

August 5 - August 18, 2022

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## Special Feature



**Let's Move Athens...**  
Jan Matthews with MTM Educational Enrichment, a non-profit that supports students and the community, is hosting the event, Let's Move Athens...  
**Page 5**

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## Coming Soon Courtesy Of C & A Catering: Café 1822

By Ali Elizabeth Turner

Last week was the homecoming/ bicentennial celebration of Athens State University, and very soon the student cafeteria in Sandridge Hall will be opening under the capable leadership of Chuck and Angie Clark, owners of C & A Catering. Over the years the college café food service became avail-

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## Cooking With Anna

**Love Always Hopes...**  
Hope is such a beautiful word. Probably one of my favorite words. Hope can provide peace, comfort, and love if you place your hope in the right place. When you place your hope in things other than God, your hope will be lost...



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## Special Feature



**Meet Tina Morrison...**  
Athens-Limestone County Tourism would like to introduce our new employee, Tina Morrison...  
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## Athens Main Street: Projects And Possibilities

By Ali Elizabeth Turner

Athens-Limestone County resident Tere Richardson has always dedicated her energies to improving the quality of life of everyone around

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**Publisher's Point**

*Mary Ellen And Marian*

It was just two years ago that the *Athens Now* community cheered as we celebrated the 100th birthday of my mother, Mary Ellen Hersman White. It was smack dab in the middle of COVID; I was able to actually fly to Seattle for the event, but I could only see my mom through a screen. I could not hug her, and that in and of itself is a story. We had a Zoom party with family and friends who wished her well. That was the last time I saw her; she passed away three days after Christmas, 2020. COVID restrictions prevented any of her children from being with her, and I am grateful to say that she was cared for so attentively. I even got to sing Christmas carols to her due to the courtesy of one of her caregivers who held his own phone to her ear.

So, we are at last going to be able to gather this weekend to have a graveside committal service to honor her, and I want to tell you a story about my mom that none of us knew when we were kids. She finally told me when she was 92 years old, and my sister is going to tell the story as part of the service before we play some history-making music.

We grew up in a household where music and the arts were important, and my parents sacrificed for my musical education. One of the people that I used to sit by the record player to hear, and whose voice I



found mesmerizing, was a tall, dark, stately, brave, elegant gentle woman of African descent by the name of Marian Anderson. She was the center of a national controversy in 1939, and it was my mom's courageous response to that controversy that we are going to honor while we listen once again to the voice that famed Italian conductor Arturo Toscanini said only comes along "once in a hundred years."

In 1939, Marian Anderson was invited by Howard University to sing at Constitution Hall. It was owned by the Daughters of the American Revolution, and at the time, the DAR had a policy stated in their contracts that only white people were allowed to sing there. Well, First Lady Eleanor Roosevelt just wasn't having it, and she invited Miss Marian to give an open-air con-

cert on the steps of the Lincoln Memorial on... wait for it...Easter Sunday afternoon. A mere 75,000 people, both black and white, showed up and stood listening on the Mall in Washington DC, and it made the newsreels. Additionally, the First Lady withdrew her membership from the DAR, saying, in part, that she was "in complete disagreement with the attitude taken in refusing Constitution Hall to a great artist." Even through the scratchiness of the archived 1939 radio recording, Marian Anderson's talented voice and humble spirit are clarion.

Mary Ellen Hersman was 19 years old in 1939, and like our grandmother, Mary Gertrude Hersman, Mary Ellen was a member of the DAR. And, after only one year of membership, my mother withdrew from the organization because of

their treatment of Miss Anderson. In 1943 the DAR apologized, changed their policy, and subsequently invited Miss Anderson to sing at Constitution Hall several times.

My mother's act was one of quiet integrity, and in the days that my sisters and I have spent planning her service, I have wondered if Mary Ellen has told Marian about it as they have met on the other shore. I can only imagine what that moment was like, and I am looking forward to hearing all about it someday... when time is no more.

*Ali Elizabeth Turner*

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# George And The Ghost Army

by Ali Elizabeth Turner



George Dramis was born in 1925, and like so many of the Greatest Generation, when he came home from the European campaign after WWII ended, he couldn't say much about what he did because it was classified. It stayed classified until 1996, and technically George was telling the truth when he said that he had been "a radio operator." That, however, was a bare wisp of the total picture.

After D-Day, two units that became known as the Ghost Army began one of the most epic Psychological Operations (PSYOP) strategies in the history of the US Army. When I read of the things about which George now can freely discuss, I am reminded

of Gideon's army in the Bible that deceived the enemy into thinking that they had been surrounded by thousands when in fact it was only 300. George's unit effectively did the same thing, but the technology was a bit more sophisticated.

The Germans never recovered from the defeat at Normandy, but the war was far from over. What the Ghost Army accomplished was military sleight-of-hand (and sound) by playing the sounds of war on speakers that weighed 500 pounds and could be heard for 15 miles. These were actual recordings that played conversations, the sounds of tanks as well as other forms of weaponry, and

knocked the Germans for a loop. In addition, they had inflatables that looked like heavy equipment, and the soldiers wore fake patches of other units. The Ghost Army always "struck" at night, and they made 1,100 soldiers sound and seem like there were 15,000 "Joes" just around the corner ready to unleash all manner of mayhem.

The two units were technically known as the US Army's 23rd Headquarters Special Troops, and they became the foundation upon which modern Ranger, Delta, SEALs, Marine Raider, Green Beret, Air Force Special Warfare, and the Coast Guard's Maritime Security Response Teams (MSRT) train and operate.

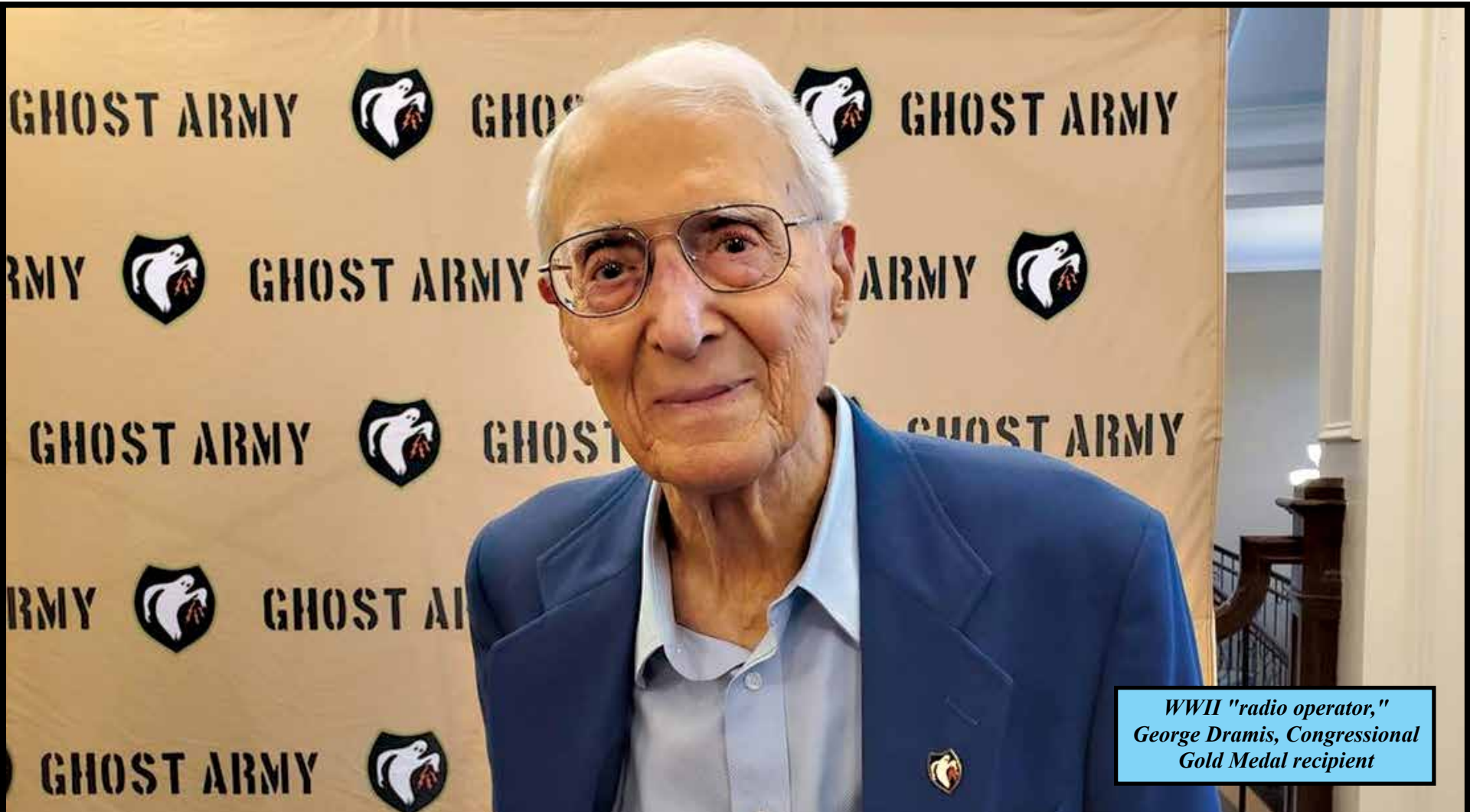
Recently George was honored for his role in freeing Europe, and with the characteristic humility of soldiers of that era, he has a hard time being referred to as a hero. All these years later, whenever he talks about what it cost to liberate a continent, he needs to slow down and take a breath in order to retain his composure. Here's what he said after the ceremony:

"They keep talking about this hero part all the time. Well, I'm not so sure about that hero stuff," Dramis said to those gathered at the assisted-living facility at which he lives in Raleigh, North Carolina.

