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## EvoQore Technologies: Excellent Service At The Core, Total Cyber-Security As The Result

By Ali Elizabeth Turner

As a child, Lawrence County native Torrie Q. Fuller always thought that he would be a lawyer. "I grew up rough, and I wanted to help people," he told me. He thought he would be practicing family law, or perhaps real estate law.

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Torrie Q. Fuller and family at the recent Chamber of Commerce ribbon-cutting ceremony for EvoQore Technologies

## Tourism

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- Hope You're Ready  
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August...*

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Anna With An "A"...*

One of my favorite books to read when I was growing up was Anne of Green Gables. I would imagine...  
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Our radically restored outdoor newspaper box returns to its former home outside the Washington Street Diner

## Brad Stovall Auto Body: Changing Technology, Old-Fashioned Service

By Ali Elizabeth Turner

Limestone County native Brad Stovall, owner of Brad Stovall Auto Body in Tanner, has "been at it" for decades, and throughout that time, has given great customer service while giving back generously to the community. One example is the pink Crown Victoria that he restored and painted for Breast Cancer

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**Publisher's Point**

**The "2020" Olympics—Oy!**

They ain't over yet, but I think many will be glad when they are. What am I talking about? The 2020 Olympics that are still being referred to as the 2020 Olympics even though they are being held in 2021. While they have had some touching triumphs, uber-upsets, several "first ever," and the things we have come to expect of the elite athletic global get together; they have worn me out.

And, when I think of the prospect of the 2024 Olympics being held in Paris, and remembering that there are certain portions of Paris that the French police don't even enter, I am not jumping up and down. For the moment, I am going to choose to not "borrow evil from tomorrow," and wait for three years to see how it plays out.

What can be said about these Games? Perhaps Charles Dickens said it best when he opened A Tale Of Two Cities with the immortal, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair." Certainly we have seen it all so far. And while I could spend a lot of time kvetching, I shall exercise restraint and mention the low moments briefly, and focus on the good stuff. Here goes.

Twerking and sportsman-



*Tamrya Mensah-Stock after winning a gold medal. "It is by the grace of God that I am even able to move my feet."*

like conduct? Ummm, no. Not from the same planet. Sitting it out when muscling through could get you paralyzed? Absolutely. Coming back and winning a bronze on the beam? Oh, yeah; you go, Simone! What impressed me the most about the petite GOAT (Greatest Of All Time) gymnast was how she supported her team even when she was temporarily sidelined by her own choice. She coached, she showed up in the stands, and the team flourished with a silver with several individual golds to boot. By any standard, the entire US Women's Gymnastics Team made us prouder than proud.

There has been an unprecedented discussion about depression amongst athletes, and I am glad that is getting out into the open. In my view, some of it has been dealt with in a healthy manner, and some not. And, we have to ask ourselves if we are contributing to the problem by expecting 24/7/

viral/livestream/tweet/YouTube playing and replaying of every wobble to not have an effect. Me thinks that is enough for ANYONE to get depressed, and something we need to re-examine.

As of press date, America has the most total medals, China is second and has won the most gold medals, and what is currently dubbed "The Russian Olympic Committee" is third. US swimmers and runners have broken records and athletes have unashamedly wrapped themselves in the American flag. A Saudi was defeated by an Israeli and shook her hand, which could possibly result in some risky fallout when she gets home. This is a far cry from the murder of Israeli Olympians in Munich nearly 50 years ago by a Palestinian terrorist group named Black September, and to watch what can happen in a half century was roundly encouraging.

My favorite moment so far? It was the passionate, politi-

cally incorrect, totally unwoke positive eruption of Tamyra Mariama Mensah-Stock, the daughter of an immigrant from Ghana, when she won the gold medal in women's wrestling. Here it is, and let it give you some "juice."

When asked how it felt representing the U.S., Mensah-Stock said, "It feels amazing. I love representing the U.S. I freaking love living there. I love it, and I'm so happy I get to represent USA!" Then she cried as she talked about wanting to get home to her husband and her dog. I would say, that qualifies as "the epoch of belief" for all of us, and at the end of the day, I am refreshed by it.

*Ali Elizabeth Turner*

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# Come Celebrate The Life Of Jerry Barksdale At the Vets' Museum On August 7

by Ali Elizabeth Turner



It was in April of 2020 that we lost our “resident rascal and storyteller-in-chief,” Jerry Barksdale. He was laid to rest in a COVID-mandated-restricted-to-

10-participants grave-side service on a bitter cold April morning. It was full-on in the beginning of Coronavirus Craziiness, and many of us mourned over the fact

that we could not mourn his passing properly. Now that the time has passed some, COVID is a problem but not quite as scary, and hearts have healed a bit, I am pleased

to announce that we will be able to come together with Jerry’s family and our community to finally celebrate his life. His “parting party” will be held on the morning of August 7 immediately after Coffee Call at the Alabama Veterans’ Museum. The celebration will start around 9 a.m., and I hope the new museum event center at 114 Pryor Street in Athens will be packed.

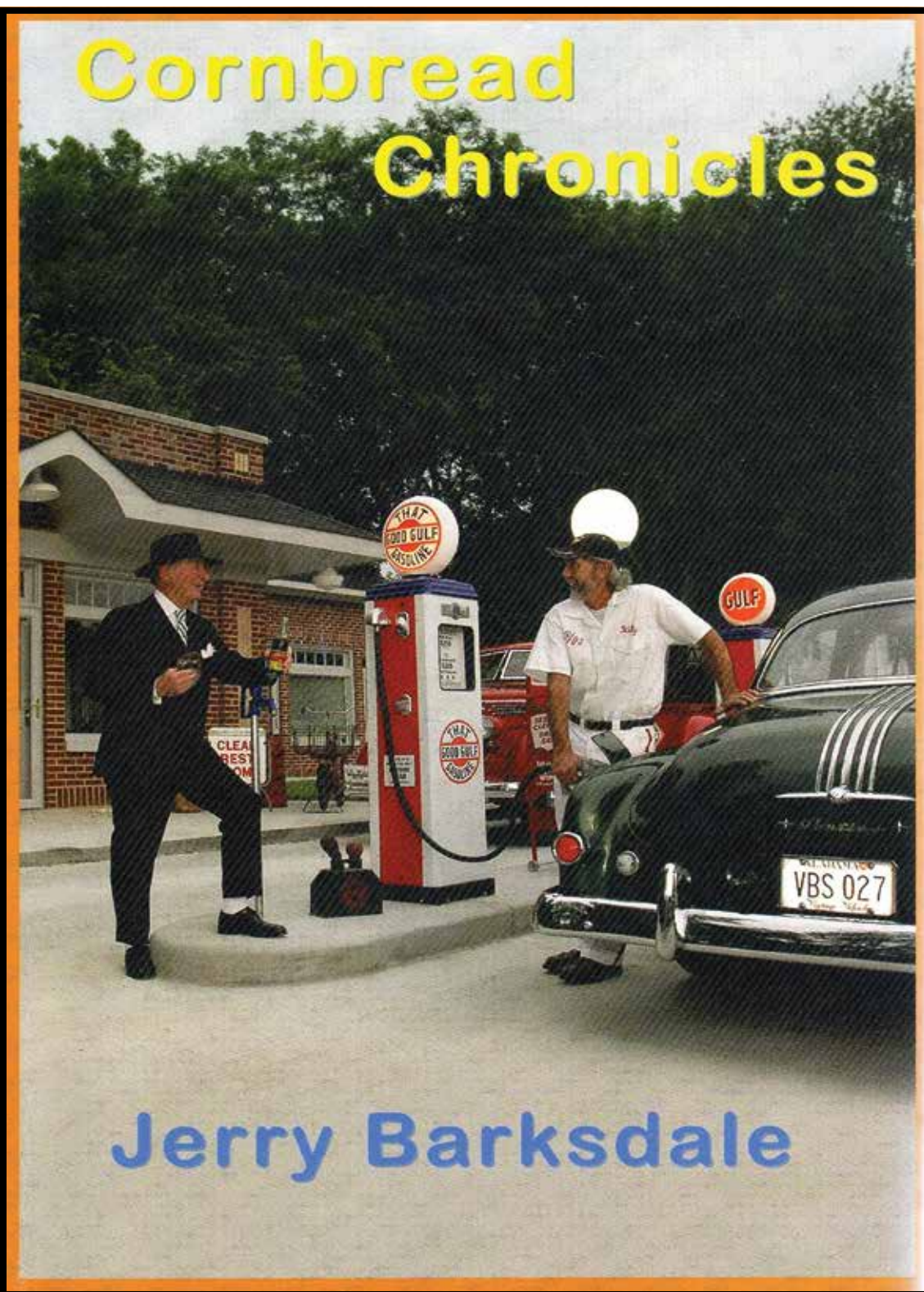
As an attorney, Jerry defended some nefarious folks, but what he taught me was the fact that the purpose of the defense, besides the fact that the Constitution demands a vigorous defense of the accused, had a duty to make the state prove their case. I have never forgotten that, and for that and so many other reasons, I miss him dearly.

Jerry served in the Alabama National Guard, and his heart for veterans of all our wars and preserving their stories was legendary. He painstakingly interviewed several vets from WWII, Korea, and Vietnam, and saw to it that their interviews were recorded. Jerry was a fixture at the Alabama Veterans Museum, especially after he retired from his law practice, and gave tours like none other. He also wrote several books, including *Cornbread Chronicles*, *The Fuhrer Document*, *Rebels And*

*Revolutionaries*, *When Duty Called*, and *Duty*.

He would go on “man trips” with several of his fellow vets, and the chronicles of their capers were laugh-out-loud funny. He wrote for *Athens Now*, and he was actually the one who got me my job with the paper back in 2010. He went on to become a dear friend, not just to me, but all of us. As I have heard several times this past year: “He was one in a million.” One man, having heard of the Barksdale’s passing, cried and swore and said it so well when he yelled, “Jerry Barksdale was supposed to live forever!” Based on the last conversation I had with him a few months before he passed, I believe he now is truly at peace, though I really don’t like the fact that I didn’t get to say goodbye.


