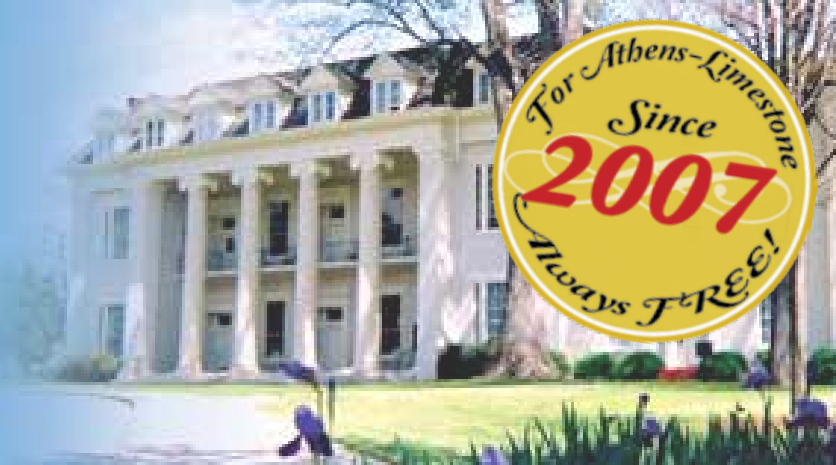


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Clean, Green & Beautiful

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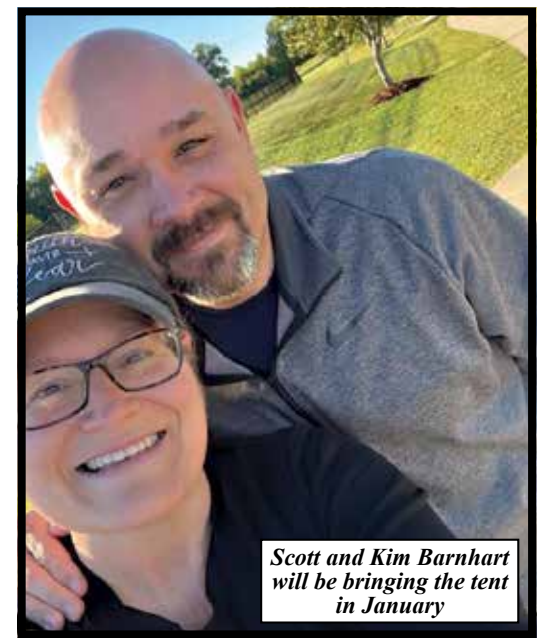


“God Encounters Tent Revival” Coming To Athens January 18

By Ali Elizabeth Turner

A little over 200 years ago, in 1818, to be specific, Athens, Alabama, participated powerfully in what is recorded even in secular history books as the Second Great Awakening. Alabama was brand new, and an amazing 4,000 people came here to be a part of it. Students of revival history will tell you it was

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Scott and Kim Barnhart will be bringing the tent in January

Award-Winning Express Employment Professionals: Thriving In Athens

By Ali Elizabeth Turner

Kim Whitworth and Richard Shirkness are a married couple who own two locations of a nation-wide staffing service franchise known as Express Employment Professionals. They are also parents, grand- parents, and fierce supporters of our

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Meet our Athens Team:
Mercedes Reinhardt – Recruiter
Jazmine Middleton – Recruiter
Kim Huffman – Director of Recruiting

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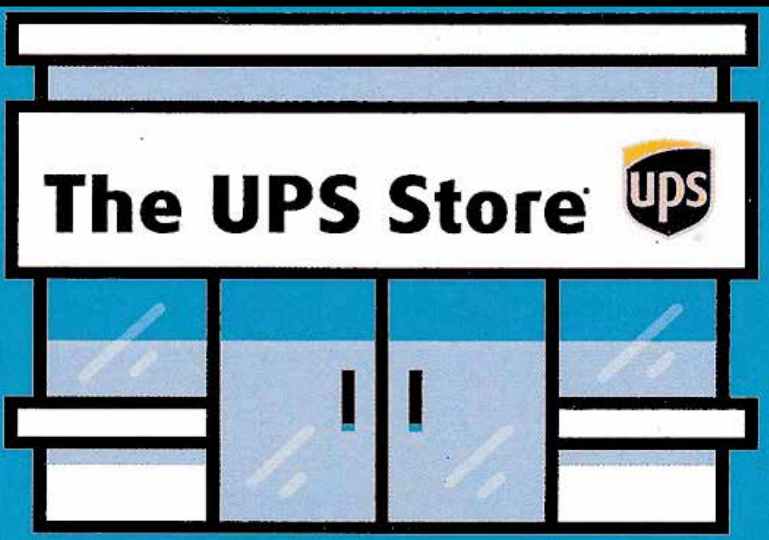
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Publisher's Point

The Gift Is A Gift In The Season Of Giving

I am in the middle of receiving one of the most precious gifts with which I have ever been blessed. It is a book by Auschwitz survivor Dr. Edie Eger, is simply entitled *The Gift*, and it is a gem. Dr. Eger was born in Hungary, and when she was 16, she and her family were taken to Auschwitz. Her parents both died, as

did her fiancé, and she and her sisters were the only ones in the family that survived. Edie was pulled out of the line literally on the way to her death by none other than the Angel of Death himself, Dr. Josef Mengele. He commanded her to dance for him, and miraculously, she did. That act kept her alive, but by the time she was found

in a stack of bodies, she had suffered untold horrors that she never told anyone for decades.

While this is a tough read, to be sure, it is also humorously packed with promise, and the subtitle is, "14 Lessons To Save Your Life." The original edition of the book came out just before COVID, and had twelve lessons, but Dr. Edie added two more after going through the pandemic herself and helping her patients. She is still practicing as a counselor and has helped people suffering with PTSD, all forms and manners of abuse, as well as struggles that might not seem so dramatic on the outside but are intense on the inside.

Dr. Edie makes an outrageous claim, and that is that Auschwitz was her best teacher, along with the fact that she is grateful that she went through it. How is that possible? Well, for one thing, she received the gift we celebrate in this season, and that is all that was given to "men of good will" on that "silent night," namely Yeshua the Messiah. She also discovered that it is the prisons in our minds to which we send ourselves by refusing to forgive which hold the real horror, not those that are inflicted

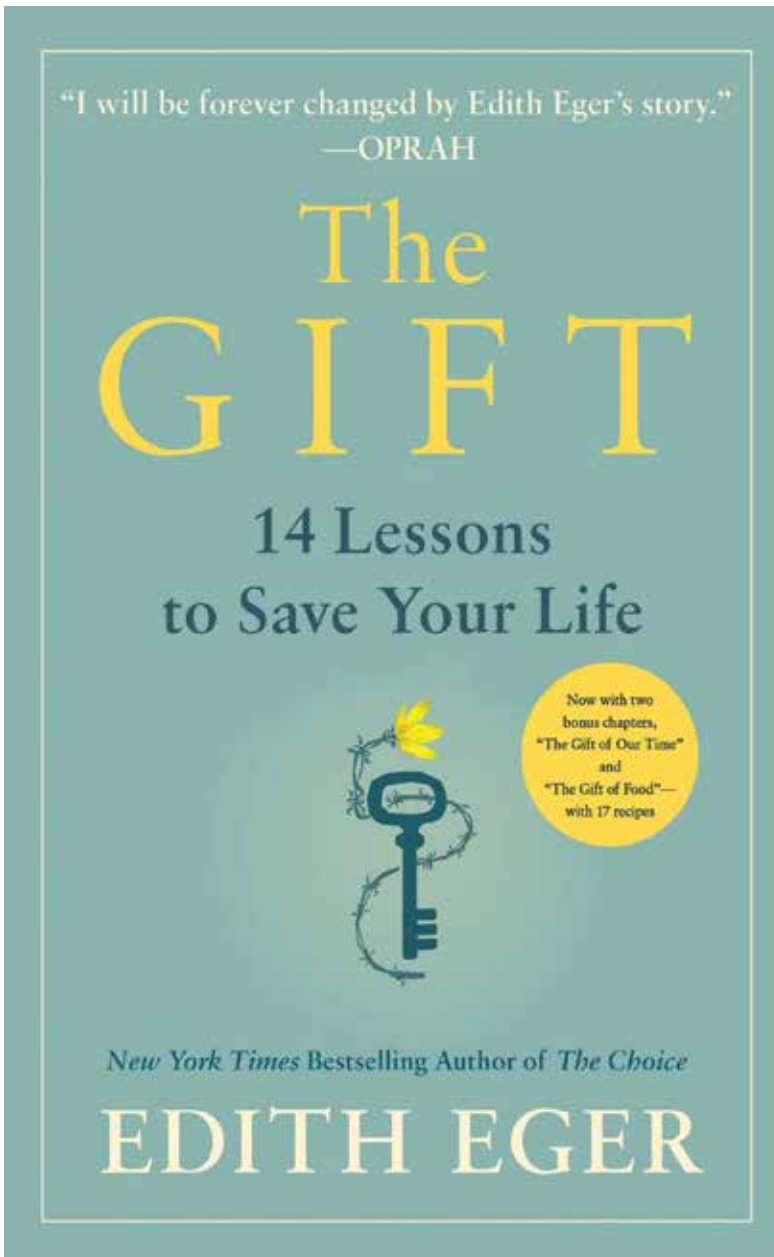
upon us by others.