"The 18-, 19-year-old, 20-year-old guys that maybe lasted one minute

or two minutes or three minutes, and they never made it. They never got to grow up and have a life ... those guys are the heroes."

There are only nine people left of the original 1100 Ghost Army troops, and they are soon going to be the recipients of the Congressional Gold Medal. George's son Jim worked tirelessly with the Ghost Army Legacy Project to push through the bill that made it possible for them to receive the honor they so rightly deserve. Clearly George and his family have much to celebrate, as do we all, and we say, "Deepest thanks" to Mr. Dramis for participating in a deception that delivered democracy.



WWII "radio operator,"  
George Dramis, Congressional  
Gold Medal recipient



## Special Feature

# Let's Move Athens

by Holly Hollman - City of Athens Communications Specialist



Jan Matthews with MTM Educational Enrichment, a non-profit that supports students and the community, is hosting the event, Let's Move Athens. Jan has a passion for giving back, and with this event, she hopes to support those in the community who need help or direction with four main areas: Fitness, Finance, Faith and Family. There will be a blood drive, school supplies give-away, free haircuts and a walk for your cause portion.

But Jan wants to do more than raise awareness. She wants folks to have fun, too. The event Saturday includes the Electric Slide, 3-on-3 basket-

ball, food trucks, etc.

If you would like to talk to Jan about this event, her email is [jannifermatthews@bellsouth.net](mailto:jannifermatthews@bellsouth.net) and her number is 256-874-2941. She works at NA-SA's Office of Small Business Programs, so you may have to leave her a voicemail, but she'll get back with you.

Mayor Ronnie Marks, who will be part of the welcoming ceremony at 8 a.m., commended Jan on her efforts to support Athens and Limestone County. He said, "She is full of community pride and has an enthusiastic spirit for helping others. She is definitely a 'do as I do' and not a 'do as I say' person."



Jan Matthews, sponsor of Let's Move Athens

**Let's MOVE Athens**

Join us & Let's Move Athens to bring awareness towards obesity, hunger & many resources in our community in the area of *Fitness, Finance, Faith, & Family!*

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# Unity In The CommUnity. What's Missing? U...





# Calendar of Events

## 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 2022. All remaining 2022 public events 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.yesterdayevents.com](http://www.yesterdayevents.com)  
FB: [www.facebook.com/YesterdaysEventCenter](http://www.facebook.com/YesterdaysEventCenter)

## Play Outside Day August 6

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

## Gettin' Dirty at the Library August 9

Limestone County Master Gardeners are offering a free presentation on "Preparing a Fall Garden" August 9th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. Jay Moorner, our local Bonnie Plants representative, is our guest speaker.

## The Rustic Willow Market Day August 13

10:00am - 4:00pm. 29930 Ardmore Ave, Ardmore, AL. Almost 100 Vendors (both inside and outside) in one location. The vendors of all kinds - clothing, furniture, home decor, jewelry, Tupperware, Pink Zebra, kitchen needs and cookware, soaps, candles, lotions, jewelry, books, toys, antiques, homemade goodies, etc. You won't be disappointed.

## War in the Streets: Addiction August 13 Revival Service

Swan Creek Park on U.S. 31 in Athens. 12pm. Free clothes, praise, worship, testimonies, free food. Performance by Noceasn at noon. Revival at 1 p.m. For more info call 256-321-9721.

## Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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

## Digital Literacy Classes

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

## Athens Saturday Market August 13, 20, 27

Green Street pavilion. 8am. State-certified market with fresh produce, live music, local artists.

## Story Time at CEI August 25

CEI Bookstore in Downtown Athens. 10am. Story Time is available for children ages cradle roll to 8 years old. Each week has a new theme and includes an activity.

## Athens Summer Fest 2022 August 27

Marion Street on The Square. 5:30pm. Athens-Limestone Tourism will have bands providing music while volunteers accept donation from spectators for Hospice of Limestone County.

## Lauren Talley at Berea Baptist August 28

Berea Baptist Church in Athens, AL will host Lauren Talley on Sunday morning Aug 28 at 10 AM. Located at 16779 Lucas Ferry Rd, Athens, 35611. No admission cost, a love offering will be received. Contact is Gary Wilson, 256-497-9763.



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## The “Whole” Of Athens

by Ali Elizabeth Turner



What was foremost on the mayor’s mind while we met was what he referred to as “holistic approach to back-to-school,” which ended up evolving into a vision for the “whole” of Athens—quality of life, health, relationships, and their importance both here and abroad. We always do a “Ronnie” at this time that expresses his support for teachers, parents, and of course, students as they head to a new school year, and he is looking forward to the 10th year with the Mayor’s Youth Commission. That is one of his favorite projects, and application info will be upcoming in September, and the MYC will get going in October. “What surprises me are all the kids, who really aren’t kids anymore who come back to

say thank you and what a difference it made in their lives,” he said. “That’s what makes it all worth it,” I said. He was quick to add that other groups, including the Chamber of Commerce have leadership training available, and how important it is these days when so many things seem poised to keep our kids from becoming all they can be.

That sentiment was present as it pertains to going back to school for all the grades. “Our teachers need support, our parents need support, and the kids need support,” said the mayor. Friendship Church adopted Cowart Elementary years ago, and “adopting” a school, a student, a family, and of course, a teacher is something that



makes a huge difference. Because “in another life” Mayor Ronnie taught high school himself, and the fact that he knows how much pressure teachers are under these days,

“adopt-a-teacher” is dear to his heart. “Buy classroom supplies, mow a lawn, shop for groceries—anything helps!” He then talked about a young man whose grandma was the one who came up with the “holistic approach” idea for his life and the lives of students in general. “Sports are great,” said Mayor Ronnie, “and there is so much benefit in being on a team, but sports are not enough.” I agreed.

The “whole of Athens” theme continued with the discussion of the Let’s Move Athens” event that is being held on Saturday, Aug 6 from 8 a.m.-noon at the Sportsplex. It is being sponsored by MTM Education Enrichment, the brain child and “heart child” of Jan Matthews. Holly Hollman wrote more about it on page 5, and here are the main points: Everyone of every color, background, age needs to “get moving” in the areas of family, fitness, finances and faith, and no one knows

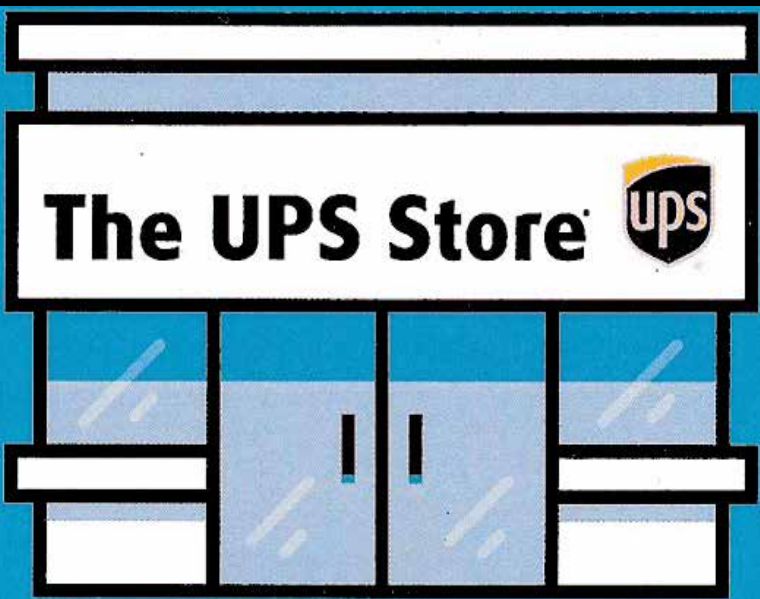
how to bring “unity in the community” more than Miss Jan. And, everyone needs to discover the joy of giving back. Mayor Ronnie will be welcoming the attendees at 8 a.m. Saturday.

Most Athenians are aware that we are “twinning” with a city in Scotland by the name of Stonehaven. We have sent a team to visit them, they participated by Zoom in our bicentennial, and in July, they sent some of their folks to visit Athens and find out what we are all about. In addition, Mayor Ronnie was able to attend a Zoom conference wherein Jack Hillmeyer, the U.S. Consul-General was attending on the Stonehaven side. That is yet another way we can be whole—having relationships “across the pond,” where once again we are reminded that at the end of the day, humans are humans and just want to love and be loved.

It was time to pray, and so we did. And then it was time for Ronnie to roll.







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# Veterans Day Parade News

by Yvonne Dempsey



Past winning float by East Limestone High School students (Contributed by Holly Hollman/City of Athens)



Last year's Grand Marshal's ride

The Alabama Veterans Museum and Archives will once again host the Athens' Veterans Day parade. This annual event is always held the Saturday before Veterans Day. This year's parade will be on Saturday, November 5 at 11 a.m. Our parade gets bigger and better each year. We are thankful for those who participate in our parade, the volunteers who make it all happen, and the public who attends. For our upcoming parade, we are giving everyone an opportunity to honor our veterans by participating in our parade.

The theme for this year's parade is Thank You, Veter-

ans...Heroes, One And All. Let's get out and show our love and gratitude for our nation's heroes. Put it on display for them to see. They sacrificed so much for us all, so let's show them our appreciation with patriotic floats. It is a great way to get your family, business, or organiza-

tion involved. Awards will be given for themed float winners. We are asking families, friends, businesses, churches, school/civic groups, and other organizations to consider participating by designing and building floats for the parade. It's a great time for fun and fellow-

ship while building the floats and then riding in the parade. Join the bands, scouts, and all of the other parade participants honoring the veterans for all that they did for us.