So now I, and you too, get a chance to say goodbye together, and celebrate the guy who was born on a kitchen table, lived a wild and then redeemed life, skied the French Alps, loved God, loved people, and, as one Athenian said, was “the least judgmental person” she had ever met. It will be well worth your time, and will no doubt make you shed some tears, smile some smiles, and know that you had the chance to go heart-to-heart with the man who was truly “one in a million.”



# Ma And Pa Take Taos: Part 2

by Jerry Barksdale

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



The “Runt” (Mitsubishi Mirage) was straining all three cylinders as it putt-putt-putted up the steep mountain road and out of the Rio Grande Canyon. “Do you want me to get out and push?” asked my good friend (and sometimes red-head) Pat. Finally, we crested the mountain and the view that lay before us was breathtaking. Taos (elev. 7000), nestled against the towering Sangre de Cristo Mountains, sparkled in the afternoon sun. Across the valley, the Rio Grande River sliced 565 feet deep into the earth. Below us pearl gray smoke curled from squat, brown adobe houses. We followed a dirt road lined with ancient cottonwood trees and past a Hindu Ashram to our destination – a one bedroom casita. Our landlords, Tara and Jean (French for John) - greeted us. Like most everyone in Taos, Jean has an interesting story. Later, while tending his winter garden, he told me he was from Paris; that his father fought for the Loyalists in the Spanish Civil War in the late 1930’s and afterwards, was a member of the French Resistance and fought Germans.

Shortly, my daughter, Shannon, arrived rubbing her ear and complaining that she couldn’t hear. She had come to Taos 17 years earlier driving a pickup with a dog and no job. She has prospered.

Now she has two dogs, a cat and a dusty Subaru, a good job at the Bavarian in the Ski Valley and many fans of her band, Shannon and the Southern Souls. She was nearly deaf. “We’re going to a doc-in-a-box,” I said. She made excuses and promised she would stop by on the way home. Pat, who raised a daughter, has a nose for deceit. “I’m going with you, NOW!” she said. Shannon turned pale. She hasn’t changed one bit since childhood when I had to hold her down while her mother gave her medicine. A glob of wax was removed and amoxicillin prescribed. Problem solved.

Next morning, I rose at daybreak and looked out the window. Snow was accumulating on mountain peaks. I made strong coffee, sat near the stove and worked on a Christmas story set in Athens during the Civil War. It was very cold outside and the wind howled, and in my story it was cold and snowy and the wind howled between the chinks of the log house. I sipped coffee and was warm and well into the story, but getting tired when Pat got up and prepared a big country breakfast of eggs, biscuits, jam, gravy, bacon and brewed more coffee. Shannon joined us. In my story, the family had squirrel dumplings and cornbread for Christmas. Pat cooked chicken and dumplings for lunch and made johnny cakes. I was greatly restored.

The Taos News carried

sad tidings for many locals. Trump won! He received only 17.92% of the vote in Taos County. “It’s a nightmare made real,” said a Democrat. “The sun still came up. My dogs were still glad to see me.” I figure her dogs were Trump supporters. It reminded me of my reaction to Goldwater’s landslide loss for the presidency in 1964, when I was an idealistic 23 year old university student. I wept that night. The world was doomed. But it never occurred to me to seek counseling, throw a temper tantrum and block a highway. I moved forward and made a noble contribution to mankind. I became a lawyer. Youthful idealism has long since vanished. The way I see it we have two gangs of thugs in Washington called Democrats and Republicans. They remind me of Al Capone and Bugs Moran’s Northside gang, each vying to control the rackets. They swap power, scratch each other’s back, and feed out of the same trough. Their major goal is to remain in power and live country club lives on the taxpayer’s largesse.

We drove the Runt down into the Rio Grande gorge to hike. Getting there proved to be dangerous on a narrow gravel road with no guard rails. A large Rocky Mountain ram stared at the Runt and shook his head. Uh oh! In a head butting contest, the Runt would lose. Finally, he wandered off to join his harem.

On the hike down, we kept a watchful eye for rattlers, saw numerous sheep clinging to the rocky walls, and inspected an ancient Indian Petroglyph - perhaps their version of men writing on a bathroom wall today. I was gasping for air and my tooth ached as we hiked out. I needed a slab of fat back bacon to tie to my jaw. The three cylinders of the Runt strained mightily as we climbed up the gravel road. Near the summit it choked down. I pressed the accelerator. “Come on little feller.” I remembered the Thrifty rental clerk telling me it wasn’t designed for mountain driving. Finally, we putt – putt – putted out.

Shannon and the Southern Souls were playing at the Tap Room of Taos Mesa Brewing and invited us to attend. We were running late. I missed the turn off, but being sharp of mind, saw a solution. I turned in at a nearby McDonalds with the intention of circling back. “I wouldn’t do that,” Pat said. I fell behind a long line of cars going through the drive-thru and was blocked. “I told you,” she said. *Grrr. One of these days Alice. POW! Right in the kiss-er.* Many of Shannon’s friends were present and greeted us with hugs. I was especially glad to see Brendan, who is a long-haired, head slinging, guitar playing rocker. He made a special visit to greet us. I won’t relate his history, but his life is now exemplary. Cleaner

than a hound’s tooth, as we say down South. He was recently married, has a new baby, and doesn’t touch alcohol. “I’m proud of you Brendan,” I said.

The band is all acoustic. Dave Kinney, originally from Chicago plays anything that makes a sound. Willie Hunton plays Dobro and mandolin. Shannon sings mostly soul and blues with a little Hank and Patsy Cline thrown in to make it real music. Jamie, who Shannon calls “my sister,” arrived. She is Northern Cheyenne born and raised on the Lame Deer reservation 42 miles east of Custer Battlefield where her ancestors defeated Custer in 1776. When Shannon is down, Jamie is always there to lift her up. One evening while enjoying wine, Shannon decided to seal their friendship. They would become blood sisters. Jamie watched in amazement as Shannon sliced their palms with a butcher knife and then pressed them together to mix their blood. Jamie was puzzled. “I saw it in the movie,” Shannon said. Jamie had never heard of such a practice.

Next day, Pat and I went to Walmart and purchased diapers, baby clothes, and a Huggy Bear for Brendan’s new baby. Pat and Shannon delivered them, along with left over chicken and dumplings. Now, the kid is prepared to face life head on.

# Calendar of Events

## Houston Memorial Library and Museum SUMMER HOURS

Houston Memorial Library and Museum, 101 North Houston St, Athens, is now open Monday, Wednesday, Thursday and Friday from 10am-4pm. We are open Tuesday from 10am-7pm. We are also open the first Saturday of the month from 10am-4pm. Our book sale room is open the same hours as the library and museum. Call 256-233-8770 with any questions.

## Eli's Ride & Remember Memorial Cruise August 7

Starting at 1:00 PM. This year's event will take a few twists and turns as the cruise will be cruising by a cancer kid's house this year to take the fun to them. This is an opportunity to enjoy a cruise and reflect on the lives of those who have passed on due to cancer, and organizers are excited to make a kid's day by sharing our cool cars and honor the memory of Eli. The final destination this year is in Maysville, AL, just east of Huntsville. This is a free event, but donations are appreciated. No registration.

## Scenic Lock Cruise August 7

Cruise aboard the Nautical Wheeler with Wheeler Lake Scenic Cruise. Setting sail from Joe Wheeler State Park Marina, 4405 McLean Drive in Rogersville. Departing at 10:00AM for a 4-hour cruise including the beautiful scenery of Joe Wheeler State Park and a close up look at Wheeler dam and lock-through with highlights of local history and wildlife from Captain Steve. Seats: \$45.00. For more information, call/text 256-335-2187.

## S'mores Outdoors August 10

At Joe Wheeler State Park, 4401 McLean Drive in Rogersville). Starting at 7:30PM to celebrate National S'mores Day. All ingredients provided. For more information about the event, email Samuel.Woodroof@dcnr.alabama.gov

## Athens-Limestone Community Blood Drive August 11

SEVERE SHORTAGE, URGENT NEED at the Athens-Limestone Visitors Center (100 North Beaty Street in Athens) from 9:00AM-1:00PM. Covid-19 Antibody Testing will happen for each pint donate. Learn about your eligibility after vaccination here. Limited space available. Register for your time slot at RedCrossBlood.org and use Zip Code 35611 and select Athens-Limestone Visitors Center then see times to schedule a slot.

## Man Church Featuring Rick Burgess August 12

Man Church Featuring Rick Burgess of the Rick and Bubba Show at First Baptist Church Athens. 201 Hobbs Street East in Athens. Starting at 6:45PM for an evening full of challenge and encouragement. Tickets are \$10.00 per person. For ticket or event information, call 256-232-0602 or visit FBCAthens.org Purchase tickets online at Eventbrite.com.

## Athens Saturday Market August 14

Athens Saturday Market is a state-certified farmers market. Enjoy fresh produce, baked goods, music, art, and crafts at the Green Street pavilion, 409 West Green Street in Athens. From 8:00AM to 12:00PM. athensmainstreet.org

## Rustic Willow Market Days August 14

29930 Ardmore Avenue in Ardmore. 10AM-5PM each day. Enjoy specials throughout the store's 50 vendors featuring a variety of items from furniture to boutique clothing. Plus puruse an additional 50+ vendors outside too. More info: 256-497-1881

## 50th Class Reunion for Athens High School August 14

Reunion for the 1971 Graduating Class at Revival, 303 West Washington Street in Athens. Starting at 12:30PM. Lunch will be catered by one of our classmates, Phillip Lawler from Lawler's Barbecue. If you have not been contacted by a classmate, please email Maxine Knoll at amksmile@juno.com on or before July 31st. Lunch cost will be determined by number of people attending.