Dr. Eger has no tolerance for victimization, but she is tender and humorous in dealing with it. She herself did not deal with her own past for years after it happened; in fact, her own kids didn't even know she was a survivor. In her forties she went to college, got a degree in education, then a masters in educational psychology, and finally her PhD as a practicing therapist. She was personally helped by Dr. Viktor Frankl, a fellow Auschwitz survivor, and more than anything, she will say that her patients have been some of her greatest teachers. They encouraged her to make the journey back to Auschwitz, which inspired her two New York Times best sellers, *The Choice* and *The Gift*.

You may have finished your shopping, and you may feel that you have no desire to deal with "hard stuff," but I am telling you, *The Gift* is just that, and I hope you will consider giving it a read or a listen.

Ali Elizabeth Turner

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Medal Of Honor Recipient Gary M. Rose Speaks At AMVETS Post 21

by Sandra Erickson



On Saturday, December 10, 2022, Medal of Honor recipient Gary Michael "Mike" Rose spoke to a gathering of US Submarine Veterans, AMVETS veterans, and other attendees about the events that led to his nomination and subsequent presentation of this prestigious award.

Rose was awarded the Medal of Honor in October 2017 by President Donald Trump for his actions while serving as a combat medic in Vietnam with the 5th Special Forces Group (Airborne). This medal is the nation's highest award for military service that is awarded by Congress.

The citation found on the Congressional Medal of Honor Society reads, "Between 11 and 14 September 1970, Sergeant Rose's company was continuously engaged by a well-armed and numerically superior hostile force deep in enemy-controlled territory. Enemy B-40 rockets and mortar rounds rained down

while the adversary sprayed the area with small arms and machine gun fire, wounding many and forcing everyone to seek cover.

"Sergeant Rose, braving the hail of bullets, sprinted fifty meters to a wounded soldier's side. He then used his own body to protect the casualty from further injury while treating his wounds. After stabilizing the casualty, Sergeant Rose carried him through the bullet-ridden combat zone to protective cover.

"As the enemy accelerated the attack, Sergeant Rose continuously exposed himself to intense fire as he fearlessly moved from casualty to casualty, administering life-saving aid. A B-40 rocket impacted just meters from Sergeant Rose, knocking him from his feet and injuring his head, hand, and foot. Ignoring his wounds, Sergeant Rose struggled to his feet and continued to render aid to the other injured soldiers.

"During an attempted medevac, Sergeant Rose again exposed himself to enemy fire as he attempted to hoist wounded personnel up to the hovering helicopter, which was unable to land due to unsuitable terrain. The medevac mission was aborted due to intense enemy fire and the helicopter crashed a few miles away due to the enemy fire sustained during the attempted extraction. Over the next two days, Sergeant Rose continued to expose himself to enemy fire in order to treat the wounded, estimated to be half of the company's personnel.



"On September 14, during the company's eventual helicopter extraction, the enemy launched a full-scale offensive. Sergeant Rose, after loading wounded personnel on the first set of extraction helicopters, returned to the outer perimeter under enemy fire, carrying friendly casualties and moving wounded personnel to more secure positions until they could be evacuated. He then returned to the perimeter to help repel the enemy until the final extraction helicopter arrived.

"As the final helicopter was loaded, the enemy began to overrun the company's position, and the helicopter's Marine door gunner was shot in the neck. Sergeant Rose instantly administered critical medical treatment onboard the helicopter, saving the Marine's life. The helicopter carrying Sergeant Rose crashed several hundred meters from the evacuation point, further injuring Sergeant Rose and the personnel on board. Despite his numerous wounds from the past three days, Sergeant Rose continued to pull and carry unconscious and wounded personnel out of the burning wreckage and

continued to administer aid to the wounded until another extraction helicopter arrived."

Rose enlisted in the U. S. Army on April 4, 1967. After his distinguished military career that includes three tours of duty in Thailand, South Vietnam, and Panama, he retired in May 1987 as a Captain, then permanently retired in 2010.

Rose's military awards include the Distinguished Service Cross, the Bronze Star Medal with one oak leaf cluster and "V" device, the Purple Heart with two oak leaf clusters, the Meritorious Service Medal, the Air Medal, the Army Achievement Medal, the Good Conduct Medal with two knots, National Defense Medal, Vietnam Campaign with star, Presidential Unit Citation (MAC SOG), Vietnam Civic Action Honor Medal, Vietnam Campaign Medal, Vietnamese Cross of Gallantry Unit Citation – with Palm Combat Medical Badge, Special Forces Tab, U.S. Army Parachute Badge, Thai Army Parachute Badge, Vietnam Parachute Badge, and several service ribbons.

Captain Rose, exemplify-

ing the humility he is known for, told the audience the Medal was not his and he was merely the custodian. His comment echoes his remarks from 2017 when he was quoted as saying, "This is our Medal. Not mine."

Rose shared interesting details about the Medal, such as the inscription on the back bearing the recipient's rank at the time of the action rather than the highest rank achieved and the date the Medal was awarded.

Captain Rose responded to a question about PTSD and veterans' mental health needs. He reinforced the need for veterans to connect and check in with each other even if that conversation was going to be difficult. He said he would rather lose a friendship by having a difficult conversation with someone about their struggles with PTSD and moral injury than to lose someone from missing that opportunity.

Rose shared stories of the heroic acts of many submariners and other veterans which highlighted the connections between the military branches as well our interdependence on each other.

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Rita Aaron, Owner



Special Feature

Athens Industry Helps Fund Project For First Responders

by Holly Hollman

TBAKI, an Athens industry that is an automotive manufacturer of seats and supplier for the Mazda Toyota Manufacturing, is helping local first responders to better respond to vehicle emergencies.

When first responders arrive at a motor vehicle accident, the scene can be chaotic. If the accident involves a child or adult with a special need who may not be aware of danger or respond to commands, which adds to the confusion.

In 2019, the City of Athens received community grant funding from members of its local Legislative Delegation to purchase seat belt covers which alert responders that a person has autism, is deaf, or has a special need. Athens Police and Athens Fire distributed the covers to the public upon request. The covers are Velcro and wrap around the seat belt and include wording that alerts responders of the person's special need.

This year, Limestone County Sheriff Josh McLaughlin expressed interest in purchasing seat belt covers for his department. Athens Police and Athens Fire reported they were nearly out of their supplies. TBAKI donated funds to pay for half the cost of supplying all three agencies with the seat belt covers.

"This is a tool for us because it provides us immediate information when we respond to a vehicle-related emergency," Athens Police Chief Floyd

Johnson said. "When our officers see one of these covers, they can rely on their specialized training to respond in a manner that is helpful."

Athens Fire Chief James Hand said the covers also enable police, fire, and medical personnel to have the knowledge needed to understand that a person may be resistant or non-communicative because of a special need and not necessarily from an unknown injury.

