

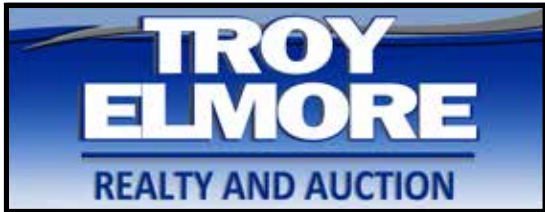
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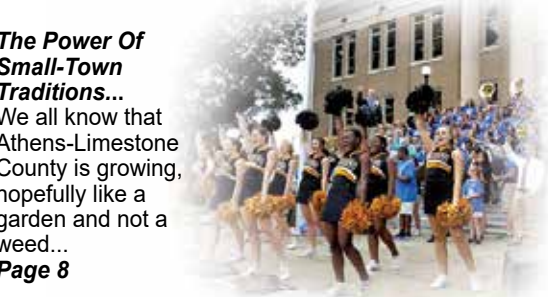
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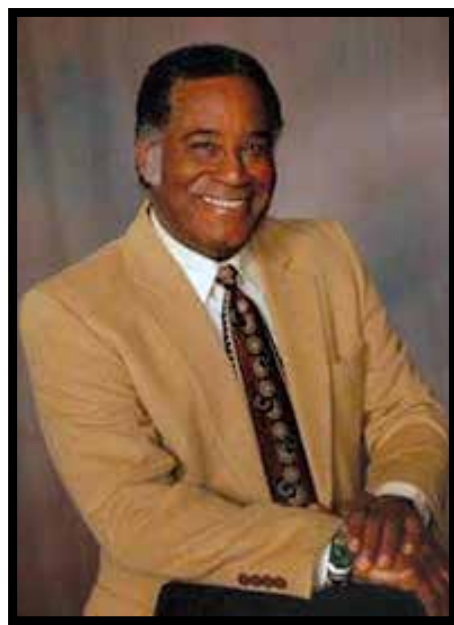


## Limestone Manor & Limestone Lodge: A Place To "Live Happy"

By Ali Elizabeth Turner

When she was in her early 20s, Delois Fletcher Bailey experienced what can only be described as a calling to take care of seniors in need. This came about as a result of helping care for both of her grandmothers and then her aunt in their sunset years, battles with disease, and sub-

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## Chaj Rondelle Enterprise, LLC: Born Out Of A Heart To Serve

By Ali Elizabeth Turner

Vincent Anderson has had an impressive and varied professional career, having been everything from a radio broadcaster, a social worker, an educational consultant, a foster parent, an adoptive parent, a member of General Motors' sales and marketing team, a private boarding school assistant principal, and a university professor. He has several

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**Publisher's Point**

***Believing In The Dark***

Two weeks ago, I had the privilege of participating in the Let's Move, Athens event that was sponsored by MTM's Jan Matthews and held in the field near the new Sportsplex on Hwy 31. The purpose of the event was to target four areas of need in our community: faith, fitness, finances, and family. It ended up being far more like a family reunion, and I came away from it having "fallen in love" with a whole new "band of brothers...and sisters."

Caleb Lawler, financial advisor with Edward Jones Financial and I shared an Edward Jones tent, and right next to us was a woman who that day firmly fell in my "fallen in love category." Her name is Rosemary Sherrod, and she is a web designer, graphic designer, and urban gospel singer. She is also a mom, and she has written a book entitled *Believing In The Dark: Embrace What Is Blooming In Your Darkness*. I first saw the T-shirt she wore, which bore the same saying on the front, and I quickly said to her, "I like your T-shirt," and I meant it. I figured with a title like that, Miss Rosemary had most likely been through some stuff, but I had no idea that her "pain-into-purpose" story would affect me so deeply. There was a time late in the morning of Aug 6 that we had a pop-up "gully washer," and we invited Rosemary to come under our tent to stay dry. As adventures like that can often be, we had fun while



we dodged the drops. We talked about being fellow authors, about nutrition and emotional health. I knew I wanted to get to know this woman much better.

What Rosemary did not know was that her gracious gift to me in the form of her book fed my soul on the drive to Illinois where I was about to bury my mother. I put the book next to me on the seat of my truck, and as I glanced down from time to time at her smiling face on the cover, I was comforted. However, I did not start to read the book until I returned from my odyssey. In a word, she "had me at hello," and then she prepared a feast for me in the presence of my enemies that was "served up" between the front and back cover, and I was not expecting it to nourish me on such a profound level.

You see, Rosemary lost a son to cancer, and *Believing*

*In The Dark* is the story of their family's extraordinarily excruciating battle that at the same time can only be described as a towering triumph of God's amazing grace. It is real, it is raw, and in a good way, it is repetitive. By that I mean that Rosemary makes it very clear over and over and over again what it was like to battle on a daily basis that disease that is indeed damnable, and that even though her son is now in heaven, she knows that their family "fought the good fight" and ultimately, they won.

The book has scripture references that "get the job done," weaves a story of love and perseverance, and makes you want to surrender all to your Maker, just as Rosemary and her family have done and are still doing.

If you are bereaved, read this book. If you are doing just fine, read this book.

If you are "going through hell" and don't want to stay there, read this book. Whether cancer has personally touched your life or that of someone you know or love, read this book. You just might be amazed at the "moonflowers" that bloom in the dark night of your soul, and emit a heady fragrance in the process.

*Believing In The Dark* is available on Amazon.com, and through other online retailers. Rosemary's website is [www.believinginthedark.com](http://www.believinginthedark.com), and she can be found on Facebook, Instagram, and at [believinginthedark@gmail.com](mailto:believinginthedark@gmail.com).

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# An Army Blanket That Tells Innumerable Stories

by Ali Elizabeth Turner



In 1943, Tanner resident Juanita McQueen was 11 years old, and her family, who has always been a tribe that has “served those who serve” lived in Birmingham. WWII was in full swing, and speaking of “swing,” Miss Juanita’s sister, whose name was Lee and was several years older, would volunteer at the USO Center on Saturday nights and dance with soldiers who were home on leave. Juanita told me that she loved to watch the dancing, but of course she wasn’t old enough to participate. Miss Lee would ask the soldiers if they would like to have a home-cooked meal at her parents’ home on Sunday, and invariably they accepted the invitation if they could. Often the soldiers would ask if they could pay, and instead of

money, what was requested, if at all possible, is that they would leave a patch that designated their unit. That began what became “the blanket,” and as you can see from the picture, it translated into a lot of suppers. The “Patch Project” began to take on a life of its own, which I’ll explain below.

Miss Lee began to write letters to several Allied generals explaining what they were doing and requesting patches. No less than Omar Bradley, who became a 5-star general and eventually the Chairman of the Joint Chiefs, sent a patch which was enclosed in the letter he personally penned. That letter, along with others, are among the legacy of her family. As I sat in Miss Juanita’s living room looking at her book

of memories, I took a long look at the Army “olive drab” blanket that showcases the patches and was in awe of what a treasure of military history we have here in North Alabama.

Miss Juanita has two children who were career military, and the whole family has always served. Some were on famous WWII battleships, some in Korea. Her children’s names are Diana LaVigne, who served for 20 years and retired from the Air Force as a tech sergeant, and her brother, William Felkins, who was recruited by his sister. William retired from the Air Force as a master sergeant. Diane spent some time working in Egypt, and William



did everything that had to do with airborne tactical missiles and served in Desert Storm. He also spent many years on Redstone Arsenal.

While it is a little bit difficult to see, on the lower right quadrant of the blanket is a patch that is

oval in shape, green in color, and has the word “Italy” on it. That is actually a Prisoner of War patch from WWII that was brought home by an American soldier who had been held there. As I said, this is no small treasure trove of memorabilia.

At 90 years young, Miss Juanita is going to be moving soon from her place in Tanner to be closer to her family that lives in Cullman. She reached out to me to see if it would be possible for Athens Now to tell the “Ballad of the Blanket,” and I had the privilege of hearing all about it from Miss Juanita and her son. Tears of gratitude for being Americans, as well as having the privilege of honoring our heritage and the ones who put themselves in harm’s way so we can remain free, were flowing unabashedly. It was indeed an afternoon I shall never forget, and I hope you enjoy “the Blanket” as much as I do.



*Wm Felkins, (l) and his mother, Juanita McQueen "protecting the patches"*

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# 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.yesterdaysevents.com](http://www.yesterdaysevents.com)  
FB: [www.facebook.com/YesterdaysEventCenter](http://www.facebook.com/YesterdaysEventCenter)

## Crape Myrtle Festival August 20

10:00am - 5:00pm. James Barnes Park, Ardmore, TN. Crafts and small business vendors, crape myrtle sale, food trucks, entertainment and more. Hamlett Street, (John Barnes Park - Behind Veteran's Museum), Ardmore, TN.

## Athens Saturday Market August 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.

## Summerfest on the Square August 27

6:00pm - 9:00pm. Eastside Steps of the Limestone County Courthouse, 150 S Marion St, Athens. Enjoy a night filled with great music and food at the 1st Annual "Summerfest on the Square" in Athens. Music by Tom McClung, Last Call, Todd Stovall and Friends and Side Project. Bring your chairs and meet your friends. No coolers please.