## Cancer Benefit for Stevie Root Lewter August 14

Machines MachineShop, 24660 Pleasant Hill Road in Ardmore, TN. Starting at 10AM with Breakfast Plates. \$10 Shotgun raffle. 50/50 Chicken drop. Baked goods auction. 50/50 tickets. No cover charge. 21&Up only. More info: Stacy Carter 256-321-5165.



**For the health and safety of our volunteers and the public, we regret that the VVA Spaghetti Day has been canceled until further notice. Thank you for your support and understanding.**

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## Friendship As Infrastructure

by Ali Elizabeth Turner



With the Delta variant somewhat disrupting our lives, Mayor Ronnie and I decided to meet at the large conference table in the City Hall conference room and sit way more than six feet apart. I was glad to be able to meet eye-ball-to-eye-ball, and as has been the case several times over the years, Mayor Ronnie had something for me to read. It was an article from the August edition of *Rotary* magazine entitled, “That’s What Friends Are For.” The article talked about loneliness, and quoted a man by the name of Paul Harris as he discussed his struggle moving from a small town to Chi-

cago in 1905. Paul said, “There is no place like a city park on a Sunday afternoon to feel one’s loneliness.” Rather than let loneliness cause him to languish, Paul fought back and formed what is known today as Rotary International. The article goes on to discuss what we have come in the last 18 months to understand like never before, and that is loneliness can be detrimental not only to our mental and emotional health but to our physical health as well. “Loneliness increases your risk of heart attack, stroke, and dementia. It impairs your immune system. It puts you at higher risk for depression, anxiety, and sui-

*cide. Lonely people, one study found, are 26 percent more likely to die prematurely than those who are not lonely—a risk on par with smoking obesity.”* The article also cited the work of Julie Beck, an editor at *The Atlantic* magazine who compiled findings on friendship that transcend culture. Beck writes, “What’s really interesting to me about friendship is that it doesn’t have a set cultural script in the way other relationships have. You meet someone. You like each other. Then everything after that is up to the friends themselves.”

“Friendship is part of our infrastructure, and is not

a luxury,” said Mayor Ronnie as he told about the several people in his life and on staff that are currently struggling with illness, including cancer. “We have said many times that our main areas of concern are public safety, education, quality of life, improving government, and I want to add faith along with friendship,” he said. “We need rituals to help us keep connected,” he added.

We moved on to the newest update from the folks who brought us *Planapalooza*, the highly successful set of urban planning meetings held earlier this summer that are part of what

is formally called the “Scenario Planning And Likely Impact Analysis.” There are three scenarios, each forecasting three levels of growth. “If we grow moderately, which is scenario number two, we will be adding 17,000 new residents, and are going to need 48 new police officers and 29 new firemen,” he said. “Yikes! This is moderate?” I exclaimed. He nodded. He added that soon he was going to announce the development of new retail projects and some hotels from national chains. Then we prayed from across the room, and it was time once again for Ronnie to roll.









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## Tourism

# Broncos, Tractors, Music, Cars And More – Hope You’re Ready For An Event Packed August

by Cayce Lee

Social Media Specialist, Athens-Limestone County Tourism Association

As summer begins to wane, it’s time for our schools to get back in session. Limestone County schools return first on August 6, quickly followed by Athens City Schools on August 11. So please, be watchful of students at street corners waiting for buses, walking and cycling to school, and making their way across many of our thoroughfares. With quite a bit of road construction happening in our bustling community, plan for a little extra travel time and quite a bit of grace to get you through your commute. Athens-Limestone Tourism wishes every student, teacher, administrator, and support staff a safe and successful school year.

Don’t count the summer fun done yet though because August is jam packed with events happening all over Athens-Limestone – and a few of our neighbors too. Rodeos, car shows, live music, family-friendly events – there’s a little something for everyone. You can always find the details to the highlighted events at the tourism’s website, VisitAthensAL.com, on the event calendar. Plus, there is loads more that we just don’t have room to feature here as well as some highly anticipated events for the rest of 2021 like the Tennessee Valley Old Time Fiddlers Convention, Athens Storytelling Festival, Athens Cemetery Stroll, and more. We’re even working on getting our 2022 events up and ready for you to plan to enjoy.

### It’s Hip To Be On The Square...

August 6 is a great time to come visit the Athens Square as Fridays After Five livens up the Athens Entertainment District with help from area restaurants and shops. Grab your family and friends and enjoy a

meal at one of the local eateries around the Square like Village Pizza, Lucia’s Cocina Mexican, Wildwood Deli’s Friday Supper, or Mozza Pizza. There are also food trucks rolling in to enjoy too – so you can grab and go. Purchase your “blue cup” and stroll the Entertainment District and shop the stores staying open late just for you. Bring your lawn chair and enjoy live music with Athens-Limestone Tourism on the Marion Street steps of the Limestone County Courthouse as they host their final free concert of the 2021 Summer Concert Series featuring The Malones and Friends, presented by Blake Williams Communications.

### August 6 And 7 Is Absolutely Packed With Events...

Trippin’ Dixie helps kick off the re-opening of Mac’s Sports Bar & Steakhouse on August 6 with a night full of music. The Piney Chapel American Farm Heritage Days returns to Athens with their trail ride and fish fry happening Friday, August 6 and more fun continuing August 7 with the Parade of Power and activities for the whole family. Athens’ Ladies Civitan Yard Sale Fundraiser will be happening August 6 & 7. You can enjoy locally grown produce, artisan goods, live music, and more at the Athens Saturday Market. Head over to Joe Wheeler State Park for their Yoga Hike. Wander around the Square and admire the cars, trucks, and bikes that show up for this month’s Cruise-In. Kolt Barber’s American Cowboy Showdown takes over John Barnes Park in Ardmore, TN, on August 7 for a night of bronco busting, bull riding, and a country music blowout.

### Family-Fun Awaits...

Celebrate National S’mores Day with Joe Wheeler State Park on August 10 or hit the trail for the Owl Prowl Night Hike on



August 14. Kick up your heels with Studio H Dance Company Back-to-Dance Bash on August 15 in Ardmore. Take in the Ardmore Crape Myrtle Festival at John Barnes Park on August 21. The General Joe’s Car Show and Rockin’ the River take over Joe Wheeler State Park on August 21 for a day of fun, cars, music, and more. Pack up the whole family, Fido included, for the Dog Scent Trail Hike happening at Joe Wheeler State Park on August 28. Head for the Hilltop in Elkmont as the annual Elkmont Car Show revs things up on August 28.

### A Few Special Events To Think About...

Rick Burgess of the Rick and Bubba Show comes to First Baptist Church Athens for Man Church on August 12. Rustic Willow Market Days will be packed with more than 100 vendors to shop on August 14 at their location in Ardmore, AL. Machine’s Machine Shop in Ardmore, TN, is hosting a cancer benefit for local Stevie “Root” Lewter on August 14. You’ll find Mike Cole pickin’ in the parking lot of Limestone Manor on August 14. Dream Key Realty hosts their open house with food trucks and live music with Daniel Jones or grab your camera and head out on a Nature Photography Hike at



Joe Wheeler State park on August 19. K-I-N Stables hosts two days of Everything Equine and More Yard Sale on August 20 and 21. Get ready to reel ‘em in with the Bama Blues Catfish Trail Tournament Night Event at Joe Wheeler State Park on the 28th of August.

### Welcome Home...

August 14 sees the Class of 1971 of Athens High School return home for their reunion. Union Hill Baptist Church is hosting their Homecoming Weekend on August 21 and 22. We hope everyone has a grand time celebrating and enjoy their time together.

### Urgent Need -- Community Blood Drives...

The blood supply in the Tennessee Valley has hit critical,

and all donors are needed to help replenish this life giving resource. August 11 has the American Red Cross coming to the Athens-Limestone Visitors Center Meeting Room. LifeSouth is coming to Sardis Springs Baptist Church for the Kaley Elizabeth Greer Memorial Blood Drive from 10 a.m.-5 p.m. on August 14. It’s best to schedule a time slot to donate blood for both of these events.

### Thank You...

We’d like to say ‘Thank You’ to all of our hardworking restaurant workers, retail workers, hotel and motel workers, and other travel-tourism workers who continue to strive to serve our community and visitors in the face of continued labor shortages.

## Slinkard On Success

# Just Get Started

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)*



What do you do when you have so many things that need to be done but you just do not know where to start? Does this sound familiar to you? This is an issue plaguing many people throughout the entire world. They know what needs to get done, but for whatever reason it may be, they are just paralyzed when it comes to getting started on their task. Sometimes life can be daunting like that, but no matter what, we still need to have a plan of attack. We still need to be productive each day, and this article is going to help you be even more productive with your time.

It is no surprise I am a huge fan of the written “To-Do” list because I am just like everyone else who has a ton of things going on in their life. The reality is we all have 168 hours per week, but the difference comes down to how we spend our time. The biggest lie I hear being told is there is not enough time in the week, yet I am able to look at two people who are getting completely different results. The one person does not have more time than the other, as every one of us only have 24 hours in a day. It comes down to the personal decisions we make in how we spend our time.

Too many people carry around in their head what needs to be done, and I personally think this is a bad idea. How

easy is it to forget things, especially when you are busy? Let me phrase this another way – how easy is it to forget things as you get older? Get into the habit of writing things down. When I have a lot of things going on, I know that a generic list will not do, and I need to be a little more detailed. I make my detailed list, and then I prioritize the tasks by what will be the easiest to get done first.

I am motivated by being able to mark things off my list and go to the next item. If I get stuck on one task for too long, I can tell you I will begin to grow impatient and before I know it my attitude changes. When my attitude changes, then my day changes and thus the downward slope begins. Does this sound familiar to anyone? I have found that being the most efficient I can be requires me to be mindful of my attitude. When I am getting things marked off my list, my attitude is on top of

the world. When I notice a mood change, it is then time for me to prioritize from my list something that is going to give me some momentum.