Stacey Givens with Make a Way Foundation, who is the mother of an autistic son and a daughter who is hearing impaired, said children with autism or another special need may resist help, may not recognize danger, and may become upset by the lights and noise. She said being proactive allows all of those involved in a situation or emergency to respond in the best interest of the child or adult with a special need.

Givens said her son is driving, and has practiced being pulled over by police. She said even though he knew it was practice, he would not look at the officer and became nervous.

"The officer knew ahead of time he is autistic, and responded with kindness and understanding," Givens said. "If she had not known my son was autistic, and this had been a real traffic stop, the officer could have been concerned my son was hiding something and being disrespectful and defiant. He could have ended up in handcuffs."



TBAKI became a community partner after Chief Johnson and City of Athens Grant Coordinator/Communications Specialist Holly Hollman set up a meeting to discuss the project. Jordan Gygi, with TBAKI's accounting, IT and HR departments, said the project is ideal for the automotive-based company because it is helping create a safer experience for the community during vehicle-related emergencies.

TBAKI donated \$4,000 toward the cost of the covers. Other groups donated as well, including:



- Behind the Badge – APD \$100 - \$1,100
- Athens Fire and Rescue Auxiliary - \$1,100
- Limestone County Sheriff's Department - \$1,000
- Make a Way Foundation - \$1,000
- Attorney Jim Moffatt - \$100
- Limestone County Commission Chairman Collin Daly - \$100
- Camden's Designs and Creations in Kentucky had a template for the seat belt covers and created them for the project.

Calendar of Events

Athens Limestone Tourism Hosts North Pole Stroll Through December 31

The 2022 Athens North Pole Stroll will return to Big Spring Memorial Park in the Beaty Historic District during the month of December and this year, we have Electric Power! Each tree sponsored by area agencies, groups, businesses, and families will sparkle to life after dark and will be decked with a variety of decorations and themes. Sponsor a tree in honor of a loved one or to promote your business! Only \$100 and we provide the tree! 256-232-5411 for info.

High Cotton Arts Deck the Halls Market December 17

10:00am - 5:00pm. 103 W Washington St, Athens. Live music, 25% off selected art pieces, art giveaway, refreshments. Sponsored by Athens Art League.

A Festival of Lessons & Carols December 18

3:00 P.M. St. Timothy's Episcopal Church. 207 East Washington Street, Athens. Join us for this free event celebrating the Christmas Story. Presented by St. Matthew's 29 voice choir and St. Timothy's. A perfect way to welcome the season!

Book Club at Athens Alehouse & Cellar December 20

6:00pm - 7:00pm. Athens-Limestone Public Library hosts a new book club on the third Tuesday of the month at 6:00 pm at Athens Alehouse & Cellar.

Coffee Call January 7

8:00am - 9:30am. Alabama Veteran's Museum, 100 Pryor St W, Athens, AL 35611. Veterans of all wars and their families are invited for breakfast and fellowship from 8:00AM-9:30AM at the Alabama Veterans Museum and Archive. 256-771-7578.

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.

Berea Baptist To Host Bradley Walker January 8

Berea Baptist Church will host Bradley Walker for a singing on Sunday night, Jan 8 at 6PM. Free admission, love offering will be received. The church is located at 16779 Lucas Ferry Rd, Athens, 35611. Contact; Gary Wilson, 256-497-9763 or gwilson2052@charter.net

Russell Moore and IIIrd Tyme Out with special guest, the Becky Buller Band! January 26

7pm - 9pm. Join us as the 2023 Fiddlers Concert Series continues with a performance by Russell Moore and IIIrd Tyme Out with special guest, the Becky Buller Band! Opening act Becky Buller is a multi-instrumentalist, singer, and songwriter from St. James, Minnesota who has traversed the globe performing bluegrass music to underwrite her insatiable songwriting habit. For over 30 years, Russell Moore & IIIrd Tyme Out have been touring and releasing great, original bluegrass music. After spending a handful of formative years as a member of Doyle Lawson & Quicksilver, Russell Moore formed IIIrd Tyme Out in 1991, and bluegrass music hasn't been the same since.

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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

Senior Lunch Matinee Series Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2022. All remaining 2022 public events will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdayevents.com
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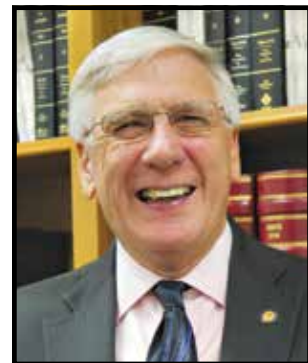
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What Makes Ronnie Roll

The Gift Of Safety And The Gift That Is Athens

by Ali Elizabeth Turner



It was hard to believe when we got together this past Monday that this was the last *Ronnie* of 2022. Mayor Ronnie and I kind of looked at each other in shock and said, "Where did it go?" He mentioned that time just keeps on going faster, and we both agreed that we can't let up with doing "the most with what we've got." Public safety has always been the number one priority with the mayor; simply stated, without it, quality of life, economic development, and the other things that "make Athens, Athens" won't have a chance to do the job of community building. To that end, the City of Athens has chosen to invest in a P25 mobile communications system.

"During the tornadoes of 2011, we became aware of just how poor our ability to communicate with emergency personnel was," said Mayor Ronnie. "The City of Athens has invested 1.5 million dollars in the P25 system that will greatly improve communications in a disaster," he said. Other cities and counties in Alabama have already happily followed suit, and are most pleased with their purchase. There are places in our county that are true dead spots, and no communication can go through at all. The P25 system will take care of that, and link all first responders. Thankfully, it is not complicated to use, markedly improves response time, and hopefully will only



Emma Lovell of Athens Bible School created the Mayor's Office 2022 Christmas Card



be needed rarely.

Continuing on the topic of public safety, Mayor Ronnie took me to see the display of specially designed seat belt covers that are for people who are deaf, autistic, or have other special needs. Holly Hollman wrote a special feature that gives more detail (See page 5). "These are pretty cool," he said, and I agreed.

On a more festive note, the annual Shop With A Firefighter event was happening that day, and Kim Glaze in the mayor's office was busy handling the organization of firefighters, donors, volunteers, and the kids themselves. Each year, children are selected by school personnel to receive the opportunity to go shopping at Wal-Mart with their own personal firefighter. Each

firefighter has been given 200 dollars to spend on the child, and the kids' needs range from having had a tough year, perhaps facing down a serious illness, or other situations that make the holidays more challenging. In the time I was there in the mayor's office, the number of kids went from 46 to 61, and Kim was working swiftly to see to it that everyone was good to go and that the kids were covered.

Lastly, we talked about something else that had been added to our city, and while it brought a lump to my throat, it was a perfect way to remember the holidays and those who have served our city. Most likely you have seen the benches that line the sidewalks around City Hall, and have noticed

that they have been given in memory of someone who has passed. We have two new ones, one for former Athens Mayor Bobby Woods and the other for Athens City Councilman Frank Travis, who finished his battle with cancer earlier this year. The benches are a good place to take a moment, rest, and reflect on the gift that is our city and the people who work extremely hard to make it so.

We were able to finish early, which was a good thing, as the mayor's planner on his cell phone was a nearly solid wall of red and green appointments. So, we prayed one last time in 2022, wished each other Merry Christmas, and then it was time for Ronnie to roll.



Merry Christmas
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Top-Heavy Government

by Phil Williams



ian Magazine says this: “Critical to a boat’s stability is what is known as its metacentric height. Floating objects are like an upside-down pendulum, with a center of gravity and the ability to roll, or heel, to either side before righting itself. The distance between fully upright and the maximum heel -- the point beyond which it will capsize -- is its metacentric height...For such a ship, where the distribution of passengers was highly variable, normal practice would have been to provide a metacentric height of two to four feet, fully loaded. Changes made to the Eastland...had reduced its metacentric height to four inches.”