## 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.

## 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.

## 9/11 Heroes Run September 10

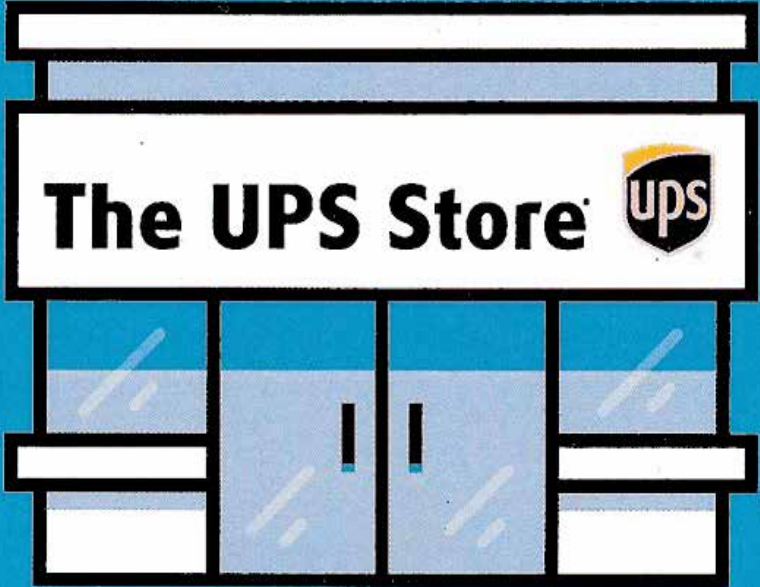
7am-11am. Eastside Steps of the Limestone County Courthouse, 150 S Marion St. The 9/11 Heroes Run 5K welcomes runners, ruckers, and walkers of all ages and fitness levels to honor the heroes of 9/11 and those who've served our nations since.

## Gettin' Dirty at the Library - "Easy Gardening in the South" September 13th

Limestone County Master Gardeners are offering a free presentation on "Easy Gardening in the South" from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. Harvey Cotten, horticulturist and author, is our guest speaker.

## Constitution Day Program September 19

A program commemorating the signing of our great Constitution in Philadelphia, Pennsylvania on September 17, 1787. 1pm in McCandless Hall of Athens State University. Dr. Jess Brown, professor Emeritus of Political Science at Athens State University, recently retired, will be the guest speaker. Dr. Brown is also a member of the Sons of the American Revolution (SAR). The event, jointly sponsored by the John Wade Keyes Chapter of the Daughters of the American Revolution (DAR) and Athens State University, is open to the public at no charge. For more information, contact Pam Porterfield at 205-789-2294.



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# What Makes Ronnie Roll

## *The Power Of Small-Town Traditions*

by Ali Elizabeth Turner



We all know that Athens-Limestone County is growing, hopefully like a garden and not a weed. Huntsville was recently voted the best place in the nation to live, and that the ongoing challenge for Athens City Hall is to find a way to keep the small-town feel of Athens while we become a “not-so-small town.” One of the ways that we have done that is through the annual pep rally that showcases the rivalry between Athens High School and East Limestone High School. Most years, that first pep rally and game happen on the Friday that falls mid-month in August, and this year it was Thursday the 18th.

Mayor Ronnie told me a story that illustrates that something as traditional as apple pie along with the kickoff of the fall high school football season has the power to change the direction of a family’s life, at least as it pertains to where they decide to live. The pep rally fills the Courthouse Square, windows get decorated, the cheerleaders, bands, football teams and more are part of it, and it’s “big doins’.” Mayor Ronnie was standing on the sidewalk during one such rally and was approached by a complete stranger who wanted to know what was going on. He explained to her what I just described, and she was incredulous. She said, “You mean, the town comes out for it like this? You actually do that? Who still does that?” “Yes, ma’am, we have been doing this for

years,” replied the mayor. Her answer? “Then, we’re moving here!”

We sat in the mayor’s office and talked about how hungry people are for community and relationships. We celebrated the fact that after any game, kids can go to Kreme Delite, Village Pizza, Lucia’s, Terra Nova’s and hopefully other places soon, so that they can celebrate their wins or get through their losses. And, for other crowds, there are traditions like Fridays after Five, Singing on the Square, and more, depending on the season. In many towns, attending events at night is just not an option these days.

Mayor Ronnie switched gears a bit and talked about an event he had attended with his grandson, Quinton. NBA legend Bill Walton had spoken at the mayor’s alma mater, UNA, and discussed the power of decisions. Back in the day, Bill Walton was known to be kind of “out there,” and as a UCLA Bruin under the care of Coach John Wooden had decided he wanted to look a bit more like a hippie and fit in with his fellow college mates. Wooden had a pretty strict dress code, and while he patiently listened to Bill’s pitch, John calmly said, “Bill, you have the right to do that. And, we shall sure miss you.” Walton’s message? Decisions ALWAYS have consequences. What if Wooden had caved or Walton had bolted? Bill would not have gone on to be MVP and win a ton



of titles. He also might not have developed the strength and discipline that it takes in order to deal with a myriad of physical challenges.

Speaking of challenges, the mayor looked at me as he always does this time of year when he actually announces with a smile that it is budget time...more on that next Ronnie. And I rolled my eyes as I always do, because being jazzed about budgets just does not compute, pardon the pun. So we prayed, as we always do, and then it was time for Ronnie to roll.

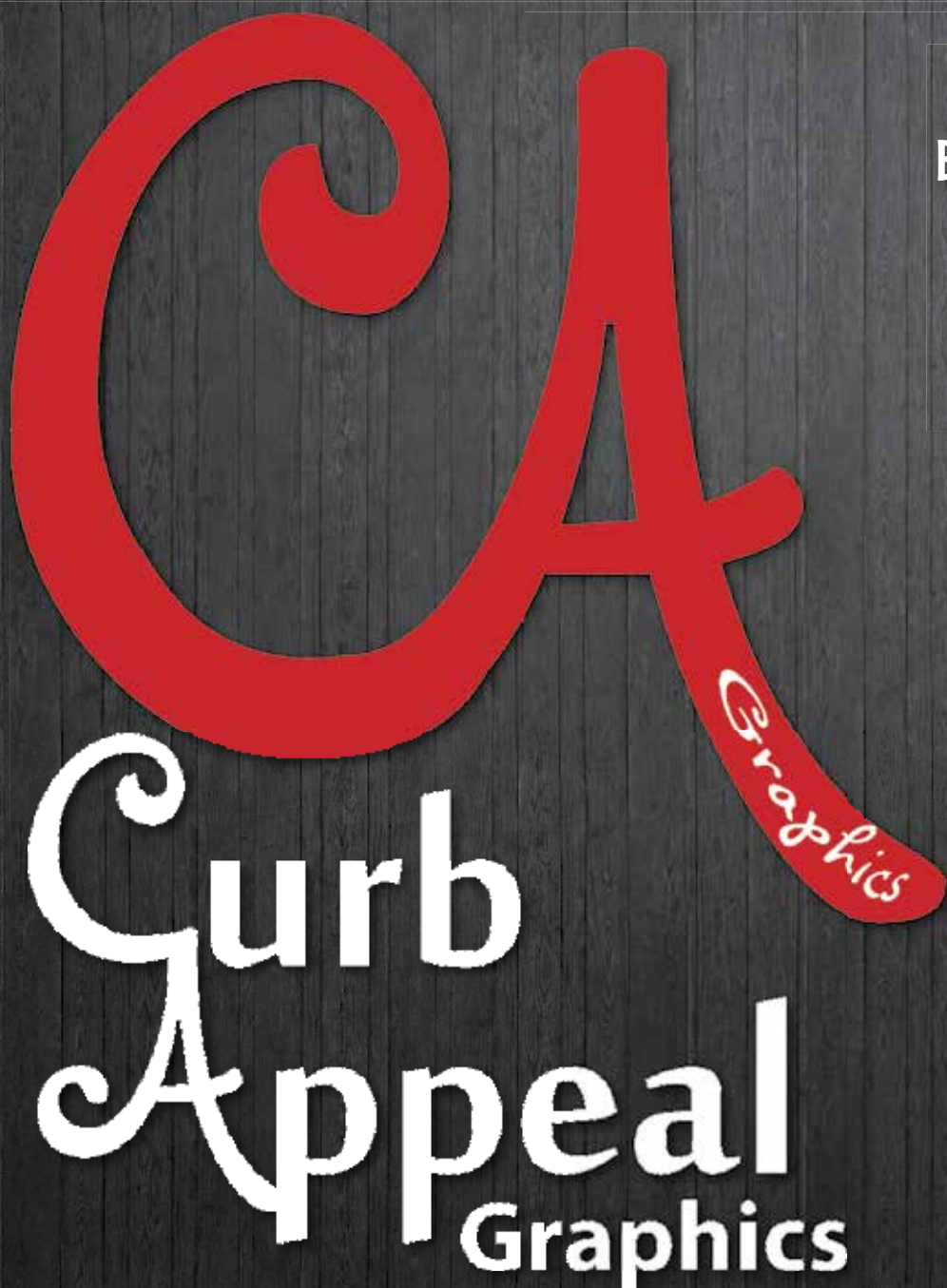


*NBA legend Bill Walton gets hugged by coaching legend, the late John Wooden*



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# Save Alabama Birth Centers

by Rachel Clark



According to a new report by WalletHub earlier this month, Alabama ranks as the worst state in the US to give birth. Many factors go into this rating, including the number of OB/GYNs and midwives per capita, cost of healthcare, cost of childcare, quality of women's hospitals, maternal mortality, infant mortality, and access to prenatal care. Data reported by the Alabama Department of Health Vital Statistics in 2019 shows only 28 of Alabama's 67 counties having labor and delivery facilities inside the county. Of those listed, 9 are classified as "Highly Rural" by the Alabama Rural Health Association, 7 are "Rural," and the other 12 are "Urban." This means women and families must travel to one of these counties to access care with many women traveling a great distance to do so.