I like this method, but there are other people who would rather do their most difficult task first that way they have it out of their way. The thought process behind this is the remaining tasks will be easier to do because they have got-

ten the “tough one” out of the way. This approach may work for you, but it does not work for me. My brain is screaming, “Mark something off the list,” and so I respond by looking at my list and saying, “Okay, I am going to do this right now.”

Speaking of “now” – this is another area that hinders people. Too many people want to wait a few more minutes before they

get started on a task or wait until later, but I am going to encourage you to get started right away. The next time you are looking at your list, go ahead and decide right then you are going to get started, and then get started. For whatever reason, it seems our human nature will have us watch one more episode of our favorite show or just one more YouTube video, and then we will get started. My challenge for you is to push all of this off to the side and just get busy. Besides, your list is not going to work itself, right?

Maybe there is something you like to do that helps you stay motivated on your task? Maybe there is a certain order in which you like to do things? I would love to hear from you and my email address is listed at the top. Now, go grab your list of things to be done and get started!

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## Clean, Green And Beautiful

# Litter Prevention – Holding The Bag

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

As many of you know, litter abatement and education about the harmful effects of litter are some of our main focuses here at Keep Athens-Limestone Beautiful. We also know that litter is unsightly, unwelcoming, and harmful to our environment and health. Its presence or absence can speak volumes about a community. Our goal is to make Athens and Limestone County clean, green, and beautiful.

Sources of litter include trash being tossed out by drivers or dropped by pedestrians, improper bagging of trash, unsecured items that blow out of improperly covered trucks, cigarette litter, flyers that are passed out in neighborhoods or placed on parked cars, and the list goes on. People who see litter are more likely to litter themselves.

This litter travels by wind, water, and animals. It ends up in our ditches, clogs our storm

drains, enters our waterways, and eventually enters our river, which is our source of drinking water here in Limestone County.

What does litter cost us as a community? The Alabama Department of Transportation (ALDOT) claims that almost \$7 million was spent in 2019 to clean up litter along Alabama roadsides. If litter were not an issue, that money could be spent in other more beneficial ways, such as improving roadways and infrastructure. The cost of cleaning up litter falls to government, businesses, and schools.

Our city and county are growing at an unprecedented rate, and litter has a direct impact on our growth. The presence of litter decreases home and property values. Its presence also affects businesses and industries in their decisions to locate to a community. Tourism revenues can be lost. Environmental impacts on our waterways, wildlife,

green spaces, and our health are also a cost.

We want our city to be clean, beautiful, and inviting to visitors, and to those considering moving their families or their businesses here. We want these families and businesses to take pride in our city and to be invested in its care as they move here. If we expect them to do this, then we have to reflect this behavior as a community ourselves.

We all have a role to play in litter prevention. A beautiful story came from one of our cleanups earlier this year that illustrates this point. KALB hosted a litter cleanup at the Richard Martin Trail in Elkmont back in April. There were around 45 volunteers. Among these volunteers was a family with several children. One of their children was blind. Someone asked if he/she would just be following along with his/her family as they cleaned. The answer was, “No! I’m going to help. I’m going to hold the bag.”

So you see, we all have a job to do in this fight against litter. No role is too small. Whether through properly handling and disposing of our personal garbage, volunteering for cleanup events, reporting acts of littering when witnessed, or adopting a stretch



of roadway to care for, these are all important roles and ways that citizens can get involved. I encourage you to look at what your role can be in this process, and to get out and make a difference in whatever your role is. In what way can you hold the bag?

***KALB UPCOMING EVENTS***

***2021 Duck and Run 5K***  
 Date: Saturday, September 18, 2021  
 Time: 7:00 a.m.  
 Location: Big Spring Memorial Park in Athens  
 Visit the event page at [KALBCares.com](http://KALBCares.com)  
 for registration and more information

***2021 Wacky Quacky Ducky Derby***  
 Date: Saturday, October 2, 2021  
 Time: 4:00 p.m.  
 Location: Big Spring Memorial Park in Athens  
 Visit the event page at [KALBCares.com](http://KALBCares.com)  
 to adopt ducks online and for more information



(256) 233-8000  
[KALBCares@gmail.com](mailto:KALBCares@gmail.com)  
[www.KALBCares.com](http://www.KALBCares.com)



## Cooking with Anna

# Life Lessons From Anne With An “E” By Anna With An “A”

by Anna Hamilton

*One of my favorite books to read when I was growing up was Anne of Green Gables. I would imagine myself as Anne -- bold, adventurous, creative, charming, fearless, and able to adapt to any situation. When PBS would air the series, I would be glued to the television. Even today, I can sit and watch it from start to finish. It is a true gem.*

*Last week while scrolling through Facebook, I came across a list of the 10 Life Lessons we learned from Anne of Green Gables by Adriana Pacheco. All 10 of these ring true, and even though I am adult, I find myself still working on the list. All 10 lessons blend beautifully with Scripture, which I have added to the list. I hope you find inspiration in these life lessons.*

*Lesson 1: Daydreaming makes life much more interesting. When we allow ourselves to sit quietly with our thoughts, we can focus on one of two things: the bad in our life or the good things in our life. The Lord tells us repeatedly in Scripture to focus on good things. Spend quiet time praising God for all the blessings in your life and think of ways you can show Christ to others. “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is*

*excellent or praiseworthy—think about such things.” Philippians 4:8*

*Lesson 2: You can always count on your bosom friend to share the best moments in life with you. Who is your best friend? When you have something happen in your life, good or bad, whom do you want to tell first? For me, my best friend is my husband. He is the first person I want to talk to when something happens during the day. I am thankful I have him to share all the best moments of life with. “Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.” Proverbs 27:9*

*Lesson 3: Love means more than anything you could buy in a store. When you are younger, you feel the pressure to be liked and look like everyone around you. You think that you can buy others’ love by giving gifts or even buy your own love for yourself. The older I get, the more I realize that the greatest gift truly is love. When you love someone, just spending time with them is all you truly need. “And now these three remain: faith, hope and love. But the greatest of these is love.” 1 Corinthians 13:13*

*Lesson 4: If you give people a chance, they might surprise you. Think back on the people you have come in contact with during your life. How many times have you meet someone*

*continued on page 19*

## Supreme Pizza Chicken Bake

### Ingredients:

4 chicken breast cutlets	1/2 teaspoon parsley
One 6 oz can tomato paste	1 cup shredded mozzarella cheese
1 teaspoon olive oil	1/2 large green bell pepper, sliced
1/2 teaspoon salt	1/4 cup sliced onion
1/4 teaspoon black pepper	1/4 cup sliced black olives
1/4 teaspoon garlic powder	16 slices pepperoni
1/2 teaspoon oregano	

### Directions:

Preheat the oven to 400° F.

To make the sauce, in a small bowl add tomato paste, olive oil, salt, pepper, garlic powder, oregano, and parsley. Stir to combine.

Place chicken breasts in a single layer inside a 9”x13” cooking dish. Divide sauce between the 4 pieces of chicken and spread sauce to cover each chicken breast.



Sprinkle 1/4 cup of cheese on top of each chicken breast. Evenly distribute the remaining toppings over the chicken.

Bake in the oven 30 minutes or until chicken is fully cooked. Let rest 3-5 minutes and then serve!

# Whose Dreams Are You Living?

by Steve Leland

As children, most of us had dreams about what we wanted our lives to look like when we grew up. Things we wanted to do, people we wanted to become. Fireman, mom, soldier, pilot, so many possibilities. What happened? Did you achieve your goals? Did life happen and interfere with your dreams? Did you find your goals inadequate and now you have new ones?

Parents often have dreams of what their children could become. Academically, physically, spiritually. Sometimes that works out better than other times. Sometimes the child has an affinity towards what the parent has perceived and life moves in that direction. In other cases, the child is uninterested in those possibilities. But what about our Heavenly Father? Does He have dreams about what we could become? Does His

Kingdom have a need that only we could supply? That others don't have the time, energy, or inclination to fulfill?

It's not about failing to live up to His expectations, please don't misunderstand me. It's about partnering with Him. Seeking out and recognizing His dreams. Coming to the understanding that His Kingdom is much bigger than our dreams and desires. That life can be much fuller than when we are just living it to find happiness. We aren't just talking about major decisions like a career here. It might be someone that needs our forgiveness. That needs grace extended to them. A kind word when they are on their last nerve. And sometimes, nothing more than that free smile.



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## Cover Story

# EvoQore Technologies: Excellent Service At The Core, Total Cyber-Security As The Result

by Ali Elizabeth Turner

*continued from page 1*

He was an excellent student, was active in his high school's Future Business Leaders of America, was the president of the group, and was also the chaplain for his school student government team. Then he took one information technology class at the trade school for the Lawrence County schools that changed the direction of his life. Interestingly, what grabbed his attention was watching IT professionals do installations at his school, and they both answered his questions and piqued his interest. As a result, he first went to Calhoun and got his A.A. in information technology. He then completed his bachelor's degree in information technology with an emphasis in computer network systems at ITT Tech. "That school was excellent," he said and added, "It got me ready for this."

The "this" is EvoQore Technologies, which is located at 630 South Jefferson in Athens, and which just had their ribbon-cutting and opening celebration through the Chamber of Commerce. I met Torrie at a different Chamber event; he also attended a BNI Visitor's Day, and I have found him to be utterly knowledgeable and able to make the complex simple for people like me. He also has a wonderful sense of humor and is happily willing to shed "blood, sweat and tears" to make sure his clients are cyber-safe.

After Torrie graduated from college, he went to work for a while as a loan branch manager in Troy. But IT was



*The EvoQore Crew*



his first love, and he helped a school system as well as worked at a local IT company. He kept having ideas that he felt could improve the level of service for the company, and eventually decided to strike out on his own. His family backed him, invested in him, and EvoQore opened in September of 2020, right in the middle of COVID. EvoQore is currently the IT systems security firm for the Limestone County Schools.