We are blessed to live in a community that has always supported our veterans and military in many ways. Please

consider participating in our parade. There is absolutely no fee to enter a float in the parade. More info will be forthcoming in future issues, on local radio stations, and on social media.

God bless our veterans. We honor you and thank all of you for your service.

## Limestone County Veterans Honor Guard

For many years, the Limestone County Veterans Honor Guard has served area veterans by providing military honors for their funeral services and interments. Families must request this from the funeral home and be able to furnish the discharge papers (DD214) showing eligibility of having been honorably discharged. Public Law 106-65 requires that every eligible veteran receive military funeral honors to include folding and presenting of the U. S. flag and the playing of "Taps." Many of these ceremonies also include a three-round volley of shots that represent duty, honor, and sacrifice. This service is always free of charge to veterans' families.

Our service typically consists of folding and presenting the flag followed by a three-round volley of shots and the playing of "Taps." At

the present time, we are still available to provide military honors but are limited to the flag folding and presentation and the playing of "Taps." We currently do not have access to the weapons we have been using for years but are working diligently to remedy this situation. The weapons are on loan from the government for our use providing that we pay for upkeep and repair and that we keep them securely locked up and safe when not in use.

We feel blessed that so many in our community have given monetary donations to us to help cover our expenses which include upkeep of the weapons and purchase of ammunition, uniforms, and other service related expenses. We are thankful that the County gave us a generous monetary donation and we have the support of our city and county officials. Currently, we are do not have control over our

money and face the prospect of having our money taken away from us. However, we want to assure you that we will fight to ensure that all donations that have been made will be used exclusively by the Honor Guard for service related expenses.

Travel expense is not paid for out of our donations, and we use our personal vehicles to travel -- we've often gone into TN, to Huntsville, to Moulton, and to many remote regions of and Limestone County and surrounding areas. There are times when we

travel to two or three funerals a day. Sometimes we are asked to be pallbearers or otherwise participate in the funeral service. People know us and know that we stand ready to serve in whatever capacity we are able. Funerals aren't our only service. We participate in Memorial Day and Veterans Day events and other community events by posting the Colors, leading the Pledge, and performing other tasks as needed and requested.

Limestone County Veterans Honor Guard members are

veterans and patriotic Americans who love our country. We are willing to give of our time and energy to ensure that deceased veterans get the military honors they so rightfully deserve and their families have peace of mind knowing that their loved one was respectfully honored. Most of us are in our 60s and 70s but are willing to serve as long as we are physically able. We have stood in the sun during the hottest part of the day, stood in torrential downpours and sleet storms, stood in below freezing weather in the biting wind; all of this is just a small price to pay to honor our heroes.

Please know that we are still here despite rumors that we have disbanded. We have not! We are here for you, we are here for our community, and we are here for our veterans.





## Slinkard On Success

# “O” Is For Obsession

by D. A. Slinkard

*D.A. Slinkard would love your feedback. You can contact him at [da.slinkard@gmail.com](mailto:da.slinkard@gmail.com)*

We are to letter “O” in our series and the word is “Obsession.” I believe that for anyone to have success they need to become someone who is obsessed with achieving their dreams and their goals. Too many people falter, and when it gets the slightest bit difficult, they want to tuck and run for cover. When a person has an obsession to succeed, you will see them fight through the battles and accomplish whatever their goal may be. Even when things get tough,

they are going to stick it out.

How does a person become obsessed with achieving their goals? It is not easy, and it will take some work, but the very first thing you must know is what you want to accomplish. I am surprised how many people go about life not knowing what it is they want to be when they grow up -- but the problem is that these people are well into their adult years. Decide what you want to do, and then you must think about ev-

erything you must do to accomplish your goal.

If you want to become obsessed about something, it is going to require you to think about it all the time. You need to consume your life with the thought process being about what or who you want to become. Most people only think about the ideal situation when it comes to accomplishing their goals; they do not take the time to think about the negative obstacles that will arise and, yes, they will arise. Too many people want to

envision a picture-perfect scenario while failing to realize what struggles can exist.

When the concept of who you want to be becomes what you eat, what you breathe, what you sleep – you will become obsessed with achieving your results. This obsession is going to breed a certain hunger that is lacking in many peoples’ lives today. We live in a society in which not many people struggle for the necessities. We live in the greatest country known to man, and because of the first-world problems we have, not as many people are as hungry for success as our grandparents were in the past. This is why we see so many people who still live at home with mommy and daddy because they have not become obsessed with achieving success.

If you take any entrepreneur, you will find someone who is not afraid of making mistakes because making mistakes is how we learn, yet those who do not act because they do not want to make a mistake are the very people who fail in life. We need to be prepared to make mistakes. We need to be prepared to mess up. Life will not be picture perfect and it will be hard, but we must learn how to achieve the positives in life when faced with negatives.

These helicopter parents that only want the best for their children are not helping but are hindering the potential success of their children. We have

too many kids in society who do not worry about whether they mess up or not because they know they have their mom or dad to bail them out. If this is who you are as a parent, shame on you. You are part of the problem in society.

So, you know what you want, you know what you need to do, and the next part is to turn these things into actionable steps. Start brainstorming what you need to do to accomplish the steps that need to be. Make yourself a little checklist and start working each day or each week to drawing yourself closer to being able to complete one of these actionable steps, and you will find your success rate increasing. Also, you will find your obsession level elevating because success breeds success. When you begin to taste victory in your life, you are going to want it more, and the hunger will begin to swell up inside of you.

Can you imagine what our society would look like if more and more people had the intense hunger that this country was built upon? Our forefathers built this nation from an obsession to achieve freedom. We live in the land of opportunity, but we must possess an obsession to achieve greatness. We must instill these values in our kids, into our grandkids, and into our public schools to show that obsession brings about a hunger to succeed over failure. Obsession is a good thing.

**OBSESSED**  
**IS A WORD THE**  
**LAZY USE TO**  
**DESCRIBE THE**  
**DEDICATED**



Clean, Green And Beautiful

# Important Updates On Recycling, Fundraising, And More

by Lynne Hart, Keep Athens-Limestone Beautiful



Well, here I am again! I was recently told that I need to take a class in retirement because I'm doing it all wrong.

KALB has been in transition over the summer, and unfortunately we are in transition once again. You may see me or Marilyn Ford, who was office secretary here many years ago, in the office on occasion working to pull things together. We currently have no set hours of operation as we are working from the office and from home and juggling other jobs. Please call us if you need anything and we will accommodate your needs the very best that we can.

There is a lot going on and we are working hard to keep the organization moving along as seamlessly as possible. Here are some updates:

## RECYCLING IN LIMESTONE COUNTY

The recycling center on Lucas Ferry Rd. is completely emptied and keys have been turned in. All of us at KALB would like to thank Keri Chalmers and the workers that remained to get everything sorted, moved, and cleaned up, and handling all of the loose ends. Keri has done a great job working with the County Commission to help them understand the recycling process and

work toward the provision of recycling for Limestone County residents once again.

The County Commission has voted to move ahead with creating a recycling program in the county, which we are very happy about! Please be patient as the process of hiring someone to oversee the program and the development of the program will take a little while. Just know that it's coming!

## FALL FUNDRAISERS

**Duck and Run 5K:** Sadly, because of the transition in directors, the work necessary to hold this event was not completed.

Therefore, the KALB Commission made the difficult decision to cancel the race for this year, and bring it back in 2023. It is important to all involved that we provide an exceptional experience for our runners, which could not be accomplished in the short amount of time available.

**Wacky Quacky Ducky Derby:** We are working our feathers to the bone getting everything ready for this important fundraiser. We are seeking sponsorship for the grand prize, additional cash prizes, gift certificates, and other fun things to give to the winners. If you would like information, we would



be happy to email you a packet that will detail all sponsorship levels.

**Membership:** Those of you who have paid your membership to KALB in past years may have realized this year's membership letter has not been sent out. Again, this is due to the transition and we are working diligently to get those letters out now. Please watch for them in your mailbox, or in your email box as we will also send out a newsletter with the option of renewing or establishing membership online.

## LITTER CLEANUPS

We have information on some cleanups that were scheduled to happen in the near future. We

will be making contact with organizers to confirm the information we have. Please feel free to contact the KALB office just to be sure we have all correct information available so we can provide you or your group with the supplies you need. We are happy to support any and all litter cleanups within Limestone County!

As always, the KALB Commission and all who

are working in the office to hold down the fort have a great love for this organization and will do everything we can to keep things rolling until a new Executive Director is hired. Please continue to support the organization through your membership, sponsorship, and volunteerism.