Given our current abysmal rating, birth centers could be part of the solution to our problem. The American Association of Birth Centers (AABC) defines a birth center as "a health care facility for childbirth where care is provided in the midwifery and wellness model. The birth center is freestanding and not a hospital." Birth centers have been in existence since 1975. The birth center care model and outcomes

have been studied since 1989. Time and time again, those studies have proven that the care provided in birth centers is cost-effective, high quality, and safe.

In 2017, the Alabama State Legislature passed a law allowing certified professional midwives (CPMs) to become licensed and practice midwifery in our state. This opened a door for women in counties that do not have a labor and delivery unit to access care in their own homes, provided that they are low-risk and healthy. According to the law passed, CPMs may provide midwifery care in the setting of the client's choice, except a hospital. Given that there are currently no birth centers open in our state, CPMs only deliver at home at this time. Hopefully, one day soon that will no longer be the case.

There are three birth centers attempting to organize and open across the state: one in Huntsville, one in Birmingham, and one in Greenville. Currently there are no regulations for opening a birth center. However, a few weeks ago, the Alabama Department of Public Health (ADPH) decided to propose regulations that would govern those fledgling centers that are attempting to open their doors. These rules are very similar to rules which were repealed by



ADPH in 2010 because there were no birth centers in the state. Should these rules pass, it will effectively ensure that they will not open.

Two of those future birth centers are intended to be staffed with CPMs. Across the nation, 50% of all birth centers are staffed with CPMs. The currently proposed regulations state that only certified nurse midwives (CNMs) would be allowed to work in a birth center. Additionally, the proposed regulations place further restrictions on CNMs practicing in birth centers that are not in the requirements for licensure (nor should they be). Barrier to CNM practice is difficult enough without the addition of these proposed rules.

The proposed rules would also make it extremely difficult to open a birth center because building regulations are similar to hospitals

or outpatient surgical centers instead of birth centers. Most birth centers around the country are private homes that have been renovated and converted into birth centers. These proposed specifications make it economically impossible and no longer cost-effective. The proposed regulations are not in line with national standards for birth centers as set forth by AABC and their model legislation.

On their website's home page, ADPH says they "work to promote, protect, and improve your health." Their self-stated core values are excellence, integrity, innovation, and community. The proposed rules from ADPH regarding birth centers do not meet any of those core values. While regulations to protect the public are vital, these proposed regulations would only serve to limit competition for physicians and hospitals.

It is vital that we as the public, whose interests are supposed to be protected, make our voices heard. We should hold ADPH accountable and ask that they table their current rules in favor of a collaborative effort to create better ones which are more representative of all stakeholders, not just ADPH. On Thursday, August 18, 2022, at 10 a.m., there will be a public hearing regarding these proposed regulations. If you have concerns about these proposed regulations, I highly encourage you to reach out to ADPH. Public comments on the proposed regulations will be open until September 2, 2022. Correspondence can be addressed to Jacqueline D. Milledge, Bureau of Health Provider Standards, Department of Public Health, PO Box 303017, Montgomery, Alabama, 36130-3017.

## Slinkard On Success

# “P” Is For Productivity

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)*

Continuing our series of the “ABC’s of Slinkard on Success” – we have come to the letter “P” and our word is Productivity. This is a word that many people struggle with daily and an area I would urge anyone to try to master. I am amazed at what separates those who can be productive versus those people who are the opposite and are unproductive. What habits will it take to fulfill the meaning of the word “productivity”? Obviously, the first thing a person must do is produce because you cannot be productive if you are not producing results.

The modern definition of productivity is: “The effectiveness of productive effort, especially in industry, as measured in terms of the rate of output per unit or input.” The next part is to realize we are all productive in our lives, but it comes down to positive productivity or negative productivity. Sadly, I believe that far too many people produce at a negative level so we fail to realize our lives are all about producing results. Yet, too often people produce negative results all because they miss the big picture that all of life is about productivity, good and negative.

I must admit that when I think of our word – productivity – I think about someone getting things done. I know I am effective when I have a list of items that need to be accomplished and I can go

through and mark these items off the list. Being able to complete items on a list is a huge motivator for myself, but what about others? How can others become motivated to have positive productivity in their life?

This is the million-dollar question because there have been many authors who have tried to write books upon books about how a person can become more productive in their life. It is my opinion that people must first face the reality that life is all about productivity and some productivity is positive while other productivity is negative. We must realize we all are producing something in our life.

I think that too often we only focus in on the positive production, and

we fail to realize that twenty-four hours a day, seven days a week we are producing something. It is up to us, though, whether our productivity is getting us somewhere or bringing us down. We need to be more active in the way we live our life – if we take an active approach to getting positive productivity out of each day – we should see more fruitful lives. When the focus is on being productive as much as possible, our mindset changes and thus our results will be different.

Instead of living a life with no meaning, we should be able to live each day to its fullest by getting the most out of each day. It is like squeezing an orange to get the most juice possible. This should be our approach daily. Yet of-

ten, we have a society of people not willing to put forth any effort, and then they wonder why they live the way they do. It is our way of thinking that puts us exactly where we are today. The blame for a person’s life cannot be put on anyone else, but the individual. If I fail in life, it is because I have failed, not the system or anyone else. We must take ownership of what we are producing in life.

Productivity comes down to understanding what results you are wanting to produce. Then it requires understanding what must be achieved to reap what you want to produce. Next, it comes down to sowing or working your tail off to do exactly what needs to be done to produce the results you are looking for. Finally, it comes down to a rinse-

and-repeat cycle in that you must take on the grind of realizing we must be “productivity conscious” every day. We are always producing results – if there is a beat in this heart, I am either producing positively or negatively in my life.

Once we have the understanding that life is what we make it out to be, it is at this time we must focus on producing positive results. The more we produce positive results in our lives, the better society becomes. The better society becomes, the better the world becomes, but it all comes down to a person deciding on their own productivity level and results and then continuously going after it. Negative? Positive? What result will you produce?



Clean, Green And Beautiful

# A Firm Foundation In Unstable Times

by Lynne Hart, Keep Athens-Limestone Beautiful



Many of you who read our articles and receive our e-newsletters are faithful followers of KALB, and may know that this past five months have been difficult. Between the closing of the recycling center and finding a replacement for our wonderful Executive Director Leigh Patterson, our KALB Commission has had their hands full! We have experienced some administrative setbacks; however, due to people who love this organization, there is no chance of failure!

I would personally like to thank Leigh for stepping back in to help with administrative tasks, which she is handling in addition to her full-time job. I am handling the newsletters and other communication tasks, while Marilyn Ford, who was the KALB secretary many years ago, has stepped in temporarily to handle day-to-day tasks on a part-time

basis.

Our KALB Commission has had to deal with so much since we learned the Recycling Center would have to close. David Ohlrich, Chris Becker, Jeannie Pirtle, and Lisa Garlen worked with Keri Chalmers as she finalized sorting, baling, and selling the last of the materials, pulling in equipment, and completely cleaning out the building and property. It was a very difficult task, but with the help of District 4 Commissioner LaDon Townsend and County Commission Chairman Collin Daly, the work was completed in a timely manner. And the good news is that recycling will return to Limestone County as a municipal program in the not-too-distant future!

During that same period of time, our KALB Commission was dealing with finding a replacement for the KALB executive director position. Unfortunately, they are starting



that search once again. It has not been an easy task. Jeannie Pirtle, Jennifer Baxter, Donna and John Cotten, and Lisa Garlen took the reins and tried to find the most qualified applicant and offer assistance. One must love what our organization stands for because the funds we work with on an annual basis do not allow us to provide a salary

worthy of the job. With only a full-time director and part time secretary/office manager, there is a lot to be done, so self-direction and motivation are absolute requirements. I truly loved what I did and never dreaded Monday mornings. It was the diversity of responsibilities and challenges that kept me there for 21 years and Leigh for 9.

So, I would like to take the opportunity to thank each and every one of the KALB commissioners who stepped in and

stepped up their game during these tumultuous times, as well as Leigh Patterson and Marilyn Ford for stepping in to ensure this organization continues our presence and moves forward. Without their leadership and belief in this organization, we could not have survived this rollercoaster ride we have been on! THANK YOU for your dedication to Keep Athens-Limestone Beautiful and for all that you do!



