peace over your own life, and over your own identity.

Watch your heart and life heal and the trajectory of your life change as you begin to change your language.



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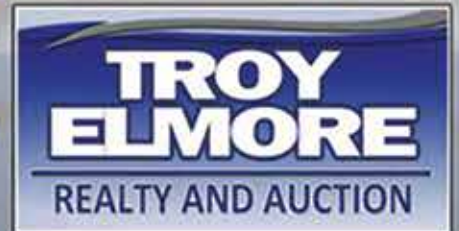
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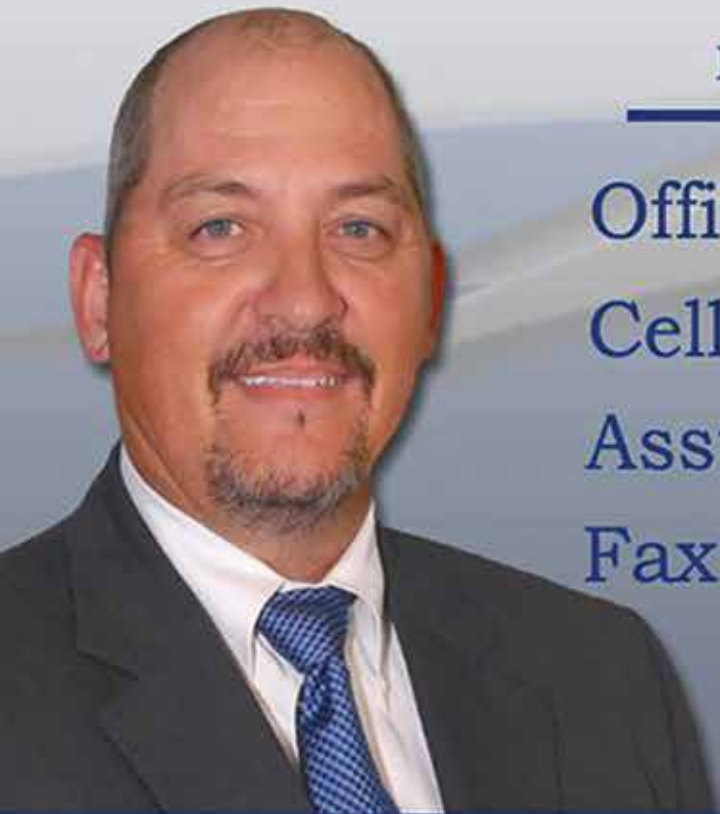
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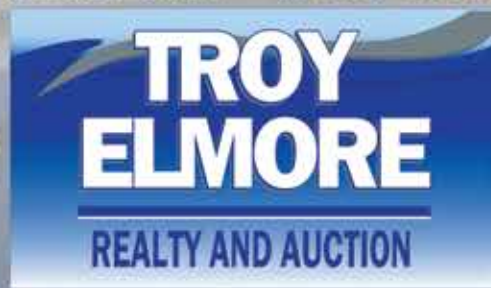
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1	6				2		5
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6					1		9
4	5				6	3	
7		2				9	6
8			9			2	1
9			3	6		8	

What ever
makes your soul
happy,
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7	8	7	2	9	3	9	1	6
2	1	5	2	1	5	2	1	5
6	3	9	6	7	4	2	1	8
3	2	6	3	2	4	5	1	7
9	6	8	7	5	2	3	1	4
5	7	6	8	5	7	2	9	3
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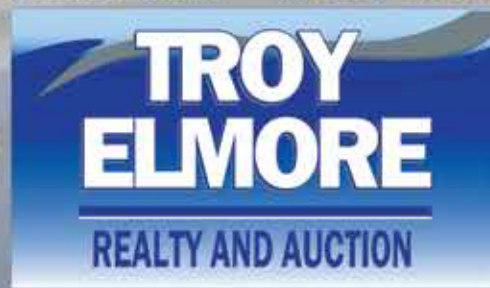
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