Become a Fan



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## Cooking with Anna

# Love Always Hopes

by Anna Hamilton

*Hope is such a beautiful word. Probably one of my favorite words. Hope can provide peace, comfort, and love if you place your hope in the right place. When you place your hope in things other than God, your hope will be lost.*

*There have been many times when I have placed my hope in things of this world. People around me, a job opportunity, the promise of friends and family; but the truth is that all of these things are of this world. Everything in this world will let you down or disappoint you at some point; it's just the nature of this world. But God, will never let you down. His promises never fail.*

*I heard a fact about whales this week that just blew*

*my little Alabama girl mind. Did you know that most whales die by drowning? Whales are actually mammals, not fish, so they don't have gills to help them breathe in the water. They have to come up to the surface every little bit in order to breathe. The one thing they need the most to survive in their world doesn't exist there; they have to reach upwards to keep living. They have to place their hope in the air above the water, above their world, in order to live.*

*As Christians, we are not meant to be of this world. We live in a world where we truly don't belong. We must place our hope in Christ and continue to reach up to him in order to live, in order to breathe. Christ is our air. Isaiah 43:1-2 beautifully describes the kind of hope we can have in the Lord. "But now, this is what the Lord says—He who created you, Jacob, he who formed you, Israel: Do not fear, for*

*continued on page 23*

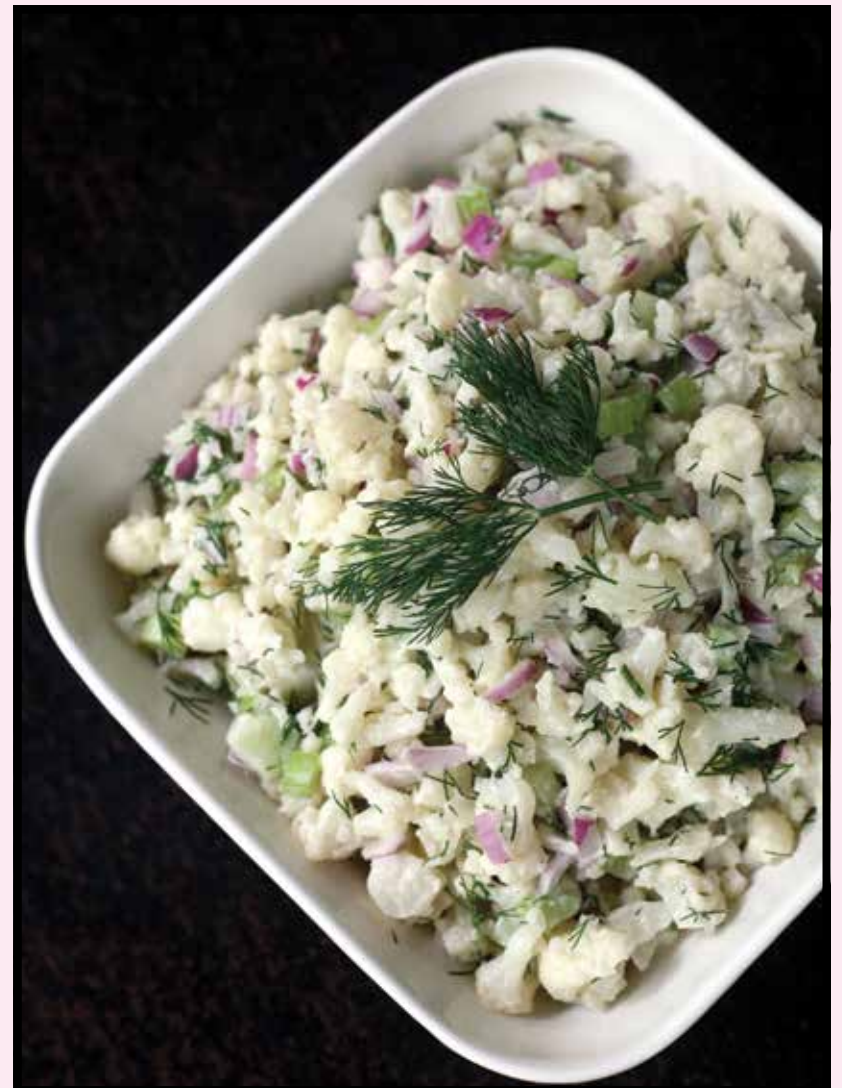
## Dill Cauliflower Salad

### Ingredients:

*1 head cauliflower, cut into bite-sized florets  
¾ cup mayonnaise, feel free to use sour cream or plain Greek yogurt as well  
2 Tbsp Dijon mustard  
½ lemon, juiced  
1 tsp honey  
½ tsp celery seeds  
¼ cup fresh dill, chopped  
Salt and pepper to taste  
3 stalks celery, diced  
¼ red onion, chopped  
½ cup shredded cheddar, feel free to use your favorite cheese  
4 slices of bacon, cooked and crumbled, feel free to use diced ham, turkey, or chicken  
Fresh dill for garnish*

### Directions:

*Bring a large pot of salted water to boil. Boil the cauliflower for 5 minutes, until just tender. Drain and rinse the cauliflower with cold water and pat it dry with paper towels.  
Combine the mayonnaise, mustard, lemon juice, honey, celery seeds, and chopped dill in a bowl. Blend well and season with salt and pepper to taste.  
Place cauliflower, celery, and red onion in a large bowl. Stir in dressing and toss to coat all the vegetables. Stir in shredded cheese and bacon. Chill until ready to serve.*





# How To Use Food To Help Your Body Fight Inflammation

by Danny Moon



**You are what you eat, right? But what does that mean for your health?**

Let's look at the term "anti-inflammatory diet," as it has been thrown around a lot in the nutrition world lately in relation to lowering inflammation in the body.

Inflammation is part of your body's normal response to injury or infection. It occurs when your damaged tissue releases chemicals that tell white blood cells to start repairing. However, inflammation sometimes spreads slowly throughout the body and becomes chronic.

This chronic inflammation can lead to long-term damage within your body. It can play a role in the buildup of plaque in your arteries, which will increase your

risk of heart disease and stroke. Chronic inflammation is also associated with a higher risk of cancer, diabetes, and other chronic conditions.

## How can your food help or hurt?

The choices you make at the grocery store can have an impact on the inflammation in your body.

Research shows that what you eat can affect the levels of C-reactive protein (CRP) -- a marker for inflammation -- in your blood. That could be because some foods like processed sugars help release inflammatory messengers that can raise the risk of chronic inflammation. Other foods like fruits and veggies help your body fight against oxidative

stress, which can trigger inflammation.

The good news is the main foods that act as anti-inflammatories are some of the same foods that keep you healthy! Below are just a few tips to keep inflammation at bay:

• **Eat more plants.** Whole plant foods have the anti-inflammatory nutrients that your body needs. So, eating a rainbow of fruits, veggies, whole grains, and legumes is the best place to start.

• **Antioxidants are key.** Antioxidants are the body's diverse army that helps boost the immune system, neutralize excess free radicals to protect cells, prevent illness, and reduce inflammation. They're found in colorful fruits and veggies

like berries, leafy greens, beets, and avocados, as well as beans and lentils, whole grains, ginger, turmeric, and green tea.

• **Get your Omega-3s.** Omega-3 fatty acids play a role in regulating your body's inflammatory process and could help regulate pain related to inflammation. These healthy fats are found in fish like salmon, tuna, and mackerel, as well as smaller amounts in walnuts, pecans, and ground flaxseed.

• **Eat less red meat.** Red meat can be pro-inflammatory.

• **Cut out the processed stuff.** Sugary cereals and drinks, deep-fried food, and pastries are all pro-inflammatory offenders.

They can contain plenty of unhealthy fats that are linked to inflammation.

To reduce levels of inflammation, it's best to shoot for an overall healthy diet. If you're looking for an eating plan that closely follows the rules of anti-inflammatory eating, consider the Mediterranean diet, which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils.

In addition to lowering inflammation, a more natural, less processed diet can have major effects on your physical and emotional health. A healthy diet is beneficial not only for reducing the risk of chronic diseases, but also for improving mood and overall quality of life.





# Coming Soon Courtesy Of C & A Catering: Café 1822

by Ali Elizabeth Turner

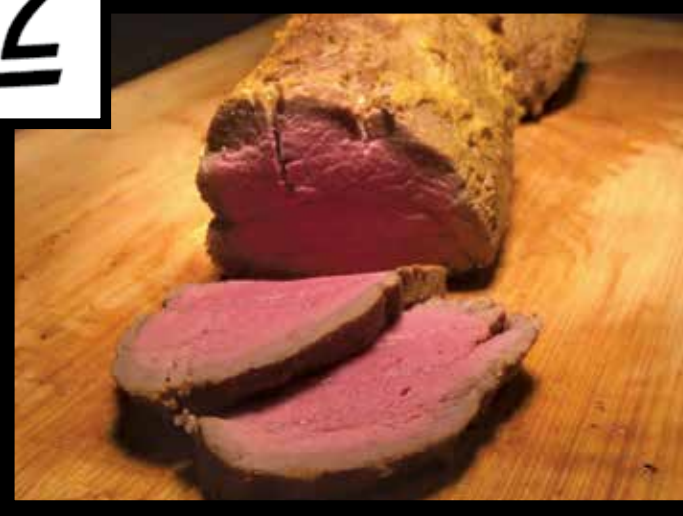
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able several times, but Chuck and Angie just didn't feel led to pursue it. "Then the door opened," they told me, and they went through it.

"We asked for suggestions for a new name for the café, and Café 1822 was the winner," said Chuck. The café is going to start off with sandwiches, salads, burgers, fries, and drinks -- standard college fare -- with the possibility of the menu growing based on student requests. The Clarks are hoping that eventually they'll be able to add a "meat-and-three" option.

By contrast, the gala held the last night of the bicentennial had a plated chicken kabob, a beef kabob, rice pilaf, and a salad with raspberry vinaigrette. The college provided a commemorative cake for the occasion. I have had the pleasure of sampling Chuck and Angie's fare for years, and can say they always make my tummy and my tastebuds happy.

C & A Catering opened in 2006, and except for just a few years at a chemical plant, Chuck has always been in food service. He learned the catering business in the years he worked at the Space and Rocket Center when two experts in the field took him under their wing. He did everything from provide food for Space Camp to preparing the food for elaborate special events. As much as Chuck loved what he was doing, like so many, he had a hankering to own his own business. Angie had worked outside the home for years, and as people of faith, they prayed and felt that the time had come to start C & A Catering. "It was a struggle at first," Angie told me. Now, between getting Café 1822 up and run-



ning and catering everything from weddings to corporate breakfasts and doing massive numbers of box lunches during COVID, they and their crew are keeping busy. "We are just back from the bridal fair, and have twenty appointments for weddings next year," said Chuck. They are excited about all of it—opening Café 1822, weddings, special events, anniversary parties, holiday parties, picnics, showers, and more.