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## Cooking with Anna

# Love Always Perseveres

by Anna Hamilton

*We are quickly approaching the end of our study on love, and I find it very fitting that perseverance is the next to the last attribute in the list of the way we are to love. To persevere is to endure whatever life throws your way. Easier said than done, right? The truth is, no matter how much you take all the other parts of love and put them into practice in your daily life, sometimes life feels impossible to endure.*

*When something goes wrong in our lives, it can feel that everything is going wrong. Our world is crumbling before our eyes, and we feel helpless to stop the destruction. We try to be kind and patient with ourselves, but the thoughts of self-doubt and self-sabotage start to creep into our minds. Our perseverance is faltering. We feel so weak at times that a feather could knock us to our knees.*

*There have been many moments in my life when I did not know if I could continue. It felt it easier to give up on myself. Easier to give in to the pressures of the world and not follow God's plan for my life. You see, Satan makes his path seem to be the easy path. The way of the world is all shiny and covered in glitter, but the truth is, right underneath the surface is rot*

*and decay. It is just a shell of happiness. Walking the pathway of Christ may seem dull and not offer us all that glitters in this world, but it does offer for us a place in Heaven. And no amount of earthly glitter can outshine the promise of Heaven.*

*It's easy to say, just stand firm in God's word. Just keep going; just persevere. But without the proper foundation of knowing how to love yourself, you will not be able to stand firm. You will be washed away like a house built on the sand. It is so important that we put all of the proper ways to love into practice. If we truly learn how to love ourselves the way 1 Corinthians 13 says, perseverance comes much easier. "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrong. Love does not delight in evil but rejoices with the truth. It always protects, always trust, always hopes, always perseveres." 1 Corinthians 13:4-7*

*Paul so beautifully depicts our Christian walk in Philippians 3. "Not that I have already obtained*

*continued on page 23*

## Rotisserie Chicken Market Salad

### Ingredients:

- 1/4 cup chopped walnuts*
- 2 cup rotisserie chicken, shredded*
- 1 stalk celery, thinly sliced*
- 1 cucumber, thinly sliced*
- Mixed greens*

### Dressing:

- 3 Tbsp avocado oil (or extra virgin olive oil)*
- 2 Tbsp apple cider vinegar*
- 1 Tbsp spicy brown mustard*
- 1 Tbsp lemon juice*
- Salt and pepper to taste*
- 1 tsp minced garlic*



### Directions:

- Toss together walnuts, chicken, celery, and cucumber. Arrange over mixed greens.*
- Mix together the dressing by combining all ingredients. Feel free to add a touch of maple syrup or honey if you prefer a sweeter dressing.*
- Drizzle dressing over salad and enjoy.*

# What Is Metabolism?

by Danny Moon



Metabolism refers to the chemical (metabolic) processes that take place as your body converts foods and drinks into energy. It's a complex process that combines calories and oxygen to create and release energy. This energy fuels body functions.

Your metabolism never stops, even when your body is at rest. It constantly provides energy for basic body functions, such as:

- Breathing.
- Circulating blood.
- Digesting food.
- Growing and repairing cells.
- Managing hormone levels.
- Regulating body temperature.

Instead of being grateful for metabolism, we tend to blame it. Have you heard someone say or even said yourself, "I can't lose weight. My metabolism must be slow."? It seldom is. Factors such as age, sex, and body size cause natural variations in resting metabolic rate (the number of calories, or units of energy, that we burn just by being alive). But those differences are normal, and they are not usually the root cause of weight gain or inability to lose weight.

The real problem is almost always consuming too many calories and not getting enough exercise, which leaves us with excess energy that we store as fat. The best ways to lose weight are staying active and eating a healthy diet, not trying to change the speed of your metabolism.

But even though we can't usually increase the speed of our resting metabolic rate, our habits do affect our metabolism in many important ways:

### 1. How what you eat affects your metabolism

You might have heard that eating certain foods, or eating at a certain time of day, can make your metabolism faster. In reality, the speed of your metabolism remains roughly the same no matter when or what you eat.

The few exceptions to this rule are not always good weight loss strategies. Studies have shown that caffeine slightly increases the rate at which you burn calories in the short term. But your body becomes used to caffeine over time, so the effect doesn't last if you're a regular coffee or tea drinker. Products promoted as metabolism boosters tend to be similarly ineffective, and some have dangerous side effects.

So don't get caught up on how fast you metabolize food, but on the way, you metabolize it -- that means avoiding fried foods, such as potato chips, and refined sugars, such as those found in soft drinks, candy, and many baked goods. These energy sources are the ones most likely to end up stored as fat. Instead, choose whole grains, lean proteins, vegetables, and fruit, which your body can easily use to fuel its functions and activities.

### 2. How exercise affects your metabolism

You can't do much to affect your resting metabo-

lism, which accounts for most of the calories most people burn each day. But building muscle can help. Muscle tissue uses more energy than fat tissue does, even when you're at rest. Because one pound of muscle burns up to 50 calories at rest while fat only burns 3-4 calories per pound.

This is a big reason that women, who tend to have less muscle tissue than men, also burn fewer calories. And it's why older people tend to burn fewer calories than younger people do. Loss of muscle mass is a normal part of aging, but regularly working your muscles can help combat it.

Remember, while building strength can boost your resting metabolism, getting more aerobic activity is the most efficient way to burn more calories. Even walking 25 or 30 minutes a day, five days a week is helpful. And more intense exercise running or aerobics burns even more calories.

In addition to burning calories and building muscle, exercise has been linked to increased amounts of brown fat. The vast majority of our fat is white fat, the kind that stores energy. But we also have a few ounces of brown fat, often around our neck or shoulders, which uses energy to help keep us warm.

### 3. How your current weight affects your metabolism

The process of metabolism has two main parts. Anabolism helps you grow new cells, store energy, and maintain your body tissues.

Catabolism breaks down fat and carbohydrate molecules to release energy that fuels anabolism, keeps you warm, and enables your muscles to contract.

Insulin is one of the many hormones that helps regulate this cycle, by triggering anabolism after you eat. If you're significantly overweight, there's a high risk that your body will stop responding to insulin. As a result, the sugar stays in your blood instead of being stored as energy. This is the condition we call Type 2 diabetes. It can damage your organs and put you at risk for health problems such as heart disease, stroke, and kidney disease. But Type 2 diabetes isn't always permanent. Many people can reverse Type 2 diabetes by losing weight through exercise and healthier eating habits.

### 4. How your former weight affects your metabolism

Having been overweight can continue to affect your metabolism even after you've lost weight. That's one reason maintaining a weight loss is much harder than keeping weight off in the first place.

For example, there are two people who weigh the same: one who has maintained a normal weight all their life and one who has struggled with obesity. The first person can get an average amount of activity and eat an average amount of food, and nothing will happen to them. But often, if the second person goes from a restricted diet back to an average one, they will have a high risk of putting

a lot of the weight back on. Researchers are still trying to figure out exactly what causes this phenomenon. But more studies have suggested that it has to do with hormonal changes after weight loss that both slow your metabolism and make you feel hungrier.

### 5. How deprivation of food or sleep affects your metabolism

Regardless of your weight, eating too little can backfire by slowing the rate at which your body burns calories.

A lot of people skip breakfast and lunch and just eat dinner. But not eating all day signals to your body that there's a shortage of food, so your metabolic rate goes very low keeping your body in starvation mode. And as soon as you eat, no matter how healthy the food, your body is trying to store every single calorie in that food as fat.

Even if you want and need to lose a lot of weight, you should aim to eat three or four small meals a day, comprising mostly vegetables, whole grains, and lean proteins.

Finally, make sure you're getting a good night's rest -- seven to nine hours of sleep each night. Sleep deprivation can cause your body to produce too much insulin, leading to increased fat storage.

Take the information into consideration and keep that metabolism battery charged. If you are having trouble with losing weight or have questions contact your doctor or weight-loss specialist.

# Limestone Manor & Limestone Lodge: A Place To “Live Happy”

by Ali Elizabeth Turner

*continued from page 1*

sequent passings. “I have always wanted to care for people,” she told me. With a smile, she went on to say, “I may not be the greatest singer or dancer, but this is my gift.” Delois’s auntie died of cancer, and on her death bed she made Delois promise she would continue to pursue a career in nursing. Delois could do no other, and that calling currently has her heading up two specialized and intimate care communities known as Limestone Manor and Limestone Lodge, both of which are located in Athens.

Over the course of her career, Delois has pursued continuing education as it pertains to senior nursing care and has several certifications. As a young woman, she became a certified nurse’s assistant (CNA). She went on to become a licensed practical nurse (LPN), has Alabama certification as an assisted living administrator (ALA), and has national certification as a certified dementia practitioner (CDP). As it pertains to dementia, when Delois was a young woman help-

ing care for her grandmother, she found that intuitively she was doing things to help her grandmother stay engaged and present. As we spoke, I came to realize that I had always used dementia and Alzheimer’s disease almost interchangeably, and now understand that there are differences.

Delois explained that Alzheimer’s is the most common form of decline and is specific. Dementia can have several symptoms. Alzheimer’s affects the ability to retain new knowledge and can become more physical, resulting in trouble speaking, swallowing, and memory loss. Dementia is a decline in mental ability, including reasoning, memory, and other cognitive skills. In a word, dementia is an umbrella term, and Alzheimer’s is a form of dementia. Why is this important to understand? Because a person may be struggling themselves or may have a loved one who is struggling, and everyone in that situation needs to know that there are compassionate,



competent people who are well-trained, and most importantly, love to help. And, there are two excellent communities in our area that offer residential opportunities that are small, intimate, and ready to make the best of a difficult situation. They are Limestone Manor and Limestone Lodge.

While we are especially blessed in Athens-Limestone by the presence of outstanding care facilities, the Lodge and the Manor are small and closer to being like a residence. The Lodge, which is located at 1532 W. Hobbs, has 16 beds and is more specifically oriented to deal with memory care. The other building at the Lodge also has 16 beds, which are assisted living. The Manor has 24 beds and is located 600

Highway 31 S. In 2020 and 2021, Limestone Manor was voted the Reader’s Choice by the Athens-News Courier, and Limestone Lodge won that same award in 2022.