It was supposed to have been a celebratory day. Western Electric had shut down its plant operations to take all of their employees and their families on a daylong excursion to a park across Lake Michigan. The plan was for a huge picnic and bands and entertainment. It was set to be a day that no one could forget, and it was, but for all the wrong reasons.

It was July 24, 1915, just ten days after the sinking of the Lusitania. A new set of regulations now required that all sailing vessels have increased numbers of lifeboats and flotation devices, all of which added an incredible amount of weight to the Eastland’s top decks. The passenger manifests for that day showed that the boat was also allowed to be overloaded with men, women, and children.

But perhaps worst of all, the Eastland had been known to be unstable because its keel had never been improved as the ship was morphed from a barge to a Great Lakes passenger liner. With a wink and a nod, it had always been signed off as “safe” despite the fact that several prior listing incidents

had occurred. Harbor crews referred to it as a “hoodoo ship.”

On that morning in 1915, as whole families boarded in their party clothes and began dancing to the band on the top deck, the top-heavy Eastland is said to have suddenly listed 45 degrees to port. Its cargo and passengers then lurched to that downhill side on the slanting decks, and the ship completely rolled over in less than 2 minutes.

Whole families - moms, dads, children - all drowned that day. One recounting of the aftermath says that the water was so filled with bodies that you couldn’t see the river. Smithsonian Magazine again said this: “On Wednesday, July 28, Chicago was a city of funerals. So many were scheduled that there were not enough hearses. Marshall Field & Company provided 39 trucks. Fifty-two grave-diggers, working 12 hours a day, couldn’t keep up with the demand. Nearly 150 graves had to be dug at the Bohemian National Cemetery alone. By day’s end, almost 700 Eastland victims had been buried.”

All of this because no one chose to say anything about a ship with virtually no keel. A ship that they kept building up but never chose to properly build down. It became so top heavy and unwieldy that it literally capsized while moored to the dock. Not because of a torpedo, or an iceberg, but because of the self-inflicted wound of being top heavy. Over 800 people lost their lives in 20 feet of water.

Now let me switch gears on you. Keeping the concept of being top heavy in mind, what about government? If you imagine a government as being a ship (an analogy that Governor Ivey used several times when she took office as Governor Bentley resigned, saying

that her job then was “to right the ship of state”) what happens when a government becomes so top heavy that it cannot sustain itself.

The “keel” of government is the people. We are there to support and sustain and also to be effectively served by the topside. But there has to be a balance, a metacentric height between government and its people that prevents government growth from loading top while not drawing deep.

Right now we are in a position where the Alabama state government has grown more in the past few years than the governments of California and New York. As neighboring states have openly worked to provide tax relief to their citizens, Alabama’s government has spent surpluses thus far on itself. In the past few years, we’ve seen government shutdowns of businesses, churches, schools. Our own state funded UAB developed an app for use in tracking people’s movements and telling them to quarantine. Right now there is a discussion underway about whether or not to expand the Obamacare Medicaid provisions and put more of Alabama’s citizens into a government run healthcare program. And that’s just Alabama.

The federal government is certainly top heavy with the ability to claim a right to direct its attention to virtually every aspect of our lives. Legislation in just this year has passed to fund green energy solutions that cannot stand up without government subsidies, allow for the hiring of 87,000 additional IRS Agents, emplace regulations that change how family farms can operate, and we’ve gone from being a net exporter of oil and gas to requiring imports simply because government said so.

I’m not so libertarian in my

leanings that I don’t see the value in government. I know that there are true functions in a society that are intended for government to provide, and life would be worse without them. But Ronald Reagan once said that “a government big enough to give you everything you want is big enough to take away everything you have.”

We have to “right size” the government. We have to ensure that the keel, the people, who too often are not seen below the waterline of bureaucracy, are not so outweighed by a top-heavy government that we cannot even remain on an even keel at the dock.

We need to see measurable tax relief from Montgomery.

We need to return to a commitment to streamline government operations.

We need to know that as a red state those principles matter in our state capital.

We need to stop being so top heavy lest we capsize under our own weight.


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

Slinkard On Success

“X” Is For X-Factor

by D. A. Slinkard

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



The final article of 2022 is here, and our letter is “X” and our word is “X-Factor.” The definition of this word is: “A variable in a given situation that could have the most significant impact on the outcome.” We all need to have an X-factor in our life which is going to be that wow factor that helps put us over the top. Instead, most of us find reasons as to why we cannot do something, and we allow these reasons to become our limitations in life.

We are all going to have limitations. We are all going to have things in our life that we might not be proud of or things that we consider embarrassing, but we cannot allow these things to bring us down. Too often we look for reasons so we can give in and then give up, but we need to have a different mentality. We need to learn to have a fighter’s mentality.

Recently, I had the opportunity to speak to some elementary school age children, and one point I wanted to drive home about limitations is this: “Limitations only become limitations when we allow the limitations to become limitations.” This is a mouthful, but the validity of the statement holds so much weight.

I think about the people throughout history who were able to overcome obstacles on their way to success. I think about Helen Keller and what she was able to achieve while by being blind and deaf. How many people would have given up in life? I think



about Erik Weihenmayer who went blind at the age of 13 but overcame this limitation to become a national champion wrestler; a middle school teacher and was able to become the first blind person to reach the summit of Mount Everest in May of 2001. How many people would have given up?

I would love to say to you that when faced with adversity I would not run, but the reality is we never know how we will respond until we are put into a difficult situation. We need to decide now what our X-factor is going to be, and what separates the winners from the whiners comes down to their attitude. Do you find yourself having a whining attitude or a winning attitude? This year is basically over, and it is time today that we begin working on getting rid of the whiny attitude and exchange it for the winning approach.

I coach a junior varsity basketball team, and I believe the way we practice is exactly the way we will play during the game. So if we practice haphazardly, then when it comes to gametime we will not be prepared to execute well. We, you and

I, only have just a few days remaining in 2022, and we need to use the remaining days to tone up and tune in to how we are going to attack the year 2023. We do not want to adopt the mindset of waiting until next year gets here. We need to start right now. We do not

need to wait until tomorrow, we do not need to wait until tonight, we do not need to wait five minutes from now; we need to start, and we need to do it right now.

Now, we need to look back at this previous year and examine where our shortcomings were throughout the previous months. What were things that went well for you that you would like to continue with in 2023, and what were some things you would like to change moving into 2023? Once we can identify the positives and the negatives, then we are better able to achieve greater success in the new year. We need to figure out what we need to do more of while figuring out what we

need to do less of, such as no more whining or complaining!

These articles are meant to be used as a tool to help those people wanting to make changes in their life and it begins with our mental approach to our daily living. Eventually, the changed mentality will become a way of life, and in doing so, we will be able to have a greater impact on our daily living. I do not have to consciously think about having the right attitude as it comes naturally to me (now), but there was a time the right attitude was a foreign concept to me. It is time to make these articles become our X-factor in 2023.



From all of us at

Athens Now



Clean, Green And Beautiful

This Is Who We Are

by Benjamin Lawrence Bradley - Executive Director, Keep Athens-Limestone Beautiful

A couple of Saturdays ago, I was honored to work alongside a dozen volunteers who answered the call to excavate a decades-old dumping ground in West Limestone. This area ran for 300 yards along a stretch of land, between the road and a creek, which was buried under more than a dozen car and tractor tires, all kinds of random garbage, and 760 lbs. of glass bottles.

An incredible total of 3720 lbs. of junk was removed by amazing individuals taking their responsibility for our environment seriously. How encouraging it is to see selfless dedication not only professed but demonstrated in an outward way. This is the core of who we are. This is the purpose and mission of KALB, to encourage volunteerism and lead the charge toward a cleaner more beautiful place to live.

It was truly heartening to see our friends in action, and now I am itching to get another crew together to do it all over

again. The spirit and atmosphere that culminates around partaking in goodness cannot be replicated by any other means. Bringing people together for the common good is the foundation of social strengthening, community building, and communal happiness. The privilege to be a part of it is remarkable.