Over the years, C & A Catering has found that the best way to build that all-important aspect of the food service business -- raving fan customers who come back year after year -- is to commit to doing one event a day. When it comes to weddings and all the taut nerves that often go with that "special

day," being able to focus completely has been something for which they have been thanked years later. Angie told me about a bride who recognized her ten years later and thanked her again for their role in making her wedding a memorable celebration.

I asked Chuck if he has a signature dish, and he quickly answered, "Beef tenderloin." He went on to tell me that his favorite thing to do is stand at the carving station, carve the tenderloin, put it on the plate, and see the smile of satisfaction and anticipation on the face of the one holding the plate. C & A Catering is also well known for their chicken salad. For her part, Angie loves to bake. She calls it "casual baking," as she doesn't do wedding cakes, but

turns out mean pies, cakes, and pastries.

Speaking of "pies," Chuck and Angie laughed as they told me about the most unique wedding they ever did, and it was a "Pi" wedding. The bride and groom were mathematicians, and because the formula for Pi is 3.14159, they chose to get married on March 14 at 1:59 pm. They had no wedding cake, but instead had Angie bake individual apple and cherry pies for each guest. The bride and groom were thrilled. Angie loves to do pecan pies, sour cream coconut cakes that have had the time for the flavors meld together before they are served, and pineapple upside-down cake.

Chuck describes himself as being a "big guy," and always

has been. His tagline is "C & A Catering, where you never trust a skinny chef." He and Angie have built a solid business in an industry that is anything but predictable, love what they do, and are waiting to serve you. I can say from experience, they and their food will make you smile and come back for more.

## C & A Catering

(256) 777-0995

Email: [chuckangie@charter.net](mailto:chuckangie@charter.net)

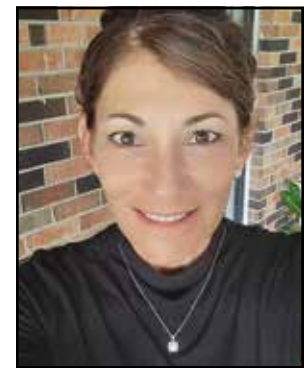
Facebook:

[www.facebook.com/](https://www.facebook.com/C-A-Catering-163252727062310)

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# Meet Tina Morrison



Athens-Limestone County Tourism would like to introduce our new employee, Tina Morrison. Tina was born and raised here in Limestone County and is a graduate of West Limestone High School. She joined a global engineering construction company for the Browns Ferry project in the early 1990s and moved away from North Alabama. She traveled, lived and worked all over the US and in London, Australia, and Mexico.

Tina found her love of tourism while serving as the Director of the Perdido Key, FL Chamber of Commerce and Visitors Center for 7 years. During her ten-

ure there, she obtained a one million dollar tourism promotional grant to bring visitors back to the beach after the 2010 oil spill. She also planned, coordinated, and executed over 20 major festivals and events. She was featured on Animal Planet's TANKED TV show when she had a 450-gallon pirate ship fish tank installed inside the Visitors Center, making it a destination location.

In 2020, Tina was employed with the Florida Agricultural Museum as the events director and was coordinating events like square dances, the Florida Beverage Festival, and Farm-to-Table events before COVID canceled

them. Tina decided to return back home to Limestone County to be closer to family and is absolutely thrilled about her new employment with Athens-Limestone County Tourism. "My world travels definitely helped me realize what a gem we have in our small Southern town and helped me relate to what visitors are looking for. I love tourism and I love Athens-Limestone Alabama and this opportunity for me to promote tourism in my hometown is simply a dream come true."

Tina has three grown children and three precious granddaughters. Her hobbies are music, camping,



hiking, biking, and kayaking. She will be assisting the tourism president, Teresa Todd, with marketing, events, and day-to-day

operations of the Athens-Limestone Visitors Center at 100 N. Beaty St. in Athens. Please join us as we welcome Tina to the team.

# Tennessee Valley Spotlight

**Mondays at 10am**  
**1080 AM WKAC**



# Athens Main Street: *Projects And Possibilities*

by Ali Elizabeth Turner

*continued from page 1*

her. She graduated from Clements High, Athens State, Troy State, and after a few years up north and out west, she and her family came back to our area to continue what had long ago become the family passion of giving back. For 12 years, Tere has been the president of Limestone County Churches Involved (LCCI), which among other things runs our local food bank. Her husband, Gary Van Wagnen, was involved in United Way, Habitat for Humanity, Meals on Wheels, and more. They both worked themselves to a nub in order to be able to retire early and devote themselves deeply to our community.

When Gary and Tere decided to start a family, Tere came home from an active, intense corporate life in St. Louis to raise their boys full time. "Coming back to Athens was always the plan," she told me as we sat in the charming Athens Main Street office on Jefferson, "and our main goal was this: we wanted to give back." Since 2018 when Tere took the helm of Athens Main Street, she has been true to her word, and on her watch, we have been blessed to see a team come together from business, education, the legislature, as well as the local citizenry to give us or improve so many things that "make Athens Athens." They include the Merchant's Alley, Fridays After Five, the Farmer's Market, the Christmas parade, the Chocolate Walk, Sippin' Cider, and more. When asked about the success of Athens Main Street, Tere is quick to give credit to others that have supported the mission with their time, talent, and treasure, remarking that it "takes a village" working together to make a difference. No discussion of what Athens Main Street has been able to accomplish would be complete without at least a brief description of what



they did to keep our quality of life high during the craziness of COVID. Outdoor sidewalk seating on the Square was placed everywhere, and it made for a festive, European "sidewalk café" feel that has remained now that we don't have to figure out how to eat food while wearing a mask. Being able to sit/eat outside on the Courthouse lawn was also an option that came to be during COVID. Thankfully, a good portion of the outdoor seating/eating options have remained. Signs for curbside pickup were outside of most of the shops, and if people are either on the fly or not comfortable with patronizing shops, they can pick up their order to this day. In true partnership, the Greater Limestone Chamber of Commerce, LCEA, City of Athens, Limestone County Commission, and Athens Main Street saved the Christmas Parade, which was huge, and being able to view it livestream provided peace for many who wanted to celebrate while avoiding the Coronavirus. Other campaigns of the era included the ReOpen Main Street Campaign, the Square is Open for Business Campaign, as well as a continuous, upbeat social media campaign to bolster our spirits and our businesses. With COVID largely in the rearview mirror, one of the "crown jewels" of Athens is the Merchant's Alley with the music-themed, affectionate project title of "Athens Amp-

plified." Anyone who has lived here for very long remembers this space when it could kindly be described only as "dysfunctional." Due to expert planning, having a vision that would not fade, and bringing together a remarkable, talented team and the funding to get it done, Merchant's Alley is now one of my favorite places in the city. It is bright, snappy, inspires curiosity, is full of life and color, boasts awesome street art, and is a place that can be accessed and enjoyed all year long. From April through July, and then from September through November's Christmas Open House, the Alley will feature live local musicians from a wide variety of genres every Friday. The summer of 2022 has been further proof that people need people and they need music. On July 29, an awesome band by the name of the Lamont Landers Band played on the Courthouse steps, and the east side of the Square was full of tapping toes and bobbing heads. Kids rolled down the hill, folks ate, sipped, sang and talked, and things continued to head back to normal, something I hope we never take for granted. It felt wonderful. What's ahead? One of Athens Main Street's "babies" is the Farmer's Market. Located down near Athens Creek where several streets cross paths, the Market has served us well and frankly needs some TLC. It is a certified market, and two days a week during the



summer months it is a hopping place. The Market boasts fresh produce, artisan candles, meat, jewelry, tie-dyed apparel, live music, and more. Food trucks offer a number of tasty items. In the summer, it is one of the best ways to strengthen our community, meet new people, and shop local. The vision for the Farmer's Market to be extended beyond the growing/harvesting seasons is being honed and crafted by a talented team of people dedicated to transforming the market grounds.

Tere challenged me to "just imagine a festive gathering area with Edison lights and cool outdoor seating, improved landscaping, fresh paint, some art, and themed sculptures..." And, that would be "a mere \$50,000 dollars!" If you want to get involved in a community organization with a proven track record and that is the heart and spirit of Limestone County, you can stop by at the office at 107 N Jefferson in Athens, or call 256-232-9040 to find out more.





## Learning As A Lifestyle

# Leadership Lessons From Bill Russell

by Eric Betts

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



It was on Sunday, July 31, 2022, that the world learned about the death of Bill Russell, who was one of America's legendary icons in sports. He was 88. He led the Boston Celtics to 11 championships, with 8 back-to-back championships. Before his entry into the NBA, he won two NCAA basketball championships with the University of San Francisco. His illustrious winning career with the Celtics spanned from 1956-1969. No other NBA star or any other athlete in major professional sports is as accomplished as Bill Russell. What he accomplished in life is not as spectacular as how he accomplished it.

What made Bill Russell a remarkable person is the fact that he gave his all to his personal craft despite the opposition he endured. He suffered many racist attacks by basketball fans and slights by sports writers. He was unwelcomed and unwanted by a significant proportion of the Boston sports fan base. He also endured vandalism of his home as many were angry about his success as a black athlete during those turbulent times. Later in his life, now deceased Laker legend Kobe Bryant asked him how he was able to exceed expectations despite his adversities. Russell said that he used it as fuel to make him an even better athlete and person, rather than being discouraged, performing beneath his potential, or calling it quits. He was also a vocal advocate and activist for Muhammad Ali's religious objection to being drafted for the Vietnam War. He participated in the famous March on Washington in 1963. He utilized his celebrity status to change the world and make it a better place for future generations.