Anchoring people to their life is an important part of excellent care, and one of the things that happens when someone comes to live at the Lodge or Manor is that they and their families work on a Life Story. It includes memories, accomplishments, family member stories, and photos. Another is having a number of activities, and hands down, the two favorites are Bingo and Jazzercise. Bonnie Johnson and Brooke Hagemaker are the activities directors at the Lodge and Manor respectively. Stephanie Brodka is the unit coordinator at the Lodge, and Bridgette Crenshaw is the lead resident assistant at the Manor. “I want to thank them for their help, and I want them to know I couldn’t do what I do without them,” Delois told me. The small number of beds in each community makes it

possible for the residents, their families, and the staff to know each other. They all greet each other, and the atmosphere is warm. I know from my own experience while interviewing Delois at the Lodge that I had the joy of getting to meet a dear, cheerful man who sported a Roll Tide T-shirt and was enjoying coloring. His demeanor lifted my spirits, and I could tell he felt safe and loved.

Here is what Delois says about both communities over which she keeps a caring eye:

*Our assisted living and dementia care communities are designed to help residents maintain as much independence as possible, while offering comfortable living accommodations and assistance from our passionate staff.*

If this is what you are looking for in an assisted living or memory care community, contact Limestone Lodge or Limestone Manor today to see how they can help you “live happy.”

## **Limestone Lodge Memory Care & Assisted Living**

1532 West Hobbs St,  
Athens, AL 35611  
256-233-1224

## **Limestone Manor**

**Assisted Living**  
600 Highway 31 South,  
Athens, AL 35611  
256-232-3900



*Limestone Manor Assisted Living*



*Limestone Lodge Assisted Living  
and Memory Care*



# PlayAction Sports

## The (Relative) Calm Before The Storm

by Tim Lambert

Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at [www.pasnetwork.net](http://www.pasnetwork.net)! email: [playactionsports@hotmail.com](mailto:playactionsports@hotmail.com)

The school year has started and local athletes are chomping at the bit to get their fall seasons underway. Football began with some jamboree and intersquad games last week, but it kicks off this weekend full force. Volleyball saw its season get started back on Thursday. We'll catch you up on results next month. This time around we clean up some of the news from a relatively slow-paced July.

Former Athens High pitcher Jacob McNairy was selected by the Seattle Mariners in the Major League Baseball draft last month.

During All-Star Sports Week in Montgomery, East Limestone's Lily

Hosmer had two goals as the North Girls' All-Star soccer team defeated the South 5-0. Athens Bible School's Cana Vining and Ardmore's Ella Singletary also pitched solid relief innings as the North softball team swept the South 6-3 and 10-5. North All-Star golf teams swept the South -- Athens' Nolen Wolfe and Haleyville's Brant White defeated Citronelle's Gunner Newborn and Theodore's Cameron Williams 15-3; James Clemens' Gracee Prince and Huntsville's Ava Schwartz tied Pike Road's Yvette Gorden and Daphne's Eza Velasquez at nine apiece. James Clemens' Punarvi Mandadapu won number 6 singles for the North All-Star girls' tennis team.

James Clemens senior Evan Lott was the District 8 AHSADCA Coaches' Children Scholarship recipient as the AHSAA wrapped up its 100th year with its Summer Conference. Evan previously signed with the University of Alabama's Wheelchair basketball team. Athens High athletic director Linda Moore was presented with the Class 6A Making a Difference Award. Athens Bible School was also one of 65 schools that were ejection- and fine-free for the 2021-22 school year.

The Cottontown United 03-06 boys' soccer team came in third at the State Games of America, playing up in the U19 division.

The Athens Gators swim team completed an undefeated regular season, beating Florence with a combined score of 615-490 at the District 1 championship. The women and men also won as individual teams. The Gators also claimed the Race League West Championship with a combined score of 1827.5 over second place Fayetteville. The Athens men came in first as a team while the Athens women were second to Fayetteville.

James Clemens' Jack Mitchell jumped nine spots to the number two position in the Alabama Boys' State Junior golf rankings. Lindsay Lane's Chloe Ruble is up three to the number eight spot on the girls' side. Mitchell won the Alabama Boys' State Junior Champion-



James Clemens' Alina Otero signs a softball scholarship with Calhoun (Courtesy photo)

ship in July while Ruble was eighth at the Alabama Women's State Amateur tournament.

At the Brothers for Life 5K in Decatur, Hayden Luyk of Athens finished first in men 30-34 and 18th overall. Christel Kennedy of Athens was first in women 35-39.

Congratulations to James Clemens' Alina Otero for her softball scholarship with Calhoun and to Elkmont's Mykell Murrah and Athens High's Logan Mooney for baseball commitments to Wallace State and UAH.

Clements hired a couple of new coaches: Jessica Wallace transferred from East Limestone to be the new head softball and cross country coach, while Kyle Owens was tapped to be the Colts' varsity basketball coach.

James Clemens starts out

the football season ranked number 6 in the Class 7A preseason poll. The Jets are also in a tie for ninth place in the Power 25 rankings. Preseason volleyball polls had Lindsay Lane ranked eighth in their new 2A classification. Athens Bible School was fifth in Class 1A.

### Odds and ends

ABS will have their Meet the Trojans all-sports pep rally at the school on September 23. Lindsay Lane will host their annual golf tournament on October 31 at Canebrake. Entry fee is \$600 per foursome and \$150 per player. For more information, go online to [www.llcaboosterclub.com](http://www.llcaboosterclub.com) under the events tab.

The Jets All-In Campaign has been set up to help various athletic programs at James Clemens. For more information on donating, go online to [www.jcathletics.net](http://www.jcathletics.net).



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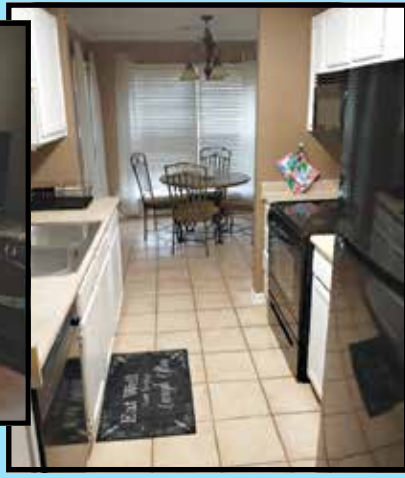
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## Cover Story

# Chaj Rondelle Enterprise, LLC: *Born Out Of A Heart To Serve*

by Ali Elizabeth Turner

*continued from page 1*

advanced degrees, and knows the value of a solid education. Recently he told me with a smile that back in the day, "Social work paid the bills, and broadcasting was the hobby." Most recently, he spent several years working at the GM Springhill, TN, facility and taught workers the skills they needed as the plant shut down from producing Saturn automobiles and re-tooled both physically and educationally to produce Chevrolets. I met Vincent last winter when he came to visit our BNI group, Limestone Leaders, and all of us in our chapter are so glad he decided to join us as a real estate investment professional. The purpose of this advertorial is to make you

aware of a particular part of the real estate investment "pie," and to demonstrate why Vincent is a good choice if you are either looking to invest or learn how to do it yourself. In either role, I am impressed by his calming ability to educate as well as to inspire confidence. As is often the case, Vincent and his wife, Joyce (who has 55 years of experience in health care and is a nurse practitioner), experienced the desire to own a business of their own. Each had been highly successful in their respective fields, and had owned some properties in the area. Around two years ago, Vincent became aware of and enrolled in a school of real estate investment that is headed up by two men by the names of Ron La Grand and Jay Conner. Vincent became certified as a

"Platinum member" of Jay's private money academy, and underwent an intensive education process to both learn how to use it himself and teach others.

What in the world is a "private money academy?" It is a system that educates prospective investors regarding alternative real estate financing. It is legal, fiscally legitimate, somewhat sophisticated, and time tested. That being said, the reason why it is such a boon for everyone involved is that it genuinely serves people who have a desire to get in or out of a property safely, as well as for those who choose to be the investors.

How does it work? Largely it utilizes a self-directed IRA. This allows the investor who actually has the account to be the one that directs the investment, rather than the corporation that issued the IRA in the first place. Vincent described it to me, as someone whose bailiwick is clearly NOT high finance, as follows:

*"This teaches people to self-direct their IRAs and invest in real estate properties. There are many people who can invest and don't need to have huge amounts of money in the bank for investments. There are others who have significant investment capital, and the IRA companies don't direct the usage of the funds. When alternative financing is used, the return on*


*investment (ROI) for the investor is 10%, which is paid by Chaj Rondelle Enterprise for as long as we use your money. This is how we are able to leverage a retirement or investment account for the investor. Chaj Rondelle Enterprise uses the funds to make offers on properties for the investor, and sometimes we buy, repair and sell distressed properties. We can sell them, hold them, and sometimes rent them. We find owners who are willing to use self-financing options. Lease purchase and lease option are most popular, and they are the simplest."*

This approach also makes it possible for a buyer to get into a good property while they are repairing their credit.

I asked Vincent what his most satisfying "close" had been so far, and it's a condo that had been a part of the Airbnb system. The family was tired of the property and wanted out. Vincent was able to turn it around; now it is producing, and a long-term client is co-

ming. The Anderson family has always had a heart to protect the vulnerable, and the alternative real estate financing approach also has the potential to help those that are in need of assisted living in a residential setting. "Marriott has taken apartment complexes and converted them into assisted living quarters," said Vincent. Right now, Vincent is getting his Residential Assisted Living Training, and is headed toward getting licensed in TN and AL. "There is a need for residential homes where people can stay in a small, family-like setting, are not as expensive as "big box" situations, and are not government-run facilities," he said. Chaj Rondelle Enterprise is hoping to have everything in order for that service by December, so stay tuned. If you are an investor, or are wanting to get in or out of a property and need help to do so, why should you choose Chaj Rondelle Enterprise as a company, and more importantly Vincent Anderson as a person? That's easy. All of their businesses and adventures have one thing in common: they have been born out of a heart to serve. Call Chaj Rondelle Enterprise LLC and Vincent Anderson today to see if this is your next right step. You'll be glad you did.