I have found over the years if I get a chance to sit in someone's office and watch them in action, I get an idea of how they work, especially in challenging situations. IT security and explaining it to the av-

erage person can be daunting, and I watched Torrie handle a client's need with a calm manner and a level of skill that was easy to perceive, even though I had no idea what he was talking about! Corrie is also a single dad with two adorable kids, and they have their own "office" at his office. "It is a balancing act," he said with a smile, and he wears his "dad" hat well.

EvoQore is a tech solutions company that has a deep commitment to work for the customer, rather than have the customer feel they are at the whim and discretion of the tech company. "We work for you, not the other way around," Torrie told me.



They also handle network security, software development and applications, help desk and engineering services, and they are affordable. Here is some of what they say about themselves:

*EvoQore Technologies was founded in 2020. We are a small minority-owned business who seeks to provide our customers with evolving Information Technology Engineering Support Solutions that will secure and maximize their operational effectiveness. The combined knowledge of our staff equates to over 32 years of IT and Software Applications Development.*

They are also hiring, and Torrie was conducting an interview when I arrived for ours. Here is why EvoQore feels it is a good match for aspiring

IT professionals who enjoy the challenge of building a business in the early days of its development:

*Join a team where excellence is our Core!*

*EvoQore Technologies values the intellect, diversity and cultural backgrounds that make us all unique. We strive to be individual but have the same goal at the core.*

That is to make a difference collectively. EvoQore employees work together to make a difference by serving our community and customers. Our employees are passionate about Information Technology, Software and Application Development.

I watched his team in action on the day of the ribbon cutting, and what Torrie says above is true. His team made the day memorable, and I have no doubt that they will serve their IT customers with the same passion and professionalism that they exhibited on opening day. If you have the need for state-of-the-art cyber security for your business, you need to contact EvoQore Technologies to custom design the services that you need, can afford, and will support you.

## EvoQore Technologies

630 S Jefferson,  
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Facebook: EvoQore

# Building A Sustainable Lifestyle – Part 1

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



I believe in creating a life which does not need an escape in order for one to feel the best possible. A sustainable life includes daily, habitual choices in nutrition and activity, creating a level of health which not only gives confidence but keeps the body functioning at its peak. This is such a level where consistent happiness and energy is achieved week after week without stressful extra effort. This is a life of peace and order which everyone desires.

True healthy living is a passionate topic for me. I want to take time to break down my beliefs and methods in order to give full explanation to what a sustainable lifestyle truly looks like. It is much more than having a salad every other meal or spending hours at the gym, and it most definitely does NOT include a long list of daily supplements or products. Making results a reality is about knowing how to properly fuel the body, move and challenge the body regularly while being surrounded with positive influences daily.

This is the first installment of a series outlining and explaining what I not only believe, but KNOW to be the components of a sustainable lifestyle. I have followed and constantly

improved and educated myself on these theories all my adult life. Moreover, I have numerous clients I have advised through my 20-plus years in the health and fitness industry which are living, breathing testaments of continued success with this mindset and lifestyle.

This sustainable lifestyle does not come without sacrifice or hard work, especially in the beginning. Creating new habits is difficult at best, but once achieved becomes second nature. Research shows that it takes roughly 20 to 25 days to form new habits and, in my opinion, at least another 30 to 40 to create true lasting change.

Lasting change in the health habits of life means that the crash diets go completely in the trash where they belong. Shift the mindset to longevity not just looking good on the family beach vacation or fitting into that favorite dress for a party next week. The quick 10 to 15 pound loss on the scale achieved by whatever Pinterest craze or latest most popular drink or supplement on the Facebook scroll will ultimately do no good. This approach will only return as double the pounds lost in just a few weeks as real life starts again.

When constantly living in this yo-yo diet world, the body is not technically losing much, if any fat. All that is being lost is muscle and maybe some water weight. The body has to have certain nutrients to function at a basic level daily, and because it is being deprived of the nutrients it needs, it will seek them out. In order to keep moving during the crash diet, the body will go to the muscles to get what it needs to survive, therefore gaining the minimal amount of energy it takes to get through each day. This is why feelings of weakness and exhaustion are typical while fad dieting. The rapid decline in muscle and loss of “weight” also contributes to undesirable loose skin. When weight loss is done correctly, this is far less likely to happen or be as dramatic.

These choices not only af-

fect the body but have mental and emotional repercussions such as depression and extreme irritability during and/or after the diet. This crazy rollercoaster of wacky eating is ultimately not only destroying the body but also any sense of healthy mental state. Cutting out whole food groups or replacing them with a pill or shake will NEVER give the body what it needs and will eventually come to a very a disappointing end. By “filling” the body with a shake – even one with “good” ingredients – or altering/fooling the receptors in the body with a pill, you are still not providing the nutrients in the form NEEDED by the body to sustain high-level functioning. A healthy life has to focus on REAL food and REAL change. Therefore, as soon as these things stop, the body will go into

a “recovery mode” – same as after the crash diet. This means it will hold onto every single thing it is given in fear of being deprived again, which ultimately causes extreme weight gain and subsequently depression as well. The mental and physical are always connected.

YES, it will take discipline to eat appropriate amounts of REAL, all-natural whole food spaced correctly through each day, along with cutting out the sugar, alcohol, and drive-thru food. It will take time to get an individual winning combination and balance, and it may change periodically depending on stage of life or current personal goals. But I can promise one thing, IF you take the time to correctly manage food intake and make it a habit, you will feel better and live a more fulfilled life.



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# Brad Stovall Auto Body: Changing Technology, Old-Fashioned Service

by Ali Elizabeth Turner

*continued from page 1*

Awareness Month in October, and which can be seen parked in the Athens Police Department parking lot on Hobbs Street. For obvious reasons, it is tough to miss and is often seen in our local parades.

Speaking of restoration and painting, he recently did a special project for *Athens Now* that helped us solve an eyesore problem, with the result being that now our community looks much better. I'll explain. Ten years ago, when Steve and I bought the paper from Wayne and Deborah Huff, we inherited several indoor wire newspaper racks along with five metal outdoor newspaper boxes that Brad guesses must be at least 50 years old. The outdoor boxes were worn but usable when we got them, and over the last ten years developed huge rust spots, had peeling paint, and looked pretty ragged. No, that is too kind. They looked terrible. Two organizations in two towns asked us to remove them, and they had every right to do so. What to do? We contracted with our long-term



*An auto in process of being restored*

friend, customer, and client, Brad Stovall to restore them, and did not know that we had created a nearly nightmarish situation for him and his shop. The rust had gone way down into the metal, and needed blasting as well as the kind of TLC that you see on some of the TV shows when they restore classic autos. But Brad and his crew were not about to be bested by the boxes, and the result, as you can see, is gorgeous. We worked together and chose the same blue that is on the header of the paper,

and chose black for the base. The lettering was designed by Kristie Perry of Last Word Vinyl Creations, and I am truly proud of the new "houses" for the paper. Now, do not think for a moment that Brad is interested in doing anything like this ever again, no matter the price, but the smiles of his crew when we went to pick them up said it all: "Job well done." And, for our part, we could not be more pleased.

This brings me to something that has suffered somewhat in



our society and industry, and that is pride in workmanship. Brad Stovall and his team have it, and as a result, they don't have to advertise much. I am and always have been grateful for their business, and am pleased to tell you about a new chapter in their story. Around 2017, the auto industry underwent a huge change in that they made a shift from using steel for auto bodies and started using aluminum for frames, chassis, doors -- just about anything that formerly was steel. Apparently, this war has been going on for some time, between aluminum and steel, and theories abound as to what caused the change. Point being, Brad had to make a major investment in new tools and equipment in order to make autos that had been damaged look and be as good as they always had, and more importantly, be safe. Not only were bodies changing from steel to aluminum, but plastic is making up more and more of auto bodies, and guess what? Auto

body services now have to know how to WELD plastic!

When Brad told me that, I just looked at him blankly, because I didn't know that plastic can be welded. "Come on, I'll take you down to the shop," he said, smiling with mischief. So, I got to go where I am not authorized, and meet the guy who is their welder of both metal and plastic, and rarely have I met someone who so obviously enjoys doing body work and restoration. They showed me the equipment, showed me some of the results, and the only reasonable response was, "That is so cool!" Plastic can indeed be welded, and if it's done right, you cannot tell where it was broken.

Over the years, Brad Stovall Auto Body has fixed a number of our family's boo-boos, including a deer strike, some fender benders, backing into a car that had just gotten out of the body shop that was slated to be sold, and always we have been treated with kindness, professionalism, and old-fashioned service. Call them today, and discover it for yourself!

## *Brad Stovall's Auto Body Shop*

11848 Esque Drive  
(behind the Tanner Post Office)  
Tanner, AL

Body Shop: 256-233-5140

Hours:

Mon-Fri 8 a.m.-5 pm.

Saturday by appointment

Facebook:

Brad Stovall's Body Shop



*The Athens Now outdoor boxes being restored, and the end result*

# 5 Finance Tips To Consider Ahead Of Fall Tuition Deadlines

courtesy BrandPoint content

(BPT) - The second half of summer brings a welcomed sense of familiarity for families across the country as back-to-school season approaches, and enthusiasm is particularly strong after more than a year of uncertainty upended the education system as we know it. While a widespread return-to-campus is a particularly exciting time at the college level, some families may also feel a sense of apprehension, especially in the wake of COVID-19.

In fact, affordability and dealing with the debt bur-

den that often goes hand-in-hand with a degree is the top concern of both parents and students, according to the Princeton Review's 2021 College Hopes & Worries survey. With many parents trying to balance daily expenses, savings progress and the cost of college simultaneously, supporting four years of higher education can be a struggle. Some may even be prioritizing college payments over their retirement contributions (not usually recommended by financial advisors), or other invest-

ments.

The good news is that with proper planning, parents can continue making progress toward saving for their own future while also helping ease the cost of college. In addition to long-term tools (like 529 College Savings plans), there are ways parents can get strategic about how they finance the remaining gap that exists when tuition comes due later this summer.