Russell went on to become the head coach of the Celtics while simultaneously playing games as a member of the team. He

continued to win championships even as a player coach. He was the first black head coach in any major American professional sports league. This paved the way for many others who would follow. He was known for being comfortable in his own skin, not changing himself, not diminishing his sense of dignity and pride, his values, or his love of self in order to make others comfortable around him. He held his head high regardless of how he was treated or what others thought of him. This is a trait that all leaders should follow. Bill Russell wanted to be known as a change agent in the world and not simply as a basketball player. He wanted his legacy to be that he was a man who made a positive difference in the world. After his retirement, he became an ambassador for the NBA. He would become an advisor and mentor to generations of basketball athletes that would follow, beginning with Larry Bird and Magic Johnson and including today's players. His advice to the younger generation of players had less to do with basketball and winning on the court, but how to utilize winning principles to become better men and win in

the game of life.

In 2001, he developed a tremendous educational and professional development resource for future leaders by authoring a book entitled Russell Rules. In this volume he takes the lessons he learned as an athlete, coach, single father, and mentor to help leaders in all fields to be the best version of themselves and succeed. One of the lessons he shares with his readers is the power of craftsmanship and quality. Craftsmanship is the result of applying a skill or ability with professionalism and maximum effort. This includes the result of not relying on natural skill alone, but forever learning, adding, adapting, changing, and improving upon one's ability and skillset. Russell viewed craftsmanship as not only the application of a skill set but developing and mastering the ability to perform one's skill set in the best way.

One of Bill Russell's rules for leadership is that by maximizing and improving upon one's craft, it becomes contagious for the entire team. This includes not only sports teams, but also business teams, non-profit teams, teams within re-

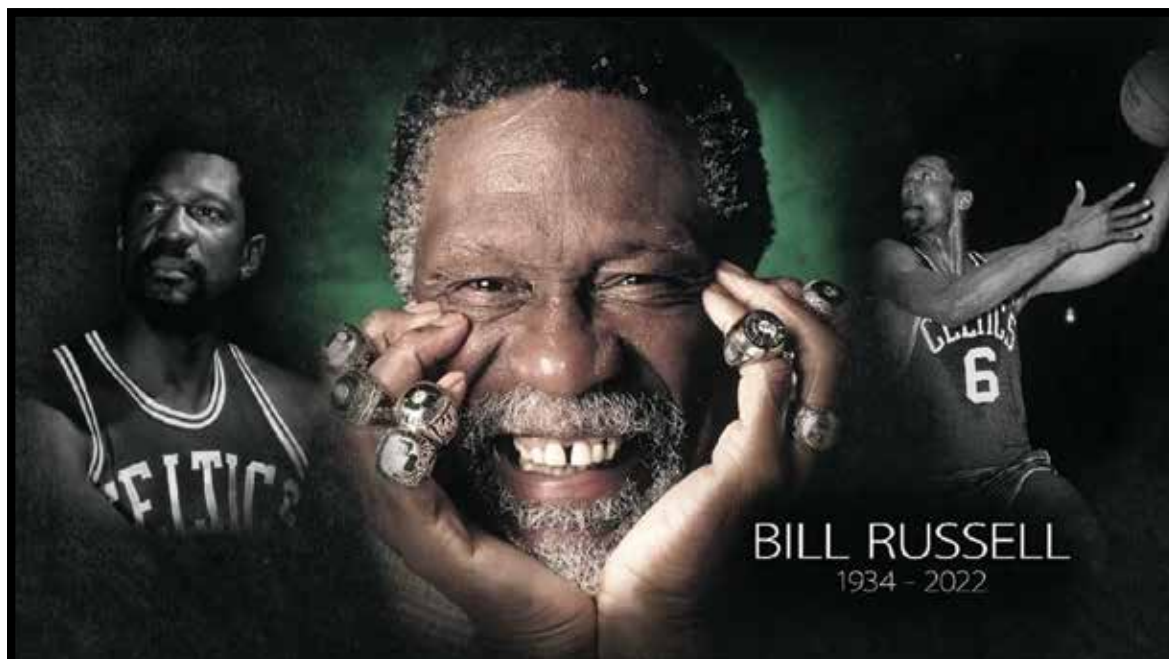
ligious organizations, or teams within education.

The result of this contagious craftsmanship principle within a group is as follows: "An entire team working to be the best will be the best." Russell understood that this skill or value system will always place a team a step ahead of the competition and helps to improve the character of the persons who embrace it. Where did Bill Russell develop his ideas concerning craftsmanship? He learned it in childhood from his father. His family value system suggested that craftsmanship involved exceeding expectations and going the extra mile in any assignment. He utilized Honda and Lexus as examples of building a more impressive product rather than slashing costs or prices.

Craftsmanship is inevitably linked to success, but, even more, it is tied to leadership. The better you are at what you do, the more you set an example without words or memos for others to see and follow. Craftsmanship is infectious because it raises the standard. It is a funny notion, but many times if you refuse to accept anything but the very best, you often get

it. In my opinion, craftsmanship needs to become an important part of your business culture. My father used to say, "If you don't do it excellently, don't do it at all." Besides your employees, craftsmanship becomes an important element of your institutional and product brands. I have often believed that anyone can cut prices, but it takes brains and commitment to make a better product. From the perspective of quality, there is as much craftsmanship in a Honda as there is in a Lexus, and because of that craftsmanship both cars are enormously successful.

Bill Russell's idea of craftsmanship should be carefully and studiously considered by those who are leaders or who are seeking to better themselves professionally. A leader does not have to command that their subordinates give their best. Russell suggests that by modeling excellence it automatically transfers to the rest of the team. Teammates, according to Bill Russell, will rise no higher than the standard that leaders sets for themselves. If you give your best as a leader, you position yourself with the credibility to accept and expect nothing less than the best. The teammates will give their best because they have a clear view of what will be accepted and expected. This is Russell's key to leadership. He once said, "We have a game to play, and since we are going to play it, we may as well win." In other words, don't play unless you absolutely play to win. This is what craftsmanship is all about. But more importantly, let us all follow Bill Russell's example and live our lives courageously, compassionately, and with intention and the view of being world-changers for the good of all within our own spheres and beyond our own individual careers and professions. Leave a legacy of goodness behind.





# *In Harm's Way - Part I*

by Jerry R. Barksdale

[www.jerrybarksdale.com](http://www.jerrybarksdale.com) [fb.com/jerry.barksdale.7](https://fb.com/jerry.barksdale.7)



February, 1968. Somewhere over the South China Sea, Major Clarence R. Little, age 36, closed his eyes, listened to the drone of the engines and thought about what lay ahead of him. He was headed to harm's way, that much he knew. Politicians in Washington called it "Vietnam Conflict." The 58,318 whose names would eventually be chiseled in black granite would have told them it was a war – and a hellish one at that! It was in its 9th year. Little would soon experience it firsthand.

The flight was long and tiring, giving Major Little much time to think – maybe too much. And his head was full of thoughts. A soldier returned from Nam one of three ways: happy and whole after a year of service, wounded, or inside a body bag. Over 16,000 Americans had been killed to date. By year's end 30,000 would be dead. In January, the TET Offensive had been launched and the U.S. Embassy in Saigon attacked. And, yes, he thought about his sweet wife, Diane, and their two boys, Douglas, age 10, and Jeffery, age 8, back in Sunnyvale, California. He had met pretty blue-eyed, Diane Elizabeth Kilsey the first day of school in the 8th grade at Corfu, a small village in upstate New York. "Some-day, I'm going to marry you," he told her. She wasn't so sure. Both graduated from Pembroke during the Korean War. Little couldn't get a job so he joined the Army. His father, a tool and die maker, was asleep on the couch when he walked in and proudly announced his enlistment. His father jumped up. "Good

God Almighty! They are using live bullets over there!"

After serving two years, Little went to work for Chevrolet, earned an engineering degree, and re-enlisted in the Army as a 2nd Lieutenant. In 1954, he fulfilled his promise – he married Diane. He had recently spent 6 months at Ft. Bliss, Texas, learning to speak Vietnamese. His orders were specific. He would be a military advisor to South Vietnam forces fighting Viet Cong - called VC for short. The blue South China Sea eventually gave way to land, rice paddies, and deep green - Vietnam. His plane bumped down the runway at Tan Son Nhut Air Base outside Saigon. Little had arrived.

Little reported for duty and was ordered to the Mekong Delta, a vast wetland no more than 10 feet above sea level, and long-time base for Viet Cong. A buddy had previously told him not to take Cang Long district.

"Why not?"

His buddy explained, "It's well known that no advisor has ever lived to rotate off that team."

Little reported at Cang Long and asked the Colonel, "Is this the place I heard that no Americans ever rotated alive?" It was. "It seems to me you need an infantry man instead of an engineer," said Little.

"No, your background is mines and booby traps. That's why I want you here."

Little's team consisted of 8 Americans, living in a rural village, also named Cang Long, working alongside South Vietnamese soldiers. One mile south of Cang Long, the team was constructing a school for children. Winning the hearts and minds of locals was Amer-

ica's best weapon against the Communist. The South Vietnamese captain didn't want to send out combat patrols and engage the VC. Little thought otherwise. "We need to go on operations and chase the VC, so they won't have time to attack us," he advised. And he laid down a firm rule: Never establish a pattern. Do something three times, then change. The deputy commander was former VC. After the VC had entered his village, killed his wife and children and was about to kill him, he joined them. Later, he switched allegiance to the South Vietnamese. "He was a good man," says Little. "And wanted to go on combat operations. We caught two VC in the tree line and got a lot of information from them." Thereafter, the captain took the patrol out. "Shotgun" was an Air Force pilot assigned to Little's higher headquarters and coordinated when they needed support on the ground. "I'd ask for a fly-over and he would always tell me, 'I can't do that.' About 10 minutes later, a jet would come over at rooftop level, turn, and go straight up and blow the roof off a couple of buildings. It put the scare on the VC."