**JAY CONNER**  
The Private Money Authority



Jay Conner began investing in real estate in 2003. At the start of his career, he relied on his local banker to fund his deals and was able to put together a few deals. However, that meant coming up with large down payments, paying origination fees, signing personal guarantees, and playing by the banks rules. After years of feeling owned by the bank, Jay learned how to buy properties using creative financing, including "buying" subject-to existing note, using lease options and seller financing.

After the market crashed in 2008, his banker closed his lines of credit without notice. As "collateral" would have it, Jay learned about the world of private money in less than two weeks of being cut-off from banks. He developed his own system for securing millions of dollars in funding for real estate deals. Jay refined his private money system until it was repeatable and dependable. When he put his system to the test, his first private lender gave him \$250,000.

In less than 90 days, Jay raised \$2,150,000 in private money. As a result of losing his line of credit, Jay found it was a huge blessing in disguise. Jay's unique system allows him to enjoy 7-figure profits year after year. He also has the freedom to work less than 10 hours per week in his real estate investing business by leveraging the power of automation.

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## Learning As A Lifestyle

# I Took The “16 Personalities” Test

by Eric Betts

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

One of the important traits needed for effective leadership is self-awareness. In fact, leadership trainer and expert, John Maxwell, has written a book called *The Self-Aware Leader*. Maxwell states, concerning self-awareness, that “successful leadership learns how to conquer themselves before they learn how to conquer the world.” Conquering oneself means being confident and comfortable in one’s skin and understanding what makes their personality tick. Such leaders are able to ask on a regular basis, “Who am I?” and “What am I here for?” Recently, one of our clients asked if we would conduct a certificate course on personality and personal growth. There are many personality tests that are offered as a service for those seeking personal growth. One that comes highly recommended is called “16 Personalities.” The service is scientific. It breaks down your personality by percentages. Additionally, it provides insight and advice based on their findings. The science helps individuals in several areas relating to personality. It shows how the unique personality of the individual fits into personal relationships, career choices, relationship building, and parenting. This service is free and emails daily advice tailored to the individual personality type. I decided to take the survey in order to learn more about myself as a leader so I can learn how to conquer myself, as Maxwell suggested. I was amazed at how accurate the survey was. They ask about 20 questions and afterwards you receive the results. After taking the survey, I was able to understand many of the decisions and paths I had chosen from high school to shortly after college graduation. It helped me connect a lot of metaphorical dots and pieces of the puzzle. The results will show what drives or motivates your personality. Allow me to use myself as a case

study of how effective the personality test can be. There are four steps I will outline of the beginning of my life’s path, and the personality test will show why those choices were made.

First, I was unsure of where I would attend college after high school graduation until a few weeks before enrolling. Upon arriving, I had not yet been accepted. My father was a bit frustrated with the suspense and spontaneity. I was confident that it would work out and indeed it did. Second, after graduating college, I moved to three different states: Pennsylvania, Massachusetts, and Nevada. The night after learning about an opportunity in Las Vegas, Nevada, I left, traveling across country from Massachusetts to Nevada. Third, once settled in Las Vegas, I received a sponsorship letter to attend a university in the Midwest. It would be a post-graduate opportunity where I would study for my M. Div. degree. I turned it down to work on a church plant project where I felt most confident. Fourth, after ten years in Las Vegas, I was attracted by a story about ministry in Washington D.C. Within six months, my family and I sold our possessions and moved across country from Las Vegas to Washington. We were unclear about which apartment we would stay, as we were not familiar with the area and how to navigate. I trusted that it would work out. We stayed in a temporary unit upon arrival, a little short of funds for a move-in date to lease an apartment. Over the weekend, we had the money and moved in. It would not be until years later that I would realize how amazingly adventurous the experience had been, and how close I was to things going in the other direction. Did I mention I married my wife of 21 years within one

year of meeting? The test explains a lot about what drove me in certain ways. It explains what motivated me to travel to 13 different countries with few resources. The findings from this study also provides a list of strengths and how to be mindful of weaknesses. Find what you can observe about the four steps and the personality behind them.

I learned from the results of “16 Personalities” that I am an ISPF-A personality type. The “A” meaning adventurer. This type is one of two introverted types -- ISPF-A being more independent, unpredictable, and assertive, while ISPF-T being more skeptical and collaborative. The ISPF-A personality says that I am an explorer and possess confident individualism. The service compares the two types with the lion and cat metaphor.

The lion or the housecat? It’s a close metaphor for the differences between Assertive and Turbulent Adventurer personalities. Assertive Adventurers look nearly like Extraverts in their robust expression of spontaneity and curiosity. They tend to roar when compared to their turbulent counterparts.

But housecats are not the opposite of lions. They are their more cautious cousins. In their quieter way, Turbulent Adventurers are just as attracted to the new, interesting, and beautiful as their Assertive counterparts.

This explains why although I am 40% extroverted and 60% introverted, I may appear to be extroverted or confident operating in my gifts, such as public speaking, teaching, or counseling.

One trait from the assertive adventurer type was as follows: When it comes to the career world, Adventurers need more than just a job. Wealth, power, structure, advancement, and security are all lesser goals to Adventurer personalities’ greatest need: creative freedom. Adventurers crave a tangible outlet for their imagination, a chance to express themselves artistically. This explains turning down the offer of sponsorship to the university as it was thought that what I was presently doing was more meaningful. The results say that Adventurer types live in the present. It says that Adventurers prefer to live in the moment, believing the here and now is what matters most.

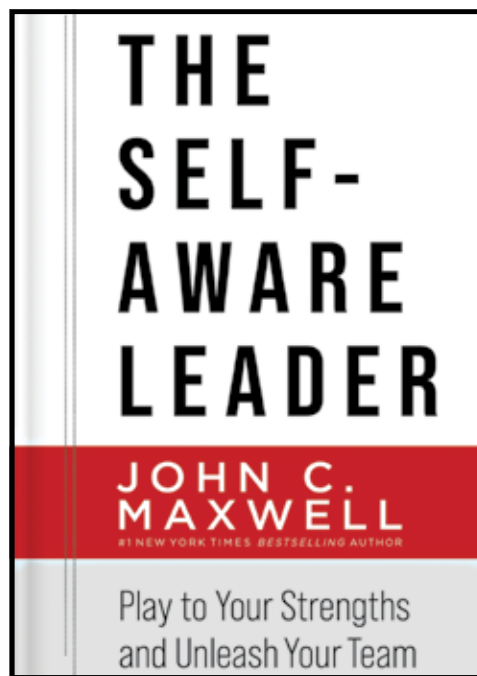
Another trait suggests the following: This mindset can hold them back from many of their ideal careers, such as psychology, counseling, and teaching, which require long-term planning and often extensive certifications to get started. This aspect I was able to overcome, although many of my peers arrived in their ideal careers, while I engaged in more freelance work. The findings of “16 Personalities” says that concerning Adventurers, “the easier route revolves around freelance and consulting work in just about any industry that Adventurers enjoy. Whether organizing charity events, working with hos-

pitals to make patients’ stays more pleasant, or laying stone to help make a house a home, Adventurers always seem to find a way to make the world a little more beautiful and exciting, and to make a living in the process.”

A trait that stands out in my early life story fits in with the research findings about Adventurers. “Adventurers aren’t well-known for their long-term focus...but rather their adaptability and spontaneity. They’ll use unconventional methods, sometimes risky ones, and existing rules are just someone else’s way of doing things. Still, Adventurers find a way to make things happen.”

The final trait to be singled out in this study is that Adventurers’ “sensitivity allows them to be great listeners...They also give their subordinates the freedom to do what needs to be done to solve what needs to be solved on any given day, and Adventurers are likely to dig into that work right alongside them. This gives Adventurer managers a marked style of inspiration and cooperation, and they’re usually well-liked.” I have been known to have the reputation of being a skilled listener. This is also connected with the findings that Adventurers “easily relate to others’ emotions, helping them to establish harmony and good will, and minimize conflict.”

This service has helped me to understand not only what drives my personality type, as well as why I have surrounded myself with certain personality types on my teams. Such tests clarify how to offset weaknesses and how to grow based on your own personality types. It provides a guide in order to be aware of how you are perceived, and how it affects others on your team. I encourage you to take this personality test so that you can grow in your area of expertise and learn to conquer yourself before conquering the world.



# Back To The Bell! Yes, School Is Back In Session!

by Jackie Warner

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



Early mornings... drowsy children... and what, oh what are we doing for breakfast? -- you know it must be nutritious -- yeah, right! Some parents and guardians have it down and make it work seamlessly but then there are the rest of us who after all these years still must get it together and put a plan in action that keeps everyone sane! Well sane at least for the morning we are having that day.

I was reading a post on Facebook that really resonated with me and so yes, I am going to share it with you as well.

Here are some tips, I am working on too!