This cleanup would not have been possible without the dedication and hard work of Limestone County District 4 Commissioner LaDon Townsend. We are blessed with the opportunity to labor alongside our county and city leaders who demonstrate committed stewardship in the sacred trust of the offices to which they are elected. We are delighted to see our leaders go all-in to do things that have a consequential impact on our community for good.

Thank you to our Environmental Warriors who came and took care of business. Taylor, Trevor, and Triston Russell, Scott and Doreen Medzi, James and Mary Cutting, Elayne Shelton, Gordon Niessen, TJ Johnson, and Tina Morrison. Volunteers such



as yourselves are the backbone of Keep Athens-Limestone Beautiful. Thank you, thank you, thank you! We are looking forward to getting together and doing it again soon.

(256)233-8000, or stop in at 125 East St. in Athens, at the duck pond next to the old Gulf gas station. Let us know that you want to be a Warrior and we will add you to the roster to be sure that you always know

when an opportunity to serve arises. We identify needs. We plan for solutions. We execute and accomplish. Clean, green, and beautiful. This is who we are.



Become a Fan



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



Cooking with Anna

Childish Behavior

by Anna Hamilton

How many times in your life has someone told you to stop acting like a child? Have you been told that it is time to grow up? Well, I am encouraging you to not listen to those people and keep acting like a child. Keep your childish wonder, keep your childish imagination, keep your childish hope.

In my last article, I wrote about having a Christmas spirit all year long. One thing that will keep your Christmas spirit, is becoming like a child again. Laura Ingalls Wilder wrote, "We are better throughout the year for having, in spirit, become a child again at Christmas-time."

Let's learn together how to keep a childlike wonder, imagination, and hope. Keeping a childlike wonder can be difficult when you have to face the reality of this world

day end and day out. In the modern world, we are forced to rely on facts alone. Relying on faith, on the wonder of God, makes you seem naïve to the rest of the world. Christ has called us to live by faith -- the faith a child has in their father. In Matthew 18:3, Jesus said "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." When we place our faith and wonder in Christ, we will have a peace that will come over our hearts. God promises to always take care of his children.

When we are children, we are encouraged to use our imaginations. The older we become the less imagination is on the forefront of our minds. But I urge you to use your God-given imagination. God wants to be involved in all the plans we make for our lives. He wants us to prosper and

continued on page 23

Coconut Balls

Ingredients:

2 Cups of flaked coconut, plus additional for rolling (optional)

1 cup puffed rice cereal

3 Tbsp coconut oil

3 Tbsp honey

3 Tbsp coconut milk or coconut cream if you would like it sweeter

Directions:

Place coconut and puffed rice in a food processor and blitz until very fine.

Add honey, coconut oil, and coconut milk. Blitz until well combined and starting to come together, you may need an extra tablespoon of coconut milk in order for them to fully combine.

Refrigerate the mix for approximately 15 minutes.

Roll into 20 balls, around 1 tablespoon of mix per ball.

Roll each ball in additional coconut if desired.

Refrigerate for 1 to 2 hours.





PlayAction Sports

Mid-Winter Sports Update

by Tim Lambert

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



More local athletes signed letters of intent to further their athletic careers at the collegiate level including:

Athens High's Chloe Jackson (Wallace State volleyball), Logan Mooney (UAB baseball), Caden Gumarin and Jude Parnell (Calhoun cross country), Nolen Wolfe (Samford golf), Case Hagood (Tennessee Southern golf), Samya Linder (Iowa softball), Deann Motquin (Northwest Shoals softball), Abbi Tucker and Cori Campbell (Calhoun softball), Gracie Ausley (Jackson State softball); West Limestone's Colin Patterson (UAB baseball), Cooper Phillips (Calhoun baseball); James Clemens' Gio Lopez (South Alabama football).

Basketball highlights

Calhoun M 69, Lurleen B. Wallace 50
Calhoun W 64, Lurleen B. Wallace 49
Calhoun M 82, Coastal South 75 (OT)
Calhoun W 80, Enterprise State 55
Calhoun M 93, Bishop State 80
Calhoun W 80, Bishop State 68
Calhoun W 86, UT Southern JV 33
Calhoun M 83, Motlow State 79
Ardmore VB 70, Falkville 59
Ardmore VG 65, Oakwood Academy 20
Ardmore VG 86, Oakwood Academy 39
Athens Bible VG 30, Whitesburg Christian 27
Athens Bible VB 68, Lexington 53
Athens Bible VB 58, Falkville 44



Eleven Athens High athletes sign letters of intent for baseball, cross country, golf, softball, and volleyball

Athens Bible VB 61, Woodville 53

Athens Bible VB 76, Valley Head 60

Athens Bible VG 39, Oakwood Adventist 38

Athens High VB 58, East Limestone 55

Athens High VB 49, St. John Paul II 44

Athens High VB 52, Decatur 50

Athens High VG 51, Decatur 21

Athens High VB 64, Madison Academy 59

Clements VB 58, Ardmore 34

Clements VG 48, Ardmore 41

Clements VG 53, Phil Campbell 18

Clements VB 60, Ardmore 54

Clements VG 63, Ardmore 37

Clements VG 46, Lauderdale County 42

Clements VG 52, Elkmont 42

East Limestone VG 50, Athens 37

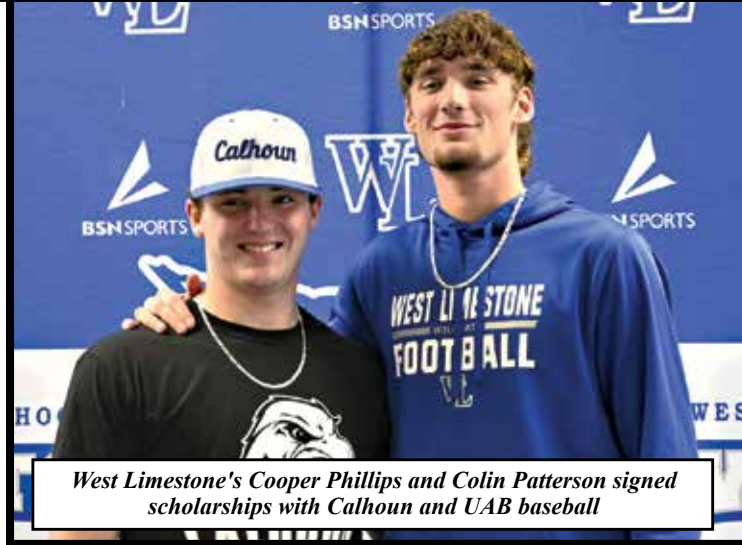
East Limestone VG 55, Daphne 42

East Limestone VG 51, Saraland 26

East Limestone VG 56, Gulf Shores 32

East Limestone VB 65, Elkmont 44

East Limestone VG 58,



West Limestone's Cooper Phillips and Colin Patterson signed scholarships with Calhoun and UAB baseball

Elkmont 38

East Limestone VB 49, Madison Academy 48

East Limestone VB 60, Ardmore 26

East Limestone VG 65, Ardmore 41

Elkmont VB 66, Central-Florence 63

Elkmont VG 58, Central-Florence 33

Elkmont VG 59, East Lawrence 42

Elkmont VG 28, Holly Pond 26

Elkmont VB 64, Ardmore 58

Elkmont VG 37, Ardmore 35

Elkmont VB 48, Clements 40

James Clemens VB 62, Homewood 61

James Clemens VG 50, Scottsboro 43

James Clemens VG 64, Grissom 34

James Clemens VG 67, Keith 16

James Clemens VB 75, Huffman 70

Lindsay Lane VG 48, Woodville 38

Lindsay Lane VB 50, Waterloo 21

Lindsay Lane VB 74, Vina 32

Tanner VB 61, Wilson 57

Tanner VB 64, Lindsay Lane 42

Tanner VB 83, Whitesburg Christian 74

Tanner VG 38, Whitesburg Christian 27

Tanner VG 48, Alabama School of Cybertech and Engineering 12

West Limestone VB 54, Brewer 41

West Limestone VB 58, Madison County 32

West Limestone VB 44, Danville 43

West Limestone VB 44, Lauderdale County 28

West Limestone VG 50, Wilson 38

West Limestone VG 58, Westminster 30

West Limestone VB def. Randolph

West Limestone VG 58, Randolph 39

Bowling

James Clemens VB 1175, Bob Jones 1096

James Clemens VG 878, Bob Jones 670

James Clemens VB 1184, Grissom 934

James Clemens VG 937, Grissom 751

James Clemens VB 1188, Lee 1180

James Clemens VG 944, Lee 774

James Clemens VB 1299, Hazel Green 1240

James Clemens VB 1135, Columbia 693

James Clemens VG 865, Columbia 487

James Clemens VB 1043, Lee 944

James Clemens VG 869, Lee 740

James Clemens VB 1319, Buckhorn 1169

At the state swim meet, the James Clemens boys finished sixth as a team in Class 6A-7A.