It was a midnight when Little heard "thunk-thunk-thunk." Incoming mortar rounds! Little guessed the VC was hitting nearby headquarters. He radioed. "You getting hit?" he asked. Negative. It was the hamlet between them, Little concluded. He hurried over to the aid station and told the men to put on helmets and flak jackets. "I think we're going to get hit," he told them. Little scouted near the head of a nearby canal, walking between a Jeep and statue of Mary and

baby Jesus. A mortar round hit, demolishing the statue and Jeep. He ran to the team house and got his flak jacket. A medic ran in and exclaimed, "I just saw the major get blown up!" Sgt. Custer, the radio operator replied, "He couldn't, he just dove in the bunker." Little was lucky. "God was with me," he says. "I didn't get a scratch."

Little radioed headquarters and requested an L-19 spotter plane to locate the mortar fire. Negative. The General wanted to keep the plane for himself in case they got hit. Five minutes later, the radio crackled. "Three-five-six, this is Spooky." Spooky was a C-130 aircraft armed with multiple guns on the side that looked like a hose of fire when it fired.

"This is three-five-six. Come in," replied Little. "We're in your area," said Spooky. "Understand you need a little help down there."

"Roger that," said Little.

"Got a friend of yours on board. Can't tell you his name," said Spooky. "But he owes you a case of beer."

"Yep, I know who he is," said Little. "The VC are on the other side of the canal. Hose'em down." And Spooky did, belching out a stream of deadly fire.

Little knew the man that owed him a case of beer. It was Col. Rausch. Earlier, Rausch's personnel carrier team came through Cang Long Village. "They had been out in the boonies three weeks and were tired, dirty, and thirsty," says Little. We gave them all the beer we had, fed them, gave them showers. We took care of them."

The attack ended - everything

was calm for a while.

Little lay down on his bunk. "Thunk-thunk-thunk. Mortar fire! The team jumped into the bunker. The first three rounds hit the team house and shredded the room where the NCOs slept. "This was the VC's way of telling us we didn't get them," says Little. They often left their calling card. "Once a sniper shot a hole in our roof. Sgt. Custer spent 3 days repairing it with new tile - did a beautiful job. As soon as he climbed down the ladder and was admiring it, the sniper took it out." Little is convinced it was the same sniper that shot him in the side while he was inspecting a mortar emplacement. "It was during the TET Offensive, and the VC said they were going to kill an American," says Little. "I didn't tell anyone because I didn't want the sniper to know he got me." Headquarters was buzzing about it. Little decided he should file a report. His boss concluded it was a violation of regulation for not reporting and asked the general what to do. "Give him a medal," the General replied.

The school in the nearby village was finally completed. The Vietnamese captain told Little to take a couple of his team members to the opening. Little headed down the road in a Jeep. An old man ran out of his hooch and into the middle of the road waving his arms. "No go! You no go." Four women appeared with hoes and dug up a 40 pound land mine and set it aside. "Now, you go," said the old man. "That's why we needed the support of the people," says Little. Building the school probably saved Little's life.



# Dogs Need Seat Belts Too!

by Joel Allen



Hello, folks! Years ago when I had to travel to Birmingham, AL, a lot and Zues would be with me, I invested in a “dog seat belt” for his safety and mine. I mean, think about it. Zues was 120 lbs. and if we were to have an accident, his weight alone could injure me or himself. The seat belt setup was a harness built with a thick chest strap designed to take the impact and not harm him. I taught him to step into the harness, and when pulled up around his shoulders, it would clip into place. Then at the top were two loops that were used as the center point, and a

carabineer that hooked through the loops, then hooked to a strap that plugged into the seat belt receiver of the vehicle. At first, Zues was not happy with being locked down to one spot, but he soon learned that by turning a certain way he still had his freedom. So from that time on when we traveled on the interstate or highway, I always insisted he wear his seatbelt.

Many of us never think to seat belt our dogs when traveling in a vehicle. Some dogs are so small that it would not hurt us but them on impact. Recently, I bought Houston his first seat

belt, and this generation of seat belt was a little better than the one I had bought Zues. Initially, Houston responded the way Zues did with the look, “REALLY?!” and “I don’t think I can move!” Like Zues, he has figured out that he can move back and forth. The harness gives him the freedom to reach the windows and other areas of the vehicle but not the windshield. Be warned, too, that your dog cannot protect the vehicle if they are too restrained, so be careful with how they are hooked into the vehicle.

Now, folks, let me say this -- Do not go the



cheap way and hook to your dog’s collar thinking that will prevent injury. No, all this will cause is injury and possibly death. Not seat belting your dog could also cause injury to yourself or even your own death if they are a big dog. Houston weighs 130 lbs. and that alone could cause harm if we were in an accident. People, think before getting behind the wheel and traveling with your canine family member. Investigate what kind of seat belt system works best and know the product being used.

Lastly, I make it a habit to carry a sharp pocket knife on my person in the event of being in a car accident so I can cut my seat belt and be able to cut loose Houston or any dog who is seat belted in the vehicle. This comes in handy when the seat belt jams, which does happen. We never know if we will land in a body of water or the

vehicle will catch fire or what will happen. There are different devices that can be purchased for cutting seat belts, but they will do no good if the device flies across the vehicle during an accident and is out of reach. My razor sharp pocket knife stays clipped to my pocket in case of impact and everything is thrown around, but my knife should still be where it is clipped.

So, folks, think before traveling, and be safe about your comings and goings. I hope the rest of your summer is safe -- and remember to stay cool.

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

**Joel Allen**  
256-651-2211





# How to Choose a Therapist

by Lisa Philippart,  
Licensed Professional Counselor



*“We can’t teach people anything; we can only help them discover it within themselves.”*

- Galileo

The most common reason that therapy doesn’t “work” is because there isn’t a good fit between the therapist and the client. For example, a therapist’s approach that is extremely non-directive may work well for a client who is okay with initiating and self-starting in therapy. But this approach may not be as effective with someone who has a very specific and narrow issue like insomnia that requires a lot of education and/or guidance. Finding an effective therapist means finding a therapist who is effective for you. Here are some suggestions on what to look for:

1. Be prepared to check out several therapists. It may take one or two “test drives” to find the style and connection you are looking for in a good fit. You essentially need to interview your therapist. Often the therapist will suggest an initial consultation session. From the therapist’s perspective, this is a chance for them to learn about you and your goals and make sure they can be of help to you. But it is also your chance to ask lots of questions, such as:

What is your therapeutic orientation? How directive are you in session? How frequently do you meet with people like me? How is your approach unique or different from other therapists?

2. Credentials are overrated. Don’t worry too much about whether your therapist is a psychologist, social worker, or counselor. It is important that the therapist is licensed. And, that they have experience and training appropriate to your goals. Pay attention to personal factors like personality, communication style, and how you feel when you interact with them.

3. Look for the two C’s: comfort and challenge. Good therapists are able and willing to provide both comfort and challenge in session. When you are with them you feel supported, understood, and genuinely cared about. At the same time, they are not afraid to be direct, honest, and to push you even when it’s difficult or uncomfortable. These therapists care deeply about the relationship, and they are willing to risk it to help you succeed.

4. Don’t expect to be saved or fixed. You are responsible for doing most of the work in therapy. A good therapist helps you do the work...but they can’t do



it for you. You are looking for a trainer—someone who will guide and support you in doing the very hard work for change that only you can do.

5. Related to #4 is the realization that what you get out of therapy largely depends on what you put into it. Remember there is nothing magical about therapy. People who benefit from therapy long term are usually the ones who are willing to stick with the process...not necessarily the same therapist. It requires a willingness to be honest about motivations, expectations, and frustrations, and how they might be impacting progress.

6. You don’t have to explain your life story right away. You may be understandably hesi-

tant to dredge up all the painful details of your past over and over again to complete strangers. Some context about your background is helpful for the therapist initially. It’s totally normal for a person’s history to unfold over weeks or months of therapy. Therapists need to earn trust just like anyone else.

7. Being completely honest, therapy may not always be the answer. Some people get more benefit out of a good

self-help book at the right time in their lives. For some, medication seems to work more effectively. Others just need a real friend, not a therapist.

So, take the time to find the right therapist for you. The results can be life-changing!

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

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## The Alternative Approach

# Healing Technology Hidden And Revealed

by Roy Williams

As many of you know, there are technologies existing that have been hidden from society for many generations now. Just one example can be read in a book called Politics and Healing that actually reveals seven, all-natural, cures for cancer that have been banned from use by the American public. Each product is discussed in detail and most have medical experts that explain what type of cancer the patient was diagnosed with and how after a few weeks or months, using the natural supplements, were clinically proven to be cancer free.

Now, you may be questioning, how could this be true? Why would our own government allow all-natural, totally safe methods of destroying cancer in the human body to be banned from use? To keep it as simple as I can in this article, these methods are so inexpensive and effective that it would destroy a huge part of the medical profession and the pharmaceutical industry.

In this article, I am going to reveal a new technology that is going to sweep this nation and the

world over the next few years. This technology has already been proven safe and works with your own body to regenerate stem cells, which are abundant and active when we are young but as we age many become dormant and inactive. As a result, we age faster, heal slower, and die younger from disease that otherwise would have almost no effect on us at all.

What am I talking about? Frequency, light, and magnetic field technology. Most of us have heard of Nikola Tesla who was a Serbian-American inventor, electrical engineer, and futurist best known for his contributions to the design of modern alternating current (AC) electrical supply system. He also created several patents that were (supposedly) stolen by the government and kept from the public.