- Wake up with prayer and a hug
- Have a checklist and specified time limits for morning routines/activities; use a timer
- Prepare school clothes the night before or even for the whole week
- Meal prep on Saturday or Sunday items such as a breakfast casserole or breakfast egg muffins and then freeze individual servings for microwave heat-up each morning
- Ensure homework is completed right after school and have a designated place to complete it
- All school papers should be put in a designated area for parent

review and signatures each day

- Ban screen time during morning
- Have backpacks and lunch boxes ready the night before
- Get to bed early so it is easier to get up 15 minutes earlier!
- Breathe and laugh a little -- Speak encouragement and love

*Until Next Time,  
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## Breaking The Generational Curse

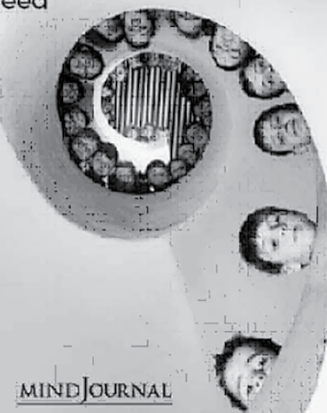
**Quit yelling at your kids before they go to bed and expect them to sleep well.**

**Quit yelling at your kids in the morning right after they wake up, before school and expect them to have a good day.**

You set the tone for your children. You set the tone for YOUR voice that they will always remember in their heads. You become their inner voice. Don't be their inner critic. Let's raise kids who don't need therapy to heal from their childhoods.

Speak life. Speak love. Speak bravery and kindness and hope. Speak wisdom and truth. But most of all, Listen to your children. Be their safety net. Be their Home.

- MICHELLE SORENSON  
| TheMindsJournal



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## Calling All “War Horses”

by Deb Kitchenmaster

On Steven Schneider’s List of “1,001 movies you must see before you die”, is a popular 2011 movie War Horse.

“Joey” becomes a cavalry mount in the British Army. There were 14 horses used to portray Joey during the filming of this movie. However, the main horse was a 15.2 hand Thoroughbred ex-racehorse called Finder’s Key. Due to his spirited nature, he performed specific scenes like rearing when separated from Albert or struggling in the barbwire out between war zones.

Finder’s Key also played the role of Seabiscuit in the 2003 movie about the time of the great depression, where a smaller framed racehorse brought huge doses of hope to humanity through his wins.

This horse, Finder’s Key, appeared in mov-

ies other than Seabiscuit and War Horse. He was in *Legend Of Zorro* (2005), *Did You Hear About The Morgans?* (2009), *Unstoppable* (2010) and *Mirror, Mirror* (2012). Do you remember the TV show *CSI: Miami* (2002-2012)? Yep. There too.

“I’ve never worked with a horse like this. He has such an explosiveness, and this incredible ability to jump around and rear and look the part of a very wild horse, all in a confined space,” said Finder’s owner and trainer, Bobby Lovgren. “He’s like a wild child at times. He’s a handful, but he just loves being in front of the camera. Just about the only he’s not very good at is standing still.”

Whether you go by the name “Joey”, as in *War Horse* or by your foaled name, Finder’s Key, there are 2 characteristics that define this kind of

horse. They are strength and a powerful neck.

### 1. His strength

“Hast thou given the horse strength?” (Job 39:19) Yes! The war horse’s strength comes from God in order to accomplish the many tasks he is exposed too. In the same way, God gives us all the strength we need through His Holy Spirit to accomplish things that our own strength could not accomplish.

### 2. His powerful neck

“Hast thou clothed his neck with thunder?” (Job 39:19) In old time battles, the war horses often had to pull heavy loads. There were needs to move a heavy canon gun or a battering ram which would be roped to a collar or yoke around the horse’s neck.

“I have compared thee, O my love, to a company of



horses in Pharoah’s chariots.” (Song of Solomon) Their neck’s thunderous strength enabled them to see the way forward. God wants our spiritual necks to hold our heads up, to look up, and to move forward in the battle of lies, deceit, and twisted thoughts, ideas, and suggestions.

Let is be said of us, “They’re not very good at standing still.”

War horses please mark your calendars for this Saturday, August 20 and Sunday, August 21.

Starting at 9 a.m. on Saturday, August 20 there will be a 48-hour live stream summit. Go to [frankspeech.com](http://frankspeech.com). You can get a free app if you want. The event is called “THE MOMENT OF TRUTH.” It is invitation only. All fifty states will have someone reporting on the happenings of their specific state -- their policies, their actions, and their stance on voter integrity. War horses, we must fix 2020 so we can go FORWARD! We must remove all machines and go back to paper ballots, timely voting guidelines, and hand count-

ing. We will hear from Lance Wallnau from Dallas, Texas, and Hank Kunneman from Omaha, Nebraska.

If you are a leader of a church or fellowship, please open your doors for TOGETHER listening and praying. Truth will be revealed on what is INSIDE the machines that are being used to count our votes. How they can be and are being used to change our elections into selections. There is also an electronic device, right here in Alabama, being used by the name of ERIC. It has to do with voter’s registration information. War horses, this needs to go! My understanding of MOMENT OF TRUTH SUMMIT being held in Springfield, Missouri, is that the last two hours of this summit will walk us through how to put our shoulder to the wheel and move into action.

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# Morning Anxiety

by Lisa Philippart,  
Licensed Professional Counselor



*“Our anxiety does not come from thinking about the future, but from wanting to control it.”*

**- Kahlil Gibran**

Do you often find yourself waking up with anxiety? If so, you are not alone. Morning anxiety is one of the more common forms of anxiety. Unfortunately, many people find it hard to deal with or even talk about because there’s no obvious cause or trigger. “I’m anxious the minute I wake up” is the way it’s usually described. The good news is that waking up anxious does not have to be a mystery. Not only are there reasons, more importantly, there are very good ways to stop the cycle. In this article, we will look at how morning anxiety works, and in my next article we will examine some practical tips to stop this habit.

Morning anxiety is when you feel anxious or afraid immediately after waking up from sleep. For many people, it’s as if they were anxious in their sleep and simply woke up into that anxiety. Typically, morning anxiety lasts while you are still in bed but tends to decrease quickly once you get up and start your day. Common signs or symptoms of morning anxiety include nervousness, fear, or dread. You may be able to identify a sense of impending doom without knowing the cause. When



you first wake up, you may experience a flood of worry or negative thinking. These thoughts are usually about the immediate future (things you have to do that day) but may include regrets over past decisions or actions. There may even be physical manifestations of morning anxiety such as muscle tension, restlessness, or stomach upset. Once you’re feeling worried, it’s very difficult to go back to sleep. Occasionally, morning anxiety gets to very high levels and can lead to panic attacks. This happens when there is a lot of worry in combination with the bodily symptoms. One of the most frustrating parts of morning anxiety is that there isn’t usually an obvious cause or trigger. Here is the critical idea you need to understand: There’s a big difference between the initial cause

of morning anxiety and the maintaining cause. Any number of factors can cause morning anxiety initially: a period of high stress, insomnia, relationship conflict, physical illness, or medical issues. But there is often one thing that maintains morning anxiety and keeps it going -- the habit of worry. Here’s how it goes: In the beginning, some external issue causes a period of morning anxiety. For example, maybe you had a bad case of the flu for a week. It would make sense that you might start waking up and immediately worrying about how you are going to feel that day. You then get into the habit of worrying about waking up anxious. The problem is that when you get in the habit of looking for signs of anxiety first thing in the morning, it quickly turns

into a self-fulfilling prophecy, because you are training your brain to worry as soon as you wake up. To sum up: Many things can cause morning anxiety initially, but it’s worrying about being anxious that keeps you waking up with anxiety.

One of the most painful parts of waking up with anxiety is how lonely and isolating it feels to have this major struggle you deal with that no one else seems to understand. Is it possible to stop wak-

ing up with anxiety? Absolutely. The key idea is that morning anxiety is a habit. This means that it will take some time, effort, and a little patience if you want to break it. Join me in my next article to discover tips and strategies to stop waking up with anxiety.

*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

# Herbal Spot Light + A Rant: Andrographis

by Dixie Bell

This herb has been used for thousands of years (for good reason)! It's known as the King of Bitters. Andrographis grows in India and has traditionally been used throughout China, Thailand, Malaysia, and of course, India. There is now scientific evidence behind why this herb was used for so many years and is still being used today!

This plant has been widely used for treating sore throat, flu, and upper respiratory tract infections. Andrographolide, a major bioactive chemical constituent of the plant, has shown anti-cancer potential in various investigations. Andrographolide and its derivatives have anti-inflammatory effects in experimental models such as asthma, stroke, and arthritis. In recent years, pharmaceutical chemists have synthesized numerous andrographolide derivatives, which exhibit essential pharmacological activities such as those that are anti-inflammatory, antibacterial, antitumor, antidiabetic, anti-HIV, antifeedant, and antiviral.

The more research I have done on this herb the more amazed I have become with God's creation. Ezekiel 47:12 says, "And on the banks, on both sides

of the river, there will grow all kinds of trees for food. Their leaves will not wither, nor their fruit fail, but they will bear fresh fruit every month because the water for them flows from the sanctuary. Their fruit will be for food, and their LEAVES for HEALING."

Revelation 22:2 says, "Through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The LEAVES of the tree were for the HEALING of the nations."

The Bible isn't the only place that talks about herbs and food being used for medicine. Hippocrates considered nutrition and herbal remedies one of the main tools that a doctor can use. More than that, dietary measures play a lead part in the original oath of Hippocrates. And let's not forget about his famous quote, "Let food be thy medicine." We can see over and over, through the Bible and history, the power of natural remedies. It's easy to buy into lies about synthetic drugs. They do not cure disease, they simply put a Band-Aid on the problem. If you are wanting to truly get to the root of illness and disease you are going to want to look into how



God designed us and what our bodies actually need in order to heal! We need physical, emotional, and spiritual nourishment.