It's possible to help a loved one achieve a better financial future without sacrific-

ing yours. Here are a few tips to consider:

- \* Consider the short- and long-term impacts of co-signing for a loan vs. taking out a parent student loan. The key difference is who takes responsibility for the loan, which can impact your finances for years to come.

- \* Understand if your retirement savings can handle the increased expenses of paying for your child's education out of pocket or by borrowing money. It is absolutely critical that you

don't derail your retirement.

- \* Encourage your student to take full advantage of work-study opportunities if available as part of any financial aid package. Between class and extracurriculars their schedule might be extra busy, but many end up developing valuable relationships and/or work experience while minimizing the amount borrowed - both of which can benefit everyone's financial posture in the long-term.

- \* Resist the temptation to borrow extra money for discretionary spending. While tempting to take out an extra thousand here or a thousand there to help ensure your student can enjoy their college years, compounding interest can make these splurges very costly when you consider them over the lifetime of the loan.

- \* Evaluate the repayment option on private student loans rather than simply defaulting to the deferred option. The key is to prioritize the amount you pay right now with the amount that you pay over the life of the loan. Deferring your payments might not always be the best option.

An added bonus: get your student involved in the decision-making process! Not only will they learn something, but providing them with the added context around any financial commitments made may inspire them to make healthy financial decisions along the way.





## Cooking with Anna (continued)

# *Life Lessons From Anne With An “E”*

## *By Anna With An “A”*

by Anna Hamilton

*continued from page 13*

*and at first meeting, you didn't think they would be someone you would become friends with? I know many times the Lord has placed someone in my life that I didn't truly know just how much I needed. When your heart is open to people, the Lord will use them to bring you lessons and blessing. Allow yourself to let people in your life and see just what the Lord can do! “But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” Lamentations 3:22-23*

*Lesson 5: However things may seem right now, there is always another bend in the road. No matter where you find yourself at this moment in life, things will always change. We are not meant to be a stagnant people. The Lord has told us to go out into the world to spread his word. When we are in this world, bad things will happen to us. We will suffer setbacks and heartbreaks, but the Lord's promise remains the same. He will continue to bless our lives and bring us through the hard times. How we choose to react to the hard times in life will be our ministry to the world. If we continue to praise God and keep a cheery disposition, others will see and want to know what makes us different. Use this to tell others of the power of Christ. “Do not grieve, for the joy of the Lord is your strength.” Nehemiah 8:10*

*Lesson 6: Part of growing up is about making mistakes. I guess I am still not grown up because I am still making mistakes. A very wise person once told me that if you aren't making mistakes, you aren't doing anything. The fact is that in life you will make mistakes, you will mess up, you will choose to do the wrong thing. But, luckily, you can learn from each mistake and become a wiser person. The Lord didn't promise us a life free from mistakes, but he did promise that He will always be there waiting for us to return to him and to help us back up. Never think you have made too many mistakes to come home to Christ. He is there and waiting for you to return to him. “Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:16*

*Lesson 7: Your imagination is your most valuable possession. God has given us all an imagination. Think of all the beautiful art, music, and talents that people have in this world. Those are all gifts from God. Are you using your gifts, imagination, for good or are you not using the gifts the Lord has given you? Be creative today. Using your creativity is a great way to find peace within yourself. “Now to him who is able to do immeasurably more than all we ask*

*or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and every! Amen.” Ephesians 3:20-21*

*Lesson 8: A kindred spirit isn't very hard to come by if you really look. We are surrounded by people, just like us, striving to do the right thing. They, just like us, are looking for a kindred spirit in this life to help them, encourage them, and love them. Scripture is full of passages encouraging our fellowship with other believers. Fellowship is one of the greatest gifts from God. He knows that we need each other. “Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.” Colossians 3:16*

*Lesson 9: Don't be afraid to stand up for yourself. We are called to be a peaceful people. But that doesn't mean we are to be a punching bag for the world. As Christians, we should be bold in our faith and always speaking the truth in love. When faced with someone that is upset, we are called to react to them in a certain way. We should approach every situation with love and kindness. When I feel the urge to lose my temper, I am reminded of the words in Proverbs: “A soft answer turns away wrath.” If you meet anger with anger, no resolution can be found. Approach the situation with the love of Christ and a good outcome will come. “A gentle answer turns away wrath, but a harsh word stirs up anger.” Proverbs 15:1*

*Lesson 10: Learning to love the things that make you unique doesn't always happen overnight. Every single person on this planet is unique and brings their own special gifts to the world. It is incredibly difficult not to compare yourself to others and try to make yourself be like them as much as possible. We are taught to not stand out, to blend in, to be like everyone else. You should embrace your uniqueness. You are special. Don't let this world turn you into a vanilla soft serve in a cup, be your own version of Rocky Road in a waffle cone! Don't be afraid to be yourself and let how special you are shine. The Lord made you unique and special for a reason; do not hide your light. “For you created my inmost being, you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.” Psalm 139:13-14*

*I hope you can find encouragement in these life lessons along with the words of the Lord. They are great lessons to live by, and I hope you can incorporate them in your life. The recipe this week is a great back-to-school meal. Everyone will love it, and it is a snap to put together on any weeknight.*

# How Do You Know If Dog Training Is For You?

by Joel Allen



Hello, folks! When I was a boy, my parents taught me to respect and love animals, especially dogs and cats. The love for dogs became stronger as I grew older. One time I was punished because a dog bit me on my ear. The reason I was bit is because I was teasing her with a toy plane on a string and kept banging into her with it. She gave me a warning but I thought it was funny and continued until she bit me. I learned a couple of lessons from that and that was don't keep on with a dog who has already given a warning with teeth bared and growling and don't think that just because it's a dog, it gives anyone the right to mistreat them. My parents were firm but fair about this.

As the years went by, I had a few dogs and each one taught me something. Most of us go through life with a dog and we don't see the things they do teach us. There was Rufus, a three-legged German shepherd, he taught me that a dog will watch over and protect me. He was always

with me when I would go fishing and everyone knows how boys who go fishing will grab a pole and walk right to the creek and not always tell their mom. I did this, and from the window of our home, Mom would see Rufus tagging along with me and know I was okay as the cork on my pole disappeared over the hill with Rufus in tow.

Little Girl, a Dachshund and Pitbull mix, taught me a dog can love and protect by trying to eat my tall Uncle Danny from foot to head because he played too rough with me. For a short Pitbull mix, she could jump, and she proved that by chasing Uncle Danny onto the back of a car as he tried to keep his long legs from being the next meal... LOL.

I had many dogs over time and as I grew up, I learned lessons from each one. As I learned these lessons, I became aware of an ability to get a dog to do things for me. At that time in my life, I had

no idea what a dog trainer did. Over time, I would learn that dogs like to please their humans and that they would give their all for us.

Years later, I would come across a Great Dane by the name of Scrabbles, and through him I would learn that dogs can tell us when they are ready to leave and things they really like, such as "Grandma's" Snickers Bars hidden in the dresser. Yes, a dog that ate chocolate! He still lived to be 16 years old! He even became the bread maker alarm for my Mom. When he heard the bread machine beep that the bread was done, he would go get her and dance around the kitchen waiting for a fresh piece of bread.

Beauty, another Great Dane, would teach me patience, and I mean she would test the snot out of my patience! If she did not get her way about something, I was going to come home to a mess whether it was her "toilet-did-not-flush-away-through-

the-floor" kind of mess by the door. Or she would tear the trash out of the trash bin across the kitchen and wait for me to come home before standing in the middle of said mess snorting at me like, "Yeah! What?!" I am shaking my head at that memory right now. Don't get upset folks, but I did take a belt to her for that mess. As I got older, I found a better method of training and for that we all owe world-renown dog behaviorist Cesar Milan a big "THANK YOU!"

As I matured in the Army and grew in rank and experience, I became an instructor. I did this for some years in the Army, and it gave me the tools to perfect my dog experience. When I retired, the Army asked me what I wanted to do and I requested to be sent to dog-training school.

In 2009, I would be diagnosed as a Type 2 diabetic and get a crash course in service dogs. Zues, who is in the picture with me, was my first SD. And he taught me that dogs have the ability to detect blood sugar levels and have the ability to prevent a person from crashing or going too high on the blood sugars. This all came to pass by the Lord's hand. I was never one to believe that a dog could help me with diabetes until Zues. Once again, that love and protect lesson came to be. Zues would later also be able to detect other people's blood sugar, and he let a stranger know at Wal-Mart that he had an issue. Thanks to Zues, this man was able to address his medical condition and get it under con-

trol.

In 2010, I became a certified dog trainer through Animal Behavior College, thanks to God and the Army. To this day, I pull on all my experiences with dogs from all throughout my life. Sometimes, I find that I learned lessons hidden in events from the past now by thinking on them. Those were gifts, and I hope to always remember the most important parts.

So, how do you know if dog training is for you? For me, it was the fact that God had put so many dogs in my life and given me the confidence and experience through the Army to deal with people and different scenarios. It also comes from the dogs I've had. Although I'm not crazy about cats, I've had a few that chose me and try as I might to run them off, it never worked...LOL. So, I have loved a few cats too.

I'll leave everyone with this to think on. If anyone reading this is contemplating becoming a dog trainer, they will need patience and love -- not only for dogs, but also for the people who have the dogs. And if money is your driving principle, it will not work, not without patience and love. "Greed will get you nothing..."