Thanks to President Donald Trump and his decision to declassify large amounts of information, much of the technology is being released to the public. Albert Einstein said, "The future of medicine will be the medicine of frequencies." Ancient Greek "Father of Medicine" Hippocrates said, "If there was a way to heat the



bones, then all diseases can be treated."

It is becoming more obvious than ever before that our modern day sick-care system has no desire to ever cure another disease. You cannot find one true cure for any disease in the last 70 years. That is not because they do not exist, it is because there is simply too much money in treating the symptoms of disease. What we have is a monopoly on a money-making machine called medicine. The pharmaceutical industry now has so much power that they not only can, but will block any and all true and inexpensive cures from ever being made available to the public.

Now for the good news. Thanks to the declassification, an amazing healing support terahertz (light wave technology) is being released and we are happy to say that it is now available at Herbs & More in Athens and NHC Herb Shop in Killen. The Frequency Wand is a handheld device that uses this

amazing technology to support natural health by stimulating the dormant stem cell back into action. YES, you read that correctly **ACTIVATE STEM CELLS** in your body, which allows the body to heal itself as God designed it to do.

As the Frequency Wand is waved over specific areas of the body activating the stem cells, your own natural healing begins, which can result in many improvements such as: decreased pain - improving conditions of the eyes including glaucoma, dry eyes and cataracts - symptoms of the heart and circulatory system - frozen shoulder and other joint conditions including arthritis - coughs, colds, flu and asthma - fever and infections - healthier breasts tissue - supports digestion and gastrointestinal issues - the sexual organs - remorids and prostate - insomnia - hyperthyroidism - high blood pressure - diabetes - migraines and many more. Results differ with each person. You are unique.

The Frequency Wand works much like a blow dryer. Just plug it in and set the strength of the air and the amount of heat and then wave it over the body as instructed. Most people notice improvements in just a few treatments. It can be done at home using it personally or with a companion who uses it while you relax. In my opinion, this is just the beginning of a technology that is going to change the way we not only treat disorders, it may prove to be effective at slowing down the aging process and preventing many diseases that are almost epidemic in America and around the world.

To learn more, contact us at Herbs & More in Athens, NHC Herb Shop in Killen or call us at 256-757-0660. We provide free information and will gladly demonstrate it for anyone who would like to learn more.

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Cooking with Anna (continued from page 13)

## *Love Always Hopes*

by Anna Hamilton

*continued from page 13*

*I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”*

*This deep dive into I Corinthians 13 has forced me to take a long look at how I love myself and where I have placed my hope. I have come to realize that even though I felt that I hoped in the Lord, in reality, I placed my hope in things of this world. You cannot truly love yourself if your hope lies in things that are worldly. When your hope is firmly planted in the Lord, things around you can be crumbling, but you know that the Lord will see*

*you through to the end. God’s love will never fail you. Having full hope in Him, is having true love.*

*This week’s recipe is wonderful warm weather side dish for any meal. When you are invited to those end of summer pool parties, bring this and everyone will be asking for the recipe. I promise you will love it and everyone else will too! As always, feel free to switch out ingredients that your family loves. The wonderful thing about cooking is that you can always make it your own.*

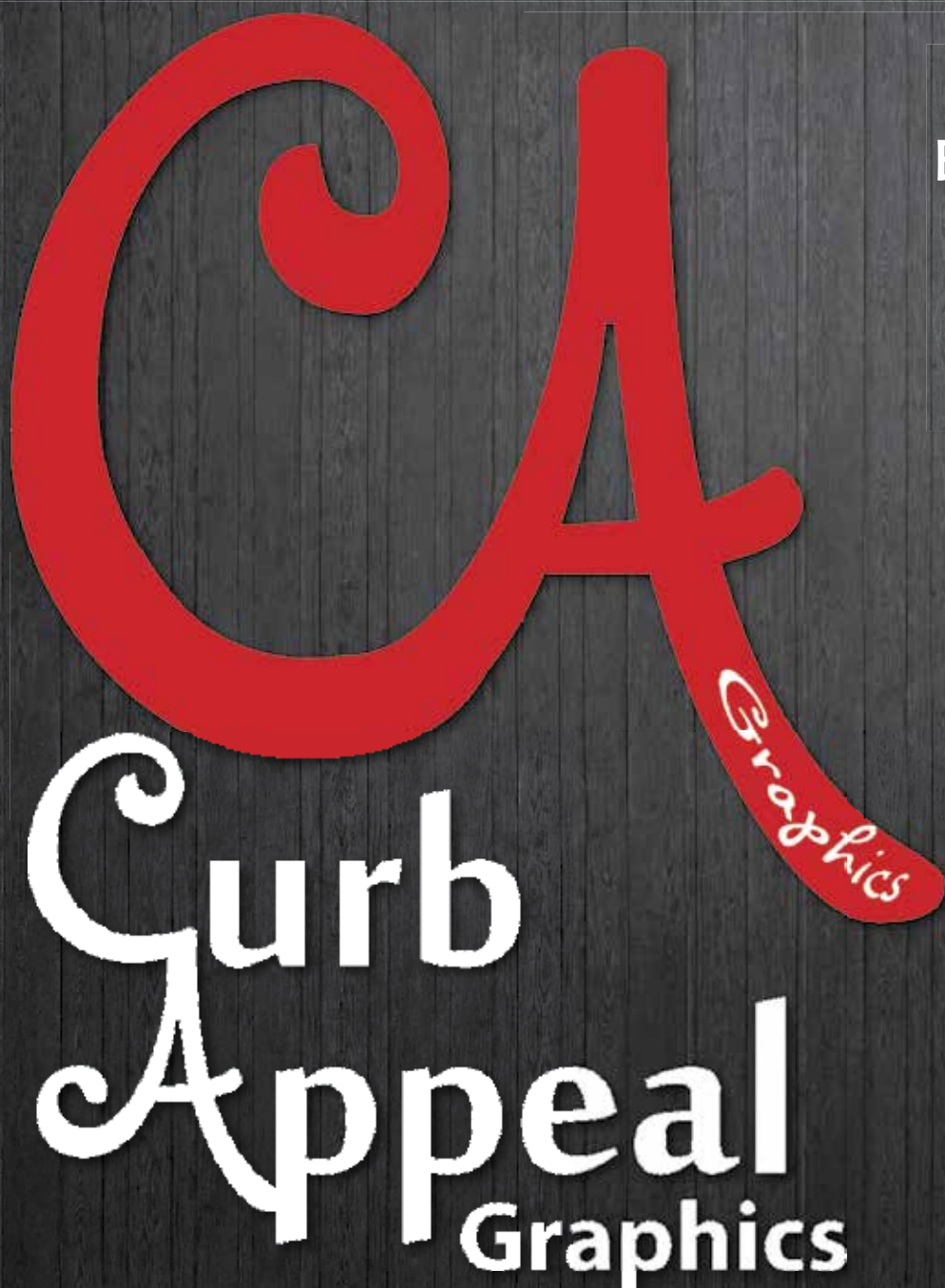
*“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 4:17-18*





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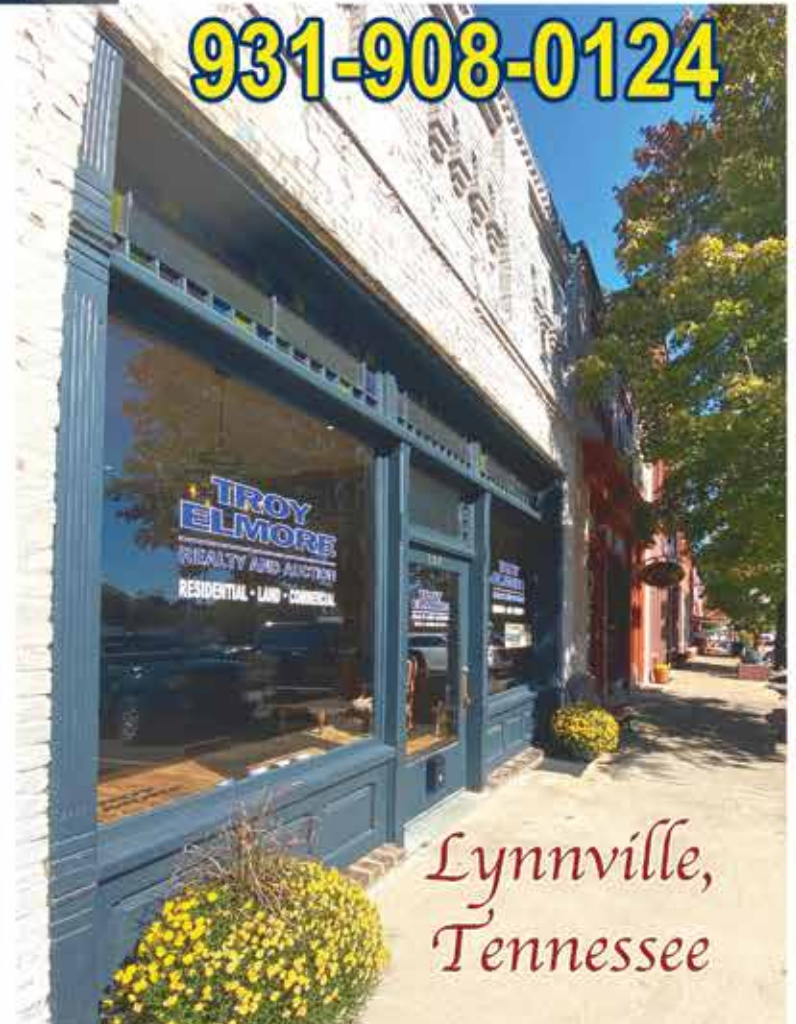
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*"A smooth sea  
never made a  
skilled sailor."*



*~ Franklin D. Roosevelt*

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