James Clemens took first place at the state cheer competition in the Class 7A traditional category; they were runner up in the game day division and in small JV. Athens High won in 6A traditional and came in third in game day. The middle school squad won their fourth title in a row with first places in junior high and game day.

“God Encounters Tent Revival” Coming To Athens January 18

by Ali Elizabeth Turner

continued from page 1

a significant event in American history, and thankfully there are people who have been praying for years that God would move in our midst again with signs and wonders.

Scott and Kim Barnhart are two such people, and they have put everything on the line to give God both glory and the opportunity to pour out upon us. Specifically, out of obedience in May of this year, they closed the doors to a thriving ministry in Huntsville known as The Freedom House. Then they traveled to Florida, had a tent custom made to hold about 400 people, and on January 18, 2023, will be “opening the doors” at the Limestone County Sheriff’s Rodeo grounds on AL Hwy 99. You are invited, and their hope is that we will not just be revived spiritually, but that our people in the area will be transformed by the power of God. The services will start at 6:30 p.m. Wednesday through Friday. On Saturday there will be two services -- one at 1 p.m. and one at 6:30 p.m. On Sunday there will be two services, one at 11 a.m. and one at 6:30 p.m. The tent will be heated.

A word about the “tent-maker” from Florida, David Wine: He was blind as an eleven-year-old child and he attended a tent meeting in Oklahoma where Oral Roberts was ministering many years ago. Roberts laid his hands on the boy, and he received his sight immediately. The first thing he saw was

a tent, and at that point he began his pursuit to become a tentmaker. He is 77 years old now, and practically all his life he has made tents, in part to show his gratitude for the miracle he received.

Scott was on the *TN Valley Spotlight* radio show this past Monday, and told the listeners, “When God moved in the Welsh revival, the police department shut down because there was nothing for them to do.” I know from my own study of the history of revival that the same thing happened in the Hebrides, Scotland, revival after WWII, and in Almolongo, Guatemala, 25 years ago. Most people of faith know that the only thing that can rescue our country is true revival that will bring a transformation of the lives of the people.

To prepare for this move of God in Athens, prayer is occurring at 8 a.m. every Wednesday at a designated location in the city. Kim Barnhart is leading an effort called “Walk & Pray Athens” and prays with anyone who wants to show up. That group of prayer partners come together in unity over the fact that they believe God needs to move in our city, and He will in fact do so if we seek Him through prayer.

A bit of background on the Barnharts. They are the parents of four teenagers, three of whom are adopted. Scott was an Army brat, was born in Alabama, served during Desert Storm, and as an Army civilian, works with the Army Corps of Engineers, at



Kim ministering in Uganda, where miracles are common and documented



The brand new tent will hold 400 people, and for the January meetings it will be heated



Scott performing a baptism in Uganda

which time he also served in Operation Enduring Freedom in Afghanistan. He has also worked in law enforcement in Montgomery. He and Kim met at Fort Bragg, and both have wonderful stories of how they have seen God move in their own lives, in the ministry here in the States, as well as in Uganda. In Africa they have planted many churches as well as an orphanage. The picture you see of Scott performing a baptism in the river in Uganda does not show the anacondas that were also present nearby that day!

Kim has an amazing story too where she was completely healed from what was diagnosed by a psychologist as “bipolar disorder with severe clinical depression,” a condition doctors say is incurable. The secret to that transformation partly began when she was willing to forgive her father, and she has a special heart for those who have scars

from the past that cannot be seen. She also recently published a book on this subject called *The Bipolar Lie* which can be found through any book outlet. It describes the details of her testimony, while at the same time provides a guide for anyone who desires to be set free from any kind of mental prison.

One of the things that Scott and Kim are praying will occur is that churches will come together in unity for this event. History bears out that when revival hits, people who have been newly transformed need a place to go where they can be disciplined, encouraged, loved, and able to grow in their faith. It is not about denominational growth, it is about the gospel going out and doing what it was originally intended to do: turn the world upside down for Christ! The Barnharts are also planning on setting up the big tent for the future in March, May, August, and No-

vember in different locations in our area. Or, it might just need to stay up for a while. I guess we will have to see how God chooses. Consider planning on attending, planning on partnering, and planning on praying. Then, do it! You never know, you might just end up being a part of history!

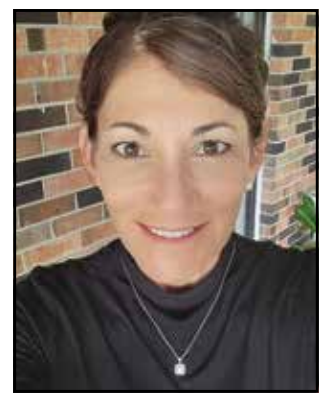
For more information about God Encounters Tent Revival or if you are interested in becoming a partner, visit their website at www.GodEncountersTentRevival.com or email at freedomhousehuntsville@yahoo.com.

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

If interested in sponsoring a child at their orphanage or the mission in Uganda, Africa, please visit www.thefreedomhouseafrica.com

Tourism 2022

by Tina Morrison, Tourism Athens



As we close out 2022, we look back at our Tourism year, full of events, volunteers, and visitors with a thankful and grateful heart. Although the Tourism office employees and Board suffered their share of losses and challenges this year, we still managed to stay on track, stay positive, and continued to provide the Southern hospitality that our customers have grown to love and expect.

The mission of the Athens Limestone Tourism Association is to identify, develop and promote the tourism assets of Athens and Limestone County with the emphasis always placed on maximizing overnight stays in our area's lodging. Our goals are to increase awareness and tourism and create loyal returning visitors to Athens-Limestone County and North Alabama. Our objectives are to increase tourism during the least active travel seasons. When we increase the total amount of lodging tax generated in Limestone County, it leads to job creation and therefore increases the overall financial success of Limestone County's economy.



After our successful Spring Walking Tours and Summer Concert Series, we were very excited that our Fall Haunt Walks event was again very popular this year with over 600 attendees. With the help of our volunteer tour guides, we did a total of 33 tours with an average of 68 people per tour. Our many visitors were from Atlanta, Orlando, Houston, Denver, Seattle, and California to name a few.

We were again honored to help promote signature anchor events of Limestone County like the Fiddlers Convention

and Storytelling Festival, as well as promoting the many events of our partners at The Athens-Limestone Chamber of Commerce, Limestone County Economic Development, Athens Main Street, and Keep Athens Limestone Beautiful; and we are excited to continue our partnership with them and others in 2023.

We saw, more than ever this year, a great number of people coming into the Athens Visitors Center because they recently moved to Limestone County. It is always our pleasure to serve these



tourist-turned-residents and enlighten them on the many wonderful benefits of living in a small Southern town.

Our final event of the year, The North Pole Stroll is going on throughout the month of December. This event, which turns the Athens Big Spring Memorial Park into a temporary North Pole with over 80 beautifully decorated trees, is free and open to the public. Make sure you bring your friends and family to stroll through and see this magical event.

We would like to sincere-

ly thank those who supported Limestone County Tourism this year including Ronnie Marks and his team at the Athens City Mayor's office, Colin Daley and his team at the Limestone County Commissioner's office, Tami Reist and her team at the Alabama Mountain Lakes Tourism Association, and all the professionals with Sweet Home Alabama Tourism.