***"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**



## Mental Health Minute

# Personality

by Lisa Philippart,  
*Licensed Professional Counselor*



***“Personality has power to uplift, power to depress, power to curse, and power to bless.”***

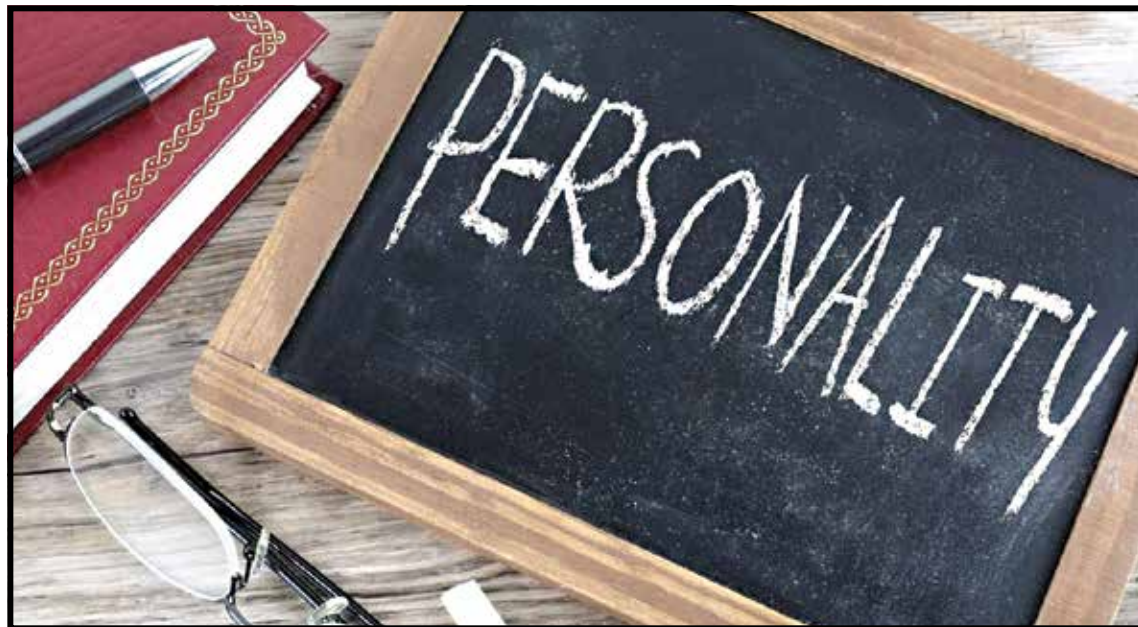
**- Paul P. Harris**

What is personality? The word personality itself stems from a Latin word, “persona,” which refers to a theatrical mask worn by performers in order to either project different roles or disguise their identities. At its most basic level, personality is the characteristic patterns of thoughts, feelings, and behaviors that make a person unique. It is believed that personality is a genetic trait, which remains fairly constant throughout a person’s life. While there are many different definitions of personality, most focus on the pattern of behaviors and characteristics that can help predict and explain a person’s behavior. Explanations for personality traits can focus on a variety of influences in addition to genetic explanations, to include the role of environment and experiences in shaping the individual. Characteristics of personality include patterns of thought and emotions, which are observed through behaviors. The fundamental characteristics of personality are consistency, psychological/physiological actions, and multiple ex-

pressions.

Consistency, as a personality characteristic, means that there is generally a recognizable order and regularity to behaviors. In other words, people act in the same ways or similar ways in a variety of situations. Actions are predictable. Personality is a psychological construct. Intelligence, motivation, anxiety, and fear are examples of psychological constructs. Research also suggests that personality is influenced by biological processes and needs. For example, even though you can’t directly observe anxiety, you can tell someone is anxious if they are trembling, sweating, or restless. Personality is not only influenced by how we respond in our environment, but it causes us to act in certain ways. Personality is observable by our behaviors. But it is also displayed through our words, our expression of feelings and thoughts, relationships, and other social interactions.

There are a number of theories about how personality develops. One of the early perspectives on personality is type theory. These theories suggest that there are a limited number of personality types, related to biological influences. You may have heard of the Type A personality, who tends to be impatient, competitive, work-obsessed, driven,



and achievement-oriented. But did you know there are Types B, C, and D? Type B personality is low-stress, even-tempered, flexible, creative, patient, and has a tendency to procrastinate. Type C personality is highly conscientious, perfectionist, and struggles to express emotions (both positive and negative). Type D personality struggles with feelings of worry, sadness, irritability, a pessimistic outlook, negative self-talk, and avoidance of social situations.

Trait theory tends to view personality as the result of internal characteristics that are genetically based. These traits are: agreeable (cares about others, feels empathy), conscientiousness (thoughtfulness, goal-directed), eager-to-please (accommodating, conforming), extraversion (social, talkative, emotionally expressive), introversion (quiet, reserved), neuroti-

cism (dramatic shifts in mood, anxious, easily upset), and openness (creative, likes to try new things). Behavioral theories suggest that personality is a result of interaction between the individual and the environment. Behavioral theorists (think B.F. Skinner) study observable and measurable behaviors, often ignoring the role of internal thoughts and feelings. Humanist theories on personality development emphasize the importance of free will and individual experience. Carl Rogers and Abraham Malow are humanist theorists.

Personality assessments are often used to help people learn more about themselves and their unique strengths, challenges, and preferences. Two of the most popular assessments are available online: the Myers-

Briggs Type Indicator and the Enneagram.

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

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## The Alternative Approach

# If I Only Had A Brain

by Lana E. Woody



“What did I do with my keys?” most everyone has asked before. In the midst of our chaotic days, sometimes important things slip through the cracks. When you’re younger it’s not as important because you have your parents to remind you. But when you are the one responsible for a household, forgetting to put the trash out on trash day or what day your phone bill is due is a big deal.

So instead of feeling bad about yourself for forgetting a chore, you can take charge of your brain. By feeding our brain the right nutrients, we can supercharge our mind. Exercising in the morning, eating right, and taking supplements, more specifically brain supplements, are imperative to keeping a sharp mind. It is also important for the supplement to be able to break through the blood brain barrier. Caffeine, cigarettes, and alcohol break the BBB but many of the nutrients we take never reach our most important organ, our brain.

The blood brain barrier is the semipermeable barrier of endothelial cells that prevent circulating toxins, pathogens, or solutes from crossing the extracellular fluid into the brain. Only water, oxygen, glucose, and certain lipid soluble substances can be diffused and enter the brain



via the BBB. This allows for proper neuronal function in the brain and prevents harmful substances and pathogens capable of causing infections from entering the central nervous system.

To have proper brain function, we have to consider what causes brain fog and understand what nutrients can actually cross the blood brain barrier. There are vitamins and supplements that can break the blood brain barrier. Like vitamin B1, B12, B5 and B9 (folate), and vitamin C in oxidized form (not ascorbic acid). There are many amino acids like leucine and tyrosine that can be absorbed by the brain. One of the best that we carry is the Neuro Mag with L- Thre-

onate. It can help improve brain function in as little as one dose. It supports memory, cognitive function, and overall brain health.

Taking a supplement that targets brain health is an important asset for optimal brain function. While eating properly, getting enough rest, training the mind through mind puzzles (the books or ones you download on your phone), meditation, and prayer are all beneficial for the brain, don’t forget to find one that the brain can fully utilize. We have other fantastic options such as ginkgo biloba, Prevagen, lion’s mane, and olive leaf extract but none of them cross the blood brain barrier. Taking one that does and then

doubling up with another great supplement might be the perfect solution for you. MSM+C or Super Silica helps rebuild the body at a cellular level. They both support our bones, hair, skin, teeth and organs. They make the cells permeable and allow the mitochondria to rebuild and reproduce healthy cells throughout the body. They also help us maintain an alkaline environment, which may help prevent cancer cells by removing toxins.

Red ginseng is another amazing way to help boost your serotonin levels, increase natural energy, and improve your ability to focus so you can be more productive. Red ginseng is also becoming well known for its ability to

help stabilize your immune system, which is especially beneficial for those suffering from auto-immune disorders such as psoriasis, Crohn’s, Lupus, and rheumatoid arthritis.

Many Americans have a fear of Alzheimer’s, dementia, and other cognitive disorders. We believe that the first step is to try to do all we can to prevent those disorders. There is nothing wrong with fighting back with some effective, all-natural and inexpensive supplements. All the supplements mentioned in this article have a long history of support for those wishing to maintain or improve brain function and health.

To learn more, go by Herbs & More in Athens, NHC Herb Shop in Killen, Reflections in Lawrenceburg, or check us out at [www.nhcherbs.com](http://www.nhcherbs.com). If you would like to stay informed about the latest research about supplementation and natural health, scroll down to the microphone, on our website, and listen to Today’s Health Update. Today’s Health Update is also on radio by tuning in to WBTG in Sheffield, WKAC in Athens, and WDXE in Lawrenceburg.

With Alzheimer’s and other mental disorders at all time highs, doing something to support your brain only makes sense. Knowing what to do is our specialty. Our goal is and has always been to ‘Make America Healthy One Person At A Time.’ The only question left is -- Will you be next to be healthy?