Our ancestors were so wise in treating illnesses with herbs, which brings me back to where we started. Andrographis is one of those God-given herbs used in accent times and still used today. If you are looking for testimonials, it doesn't get any better than that.

So where does this herb fit into your daily life and how does all of this information apply to you? Flu season is coming up. The flu is simply a viral infection, and andrographis is antiviral. So easy to use, yet so effective.

Do you or anyone you know have cancer, joint pain, autoimmune issues, or Lyme

disease? Spread the word to them! The beautiful thing about herbs is that they are so safe and effective. The more we can use them for ourselves and our families the less we have to rely on drugs that are harming our bodies!

We are living in a time where life feels out of control. COVID really did a number on us all (also did I mention that COVID is a viral infection and andrographis kills viral infections. Just sayin'). It's good to know we can do something to take control. We can use natural remedies to show big pharmaceutical companies that there are alternative ways to take care of our bodies, and not just take care of our bodies, but protect our health and our rights. Herbs and supplements stand for

so much. They are a God-given blessing that people are going to be using as long as the earth stands. If you have already tried natural remedies and loved it, you already know this stuff is good. And if you haven't tried anything like this yet, maybe this is your sign to give it a shot!

At Herbs & More in Athens, NHC Herb Shop in Killen, and our parent company, NEWtritional Health Care, our goal has always been to, "Make America Healthy One Person At A Time." For more information, go to one of our locations or call 256-757-0660 or visit our website at [www.nhcherbs.com](http://www.nhcherbs.com).

*Blessings,  
Dixie Bell*

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Cooking with Anna (continued from page 13)

## *Love Always Hopes*

by Anna Hamilton

*continued from page 13*

*all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” Philippians 3:12-14 Paul urges us to forget our past and to not lose sight of the goal of Heaven, to press on to our prize. Jesus has given us all the tools we need to achieve the goal of Heaven, if we persevere in*

*this life and continue to press towards our prize.*

*This week’s recipe is time saver for sure! Not only is it super yummy, but it is a fast supper for busy school days with leftovers perfect for the school lunchbox. I hope you enjoy this recipe as much as my family does.*

*“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” Romans 5:3-5*

# Tennessee Valley Spotlight

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# Stop Living A Lie

by Mae Lewis

Often when we talk about faith, we talk about it as though it is something vague and nebulous that exists in our heads...ethereal, thought. We use statements like "I believe in reincarnation" and "I believe that chocolate ice cream is healthy." Some things can be proven. Some things cannot.

Now, the nature of the universe is such that BELIEVING in a thing doesn't make it true. Believing that chocolate ice cream is healthy doesn't make it healthy. And here we have a breakdown. Many "liberated" minds cannot accept the fact that their beliefs may not be "TRUE." If you begin talking about objective truth, they will call you narrow minded, and a bigot.

In the post-postmodern breakdown of objective truth (which is another subject entirely), we make statements like "Whatever you believe, is what is true for you." In other words, if you believe in reincarnation, then you will be reincarnated. But this only goes to prove my point. We talk about belief as though it exists only as subjective truth...and it doesn't matter if it exists in reality.

Now let me pause here and say that belief and faith are not the same thing. Belief is a product of the mind, and faith is a product of the spirit. But for the purposes of this article, I use the terms inter-

changeably. They both exist only in action. Belief is ACTION. Faith is ACTION...and they both reflect one's concepts about truth.

FAITH and TRUTH work like a mirror reflection. Faith is the reflection of the truth. But you cannot see the reflection without a mirror. The mirror is the action. Unless you allow people to see the reflection, it might as well not exist.

Faith without works is dead. Faith must give birth to action, or it ceases to exist. Faith is the SUBSTANCE of things hoped for. Faith ONLY exists in real and quantitative actions.

Faith is a public commitment. Fill in the blank for yourself: "I believe in \_\_\_\_\_." Let's say, for the sake of argument, that your belief is in Santa Claus. "I believe that Santa Claus is real." Well, what are you doing about it? Do you put out cookies and milk on Christmas Eve? Do you tell your kids to write letters to him? Do you help Santa every year by giving out gifts to children and to the needy? Because if you don't do those things, you either don't actually believe in Santa Claus, or you are living a lie. Your belief is then POINTLESS.

**FAITH WITHOUT WORKS IS DEAD.**

Faith requires matching your expectations with who you are. Your inner and outer worlds MUST match, or you are not a person of faith.



When you don't live in line with your beliefs about truth -- your higher values -- you create a conflict in your body and mind that ages you, stresses you, and ultimately makes you false.

Do you believe that honesty and integrity are important? Do you also lie to your spouse or to your boss? If your belief and your actions do not match, you are living a lie.

Ghandi said, "If you believe something and don't live it, that is dishonest."

Do you believe that prayer works? When was the last time you prayed? Do you ACTUALLY believe in a real

God who throws people into hell? Let me ask you... When was the last time that you tried to keep someone out of hell? When was the last time you shared your "truth" with someone?

Penn Jillette (of Penn and Teller) said, "I've always said that I don't respect people who don't proselytize. I don't respect that at all. If you believe that there's a heaven and a hell, and people could be going to hell or not getting eternal life, and you think that it's not really worth telling them this because it would make it socially awkward, how much do you have to hate somebody to not proselytize?

How much do you have to hate somebody to believe everlasting life is possible and not tell them that? I mean, if I believed, beyond the shadow of a doubt, that a truck was coming at you, and you didn't believe that truck was bearing down on you, there is a certain point where I tackle you. And this is more important than that."

Live a life of honesty... inside and outside. Examine your life and see where your beliefs and actions are incongruent. You may need to make some changes. **AND THEY MAY BE HARD**, but the value of an honest life will make it worthwhile.



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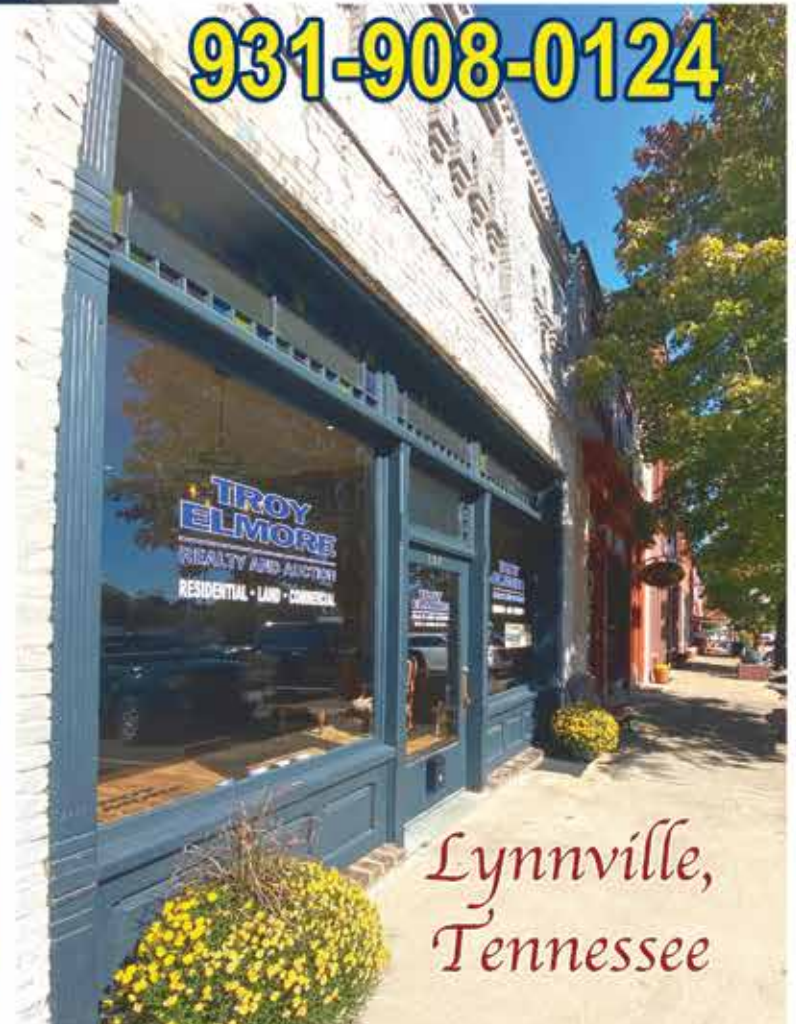
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*It always seems impossible until it's done.*

*~ Nelson Mandela*

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**2,218 SQ FT**

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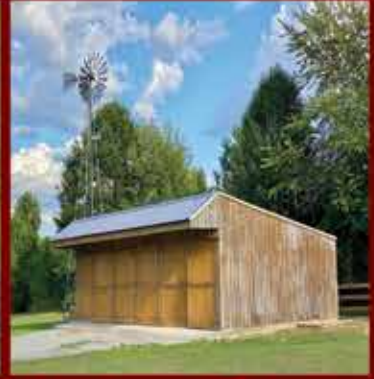
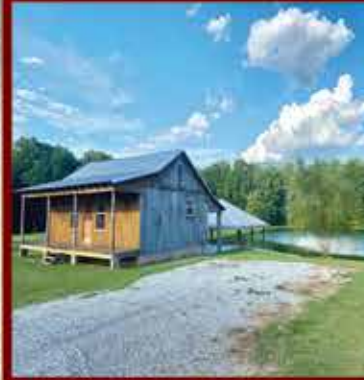
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Cabin - Large Garage/Workshop - Storm Shelter**

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