As we turn our calendars onto 2023, we look forward to a new Athens-Limestone Official Visitors Guide as well as new and exciting events. Thank you to everyone who helped us have a successful 2022 and please stop in to see us at 100 N. Beatty St. Athens, AL 35611; call us at (256) 232-5411 or check us out at www.VisitAthensAL.com. Merry Christmas and Happy New Year from Teresa Todd and Tina Morrison.

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Award-Winning Express Employment Professionals: *Thriving In Athens*

by Ali Elizabeth Turner

continued from page 1

military, first responders, and America. They have worked hard, have been rewarded and awarded for their efforts, and want people to know about a dream come true: having a thriving location in Athens. While Express Employment Professionals has over 800 locations throughout America, each office is privately owned and operated. After a careful selection process for potential franchise owners, the corporation gives training, support and oversight. However, it is up to each owner to make a go of it. Richard and Kim have been able to do that both in Decatur and Athens, and are grateful for how our community, especially the Family Resource Center helped them get their start in Athens. During COVID the Athens location was in the Family Resource Center, and it was a match made in heaven for both entities. Tina Cook, who runs FRC, and her staff were able to benefit from what Kim and Richard offered, and vice versa. "If there had been

space, we would have stayed right next door, and I credit them with getting us off to such a good start here in Athens," Kim told me. They moved to their new location at 621 Hwy 72 W Athens this past July, and maintain close working ties with the FRC. Richard holds down the Decatur shop, and Kim runs the Athens office. We talked about the challenges that both large and small business owners are encountering these days in hiring people who are actually willing to work. "We have had to think outside the box for sure," said Kim, and when you consider the role of a staffing service, the beauty of Express Employment Professionals is that they are able to save prospective employers a lot of head and heart ache because of the lengths to which they go to get to know the applicants before they ever meet the business owner. That's their whole job, whereas the business owner has to "run the business while they look for people to help run the business." Kim and Richard like to be selective when it comes to both the business owners (clients)



Wes Minyard – Business Development

as well as the associates, the name they give to those who are looking for work. They don't want business owners to invest in an applicant that is poorly suited for the position, and they certainly don't want an associate to be working for an outfit that is not up to the Express Pro standards. "Associates never have to pay for our services," said Kim. "All of the tests, preparation and background checks are not their responsibility," she added. Kim also went on to mention that for the business owner, they make a point of fitting into the culture of that particular company. Some bosses are laid back, some jobs are high stress, some associates have transportation issues or kids with special needs, and it is the responsibility of Express Employment Professionals to make sure that everyone in every role comes out ahead. Express Employment Professionals' carefulness, work ethic and attention to detail has caused them to win multiple nominations and awards in their field. For four years they have been voted as the "Best of the Best" in the staffing profession by the Decatur Daily, and the Express Pros parent company have



One of our Awards – Circle of Excellence, Express Employment Best of the Best – 2019, 2020, 2021, 2022

chosen them for their Circle of Excellence Award. Our local Chamber of Commerce awarded Kim and Richard the Small Business of the Year Award in 2021. They were also among the 2021 finalists for the Alabama Chambers of Commerce Small Business Award. Kim has served as an Ambassador for the Greater Limestone Chamber of Commerce, as well as on the Board of Directors of the Limestone County Economic Development Association. She wanted to thank them for all of their support. "Fully half of our business now comes from the Athens office," said Kim. She also mentioned that Pammie Jimmar and her crew have been such an outstanding example of supporting local businesses, which is something that has benefitted us all. I asked Kim why, when it comes to staffing companies, I should come to Express Employment Professionals? She smiled and told me: "We are locally owned, and we live here!" In other words, if

they don't do a good job, they won't be "thriving in Athens" for very long at all. The Athens office has two recruiters, Mercedes Reinhardt and Jazmine Recruiter, and Director of Recruiting is Kim Huffman. They also have a business developer whose name is Wes Minyard. This whole team is experienced, willing and prepared to help you find what you are looking for as an employer or an employee. The working philosophy of Express Employment Professionals is that they exist to "help good people find good jobs." Let them help you build your business or your future, starting today.



Express Employment Professionals

621 Hwy 72 W
Athens, AL 35611
256-998-5329
Hours: M-F 8am-5pm
kim.whitworth@
expresspros.com

Building Bridges

by Eric Betts

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



The annual Interfaith Panel at Athens State University Chapel hosted by the Center for Religious Studies on Thursday was a great success. Featuring representatives from Christianity, Judaism, and Islam, the interfaith event took place Nov. 10 at 6:30 p.m. at Athens State's Founders Hall.

What is held in common across traditions is the idea of love of strangers, or what is considered the other, was the main topic. It was concluded that the most irreligious act or attitude is the refusal to hold sacred the image of the Divine in the "other." The concept of "Do unto others what you would have them do unto you," is one

of the foundational values expressed by the panelists from the Jewish, Islamic, and Christian perspective.

Additionally, this event was important because we tend to have stereotypes of people from other cultures and religious traditions and we make assumptions based on those stereotypes. Those assumptions and stereotypes can be harmful. When you get to know someone from a different religious or cultural background on a personal level, it doesn't eliminate stereotypes you might have entirely, but it does help to personalize the individuals of a group a bit more. Interacting with each other, communicating with each other,

and attending events together is a way to help fight against stereotypes and build relationships. The interfaith event is an opportunity for the community to come together and get to know their neighbors from different religious backgrounds and cultural experiences. Imam Ragab Abdelmonem, from the Huntsville Islamic Center and a faculty member of the University of Alabama in Huntsville was a panelist, along with Bill Goldberg from Etz Chaim Congregation in Huntsville. The present author came from the perspective of a Christian leader.

Barry Meyer of the Interfaith Mission Service in

Huntsville and the congregational representative of the Etz Chayim community explains why interfaith is so valuable in today's world. He says that as the world gets smaller, it becomes more important to work towards a beloved community. Interfaith dialogue contributes towards the success for the future. In the past, interactions between diverse cultures were rare, but due to the changing world, cyberspace, and globalism, communication increases. Such communication must be done with respect, care, understanding, and empathy. This cannot be accomplished at the highest levels without increasing

awareness about what makes various religious cultures distinct and valuable.

Indeed, as the globe becomes smaller, educators, business leaders, and those in public service must educate themselves about the values, ethics, and cultural sensitivities of those outside of their own cultural bubbles. Wouldn't you want the same for yourself if you were placed in a different context from the one in which you were born? One of the issues of concern with those in the "mainstream" of society, particularly here in the U.S., is that we are comfortable to the extent that we do not see the need to educate ourselves outside of our own cultural group. For example, let us say that you held an end-of-the-year party. What are some features you would include as far as music, food, or decorations that would include or make all attendees from various backgrounds feel welcome and included? Leaders who serve the community can no longer be satisfied with their own lived experience while showing little interest in those that they seek to serve who are from different backgrounds and orientations. The sign of a great and successful leader is one who never stops growing and learning and challenging others to do the same. It is this concept that makes this holiday season of peace, love, and goodwill a time for reflection and bridge building.



A Moment For Pause!

by Jackie Warner

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



"Life can only be understood backwards; but it must be lived forwards."

— Søren Kierkegaard

"Jesus is the reason for the Season!"

Let's remember and share love amongst each other!

How fast this year has gone by. Just like a flash, 2023 is upon us and will be here in a couple of weeks. I wish everyone a blessed Merry Christmas and a wonderful holiday season. I feel truly blessed and honored to be a part of the *Athens Now* family and pray and hope a bright and wonderful new year for all of our readers.

I challenge each of you to take a moment and "press Pause" for some much needed self-care, reflection, and fun, not only for this year but for your life always. Your accomplishments, blessings, betrayals, happy times, sad times, never-tell-anyone times, missed chances, and gained opportunities... as all these make up the life we have lived to date -- the chapters on life's journey.

Make sure you live and enjoy life. Let's live more in the present instead of waiting for the future, which may or may not come for us.

We often start to reflect



on life a little bit more closely when something happens to slow us down or halt us in our tracks, possibly an unavoidable scare, sickness and/or death of family and friends.