Your Friend in Health,  
Lana Woody

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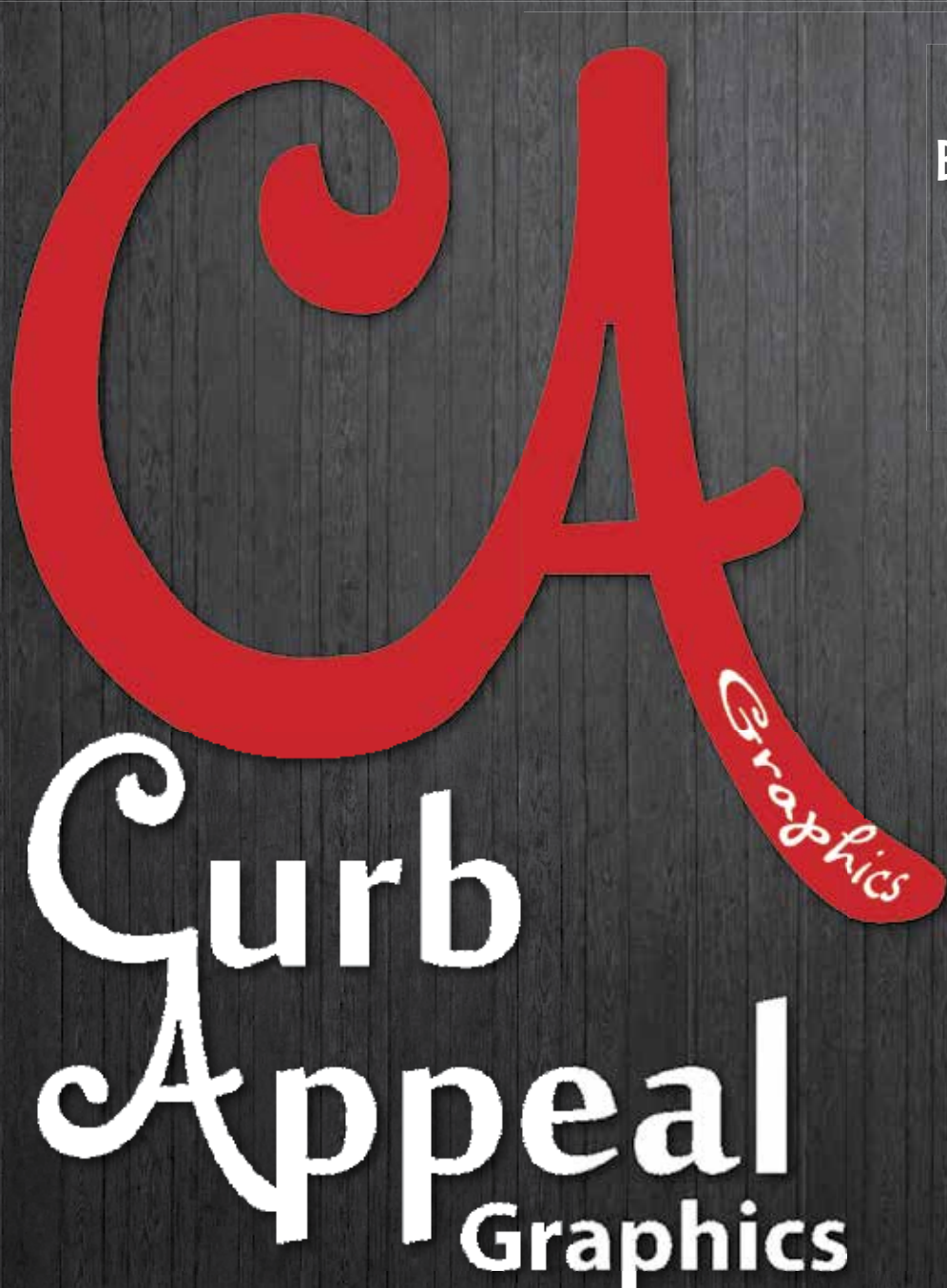


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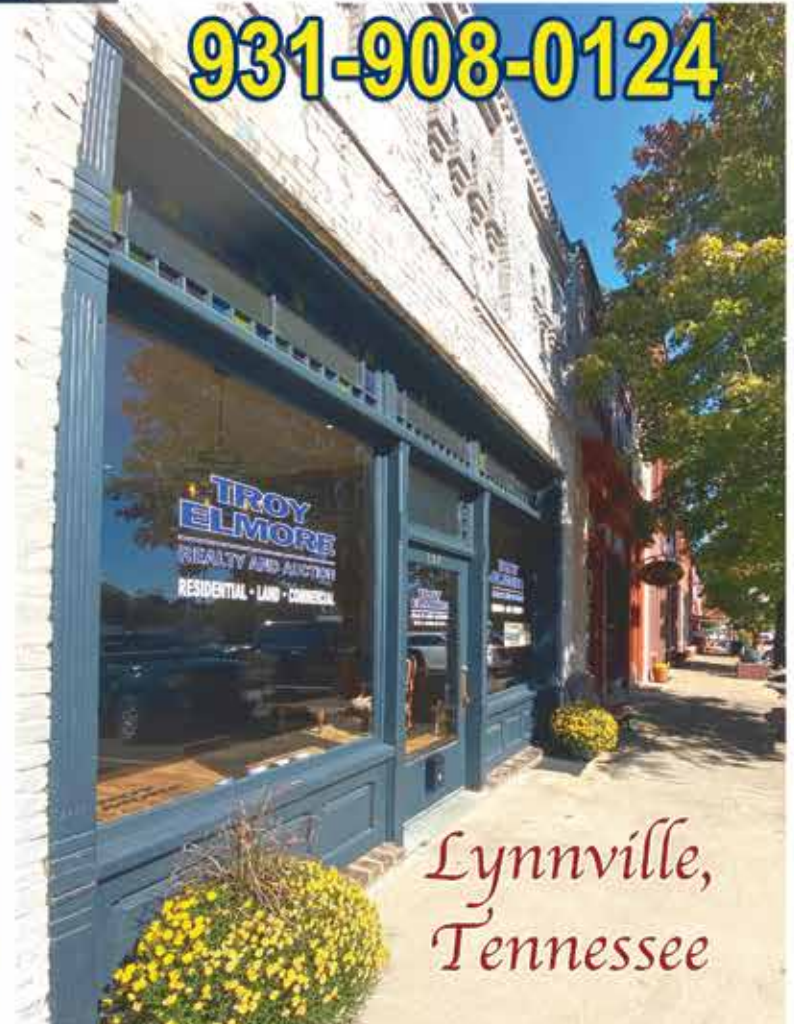
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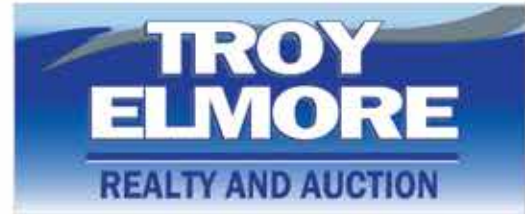
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“Self belief  
and hardwork  
will always earn  
you success.”  
~ Anonymous



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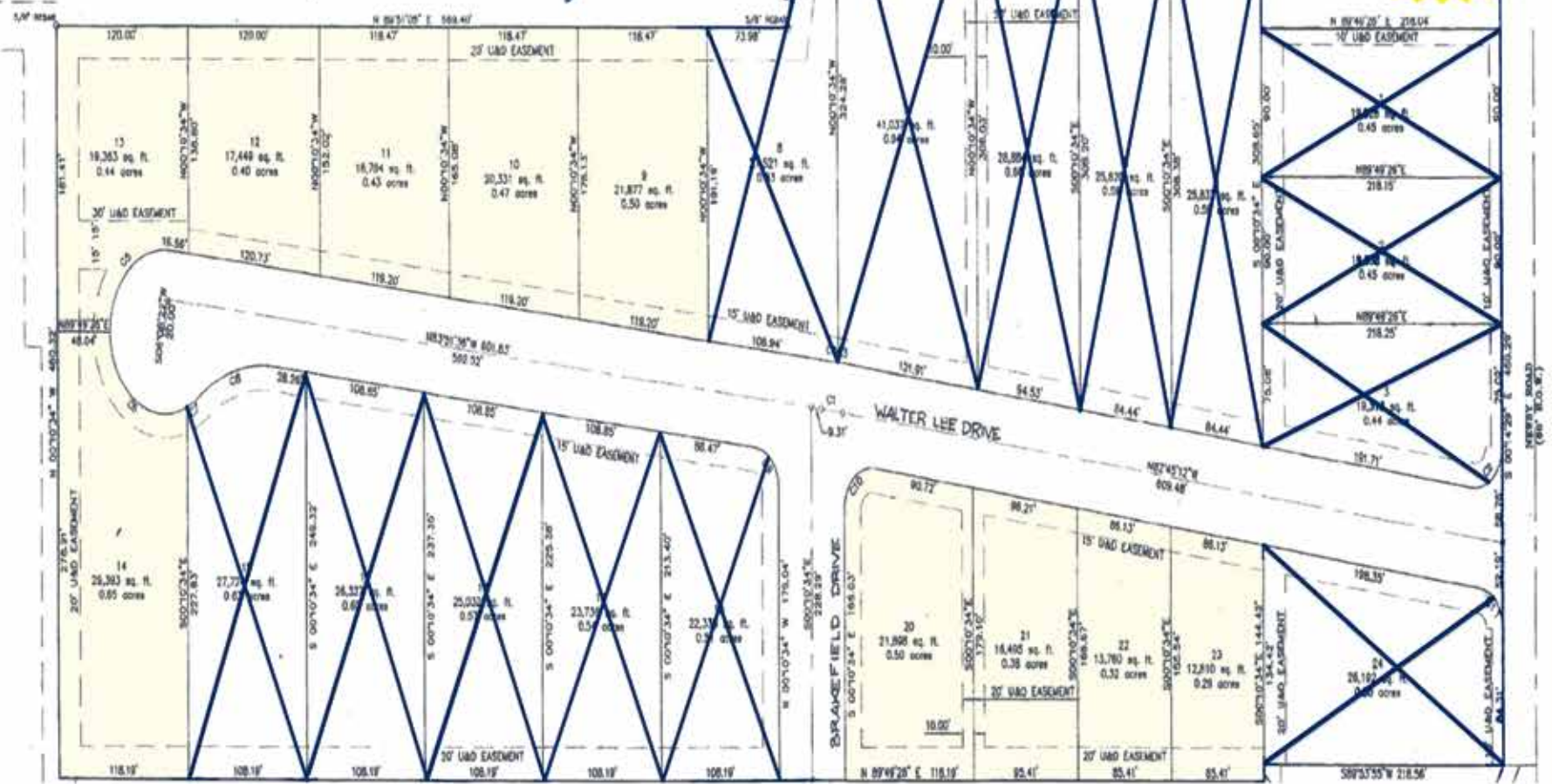
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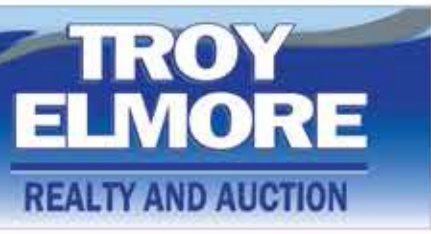
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