Recently, I started thinking about all the things I have done in this life. I have frequently paused this year to reflect on the good, the bad, and, of course, the best intentions which never made it to realization.

I have realized that when

you press pause and truly start reflecting for clarity on the lessons learned in this life, you grow, but also purge and release things and people - you are cleansed!

I leave with you a few questions:

1. What is my gift to the world?
2. What good and bad have I deposited into the lives of others over the years?
4. What actions should I start, stop, and continue?

priority?

7. What are my biggest time wasters/destroyers?

8. What legacy am I leaving for those who come after me?

"Sometimes, you have to look back in order to understand the things that lie ahead."

— Yvonne Woon

Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

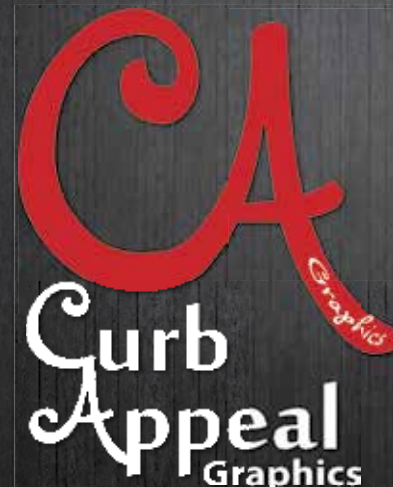
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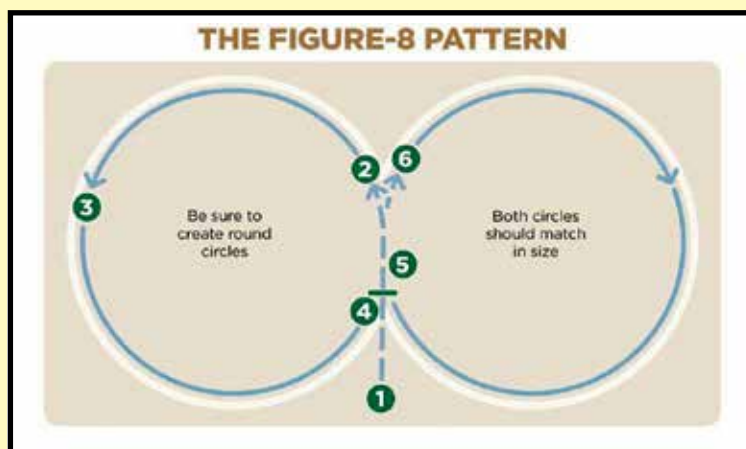
Go Figure

by Deb Kitchenmaster

This TRUE story that I am about to tell you has to do with 5 horses and the figure 8 symbol. When we can identify some meaning with a particular number, it can open our eyes to our understanding and bring refreshing clarity to us. Let's take the number 8 for example. Some of the meanings associated with this number are great balance and stability, selflessness, victory, prosperity, and overcoming. If asked to define the number eight in one word, that would be NEW. Eight represents a new beginning, new order, new creation, hope, a bright future and new horizons. Awesome number, huh! Awakening to new, fresh mercy brought a gladness and rejoicing to my soul that early morn. It was an ordinary day. My husband had a scheduled health-

care appointment that day at the house. She arrived. I was upstairs in my study when I noticed a car slowly driving down our driveway. I announced that someone was here, and the health-care person responded to me by telling me it was her daughter coming to pick her up. She had dropped her mom off earlier. Then right before my eyes I see five horses in the southeast corner of the pasture lift their heads and come running single file, tails flagged to the northwest corner by the carport. What was this about?

I immediately come downstairs and the three of us are now standing on the front porch watching five horses, single file, form a perfect pattern of the figure eight. It was PERFECT! The car had arrived at the carport and eye-witnessed what we were seeing; 5 horses,



single-file complete a figure 8 design by themselves! This lady looked at me and asked, "What are they doing?" The horses were calm energy, active but calm. They were peaceful and had an order about their movement. I said, "I don't know." What came out of my mouth next opened a door of communication that is tattooed on my heart. "Someone in that car must need this," I told her. She looked at me and asked how long we had lived in this area. I told her and then came

THE STORY. One that I had no idea about, but the horses somehow KNEW.

Some years back, a call came forth to officers to check out an apartment. Something wasn't right. At the scene, two young children were found abandoned. This woman had adopted these two children. They were out in the car! Her teenage daughter had dropped her mom at our house, went and picked up her siblings, and returned after 45 minutes to pick up their mom.

Years had passed, when a door of opportunity swung wide open for me to study Animal B.E.S.T. (bio-energy synchronization technique). I chose to step through this door. What lovely people! I did classroom activities, passed tests, worked with horses, cats, and dogs completing case studies on several animals and passing the protocol (hands-on) under the skilled eye of a certified practitioner. It was in this study that I discovered 'cross-crawl configuration.' Simply, the figure 8 pattern. While working energetically with animals the figure 8 pattern is used



three times within a session. Why? To reset the central nervous system. Go figure!

Five horses (5=grace) knew a reset was needed INSIDE. Inside a car. Inside souls. And they selflessly brought this healing to two precious people for victory and for overcoming blocked trauma: releasing NEW. Thank you ABBA, Father, for YOUR HEALING POWER FLOWING THROUGH THESE HORSES.

What a classroom on an ordinary day. Remain teachable and open your heart to Perfect Love. Sometimes you may not understand what really is going on. That's okay, SOMEONE who knows you cares deeply about you and hears the cry of your heart. Now, your cry may be annoying or disturbing to those around you but not to PERFECT UNFAILING LOVE.

Love was seen through the action of five horses to reset the internal thermostat of two little people in front of adults that eye-witnessed this reset but at the time didn't have a clue what was going on. That understanding came later but not understanding it did not prevent the POP (Presence Overcoming Pain).

MERRY CHRISTMAS,

Your NEIGHbor,
Deb Kitchenmaster

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Gifts of Christmas

by Lisa Philippart,
Licensed Professional Counselor



“For it is in giving that we receive.”

- St. Francis of Assisi

This Christmas, I encourage you to give yourself some wellbeing gifts... to find ways to take care of yourself and to enjoy this time of year. Begin by letting go. Let go of the “perfect Christmas” myth and appreciate that it exists only on TV, the internet, and in your dreams. Work on enjoying this holiday with all its imperfections and chaos. Ask for help. You don’t have to do it all this Christmas and then feel overwhelmed and resentful. Instead, give yourself permission to share the workload and ask family and friends for help. Stop pleasing. This Christmas, give yourself the gift of no more pleasing. Try giving up the notion of satisfying everyone. It is an unachievable goal and totally impossible task. Give yourself the gift of body acceptance. This gift is a two-parter. One, every day, work on showing acceptance and gratitude for the body you have. Choose to stand tall, smile, and wear clothes that you love during the Christmas season. Two, allow yourself to indulge in food that you love, especially food that is only available during this season. Moderation is key...not denial.

One of the greatest gifts you can give to yourself and to others is the gift of

the magic of Christmas. Try to spend time with young children (your own or otherwise.) Allow yourself to pause to embrace the fun and wonder of Christmas through their eyes. Christmas is a perfect time to connect. Take care of yourself if you feel lonely by being proactive and reaching out to friends, neighbors, and family. Maybe volunteer. Mostly, be compassionate and self-caring towards yourself if these things aren’t possible right now. If you are feeling overwhelmed, humor is a great way to de-escalate those emotions. Look for the funny side of things, remembering that humor can be a wonderful easer of tension. No dieting. This also refers back to body acceptance. Please

don’t deprive yourself or label foods as “forbidden.” This will only lead to misery and will more likely encourage bingeing or over-eating later on. Eat with awareness and savor every scrumptious mouthful without guilt.

As with children, you may need a timeout. When things get hectic, go for a walk and get some fresh air, watch that favorite Christmas movie, or listen to Christmas music during dinner. Maybe you just need to read a book for a half hour. If you enjoy a few drinks during this season, practice drink awareness. You can choose how much alcohol you drink and try to be aware of its effects on your mood and inhibitions. Don’t be pulled

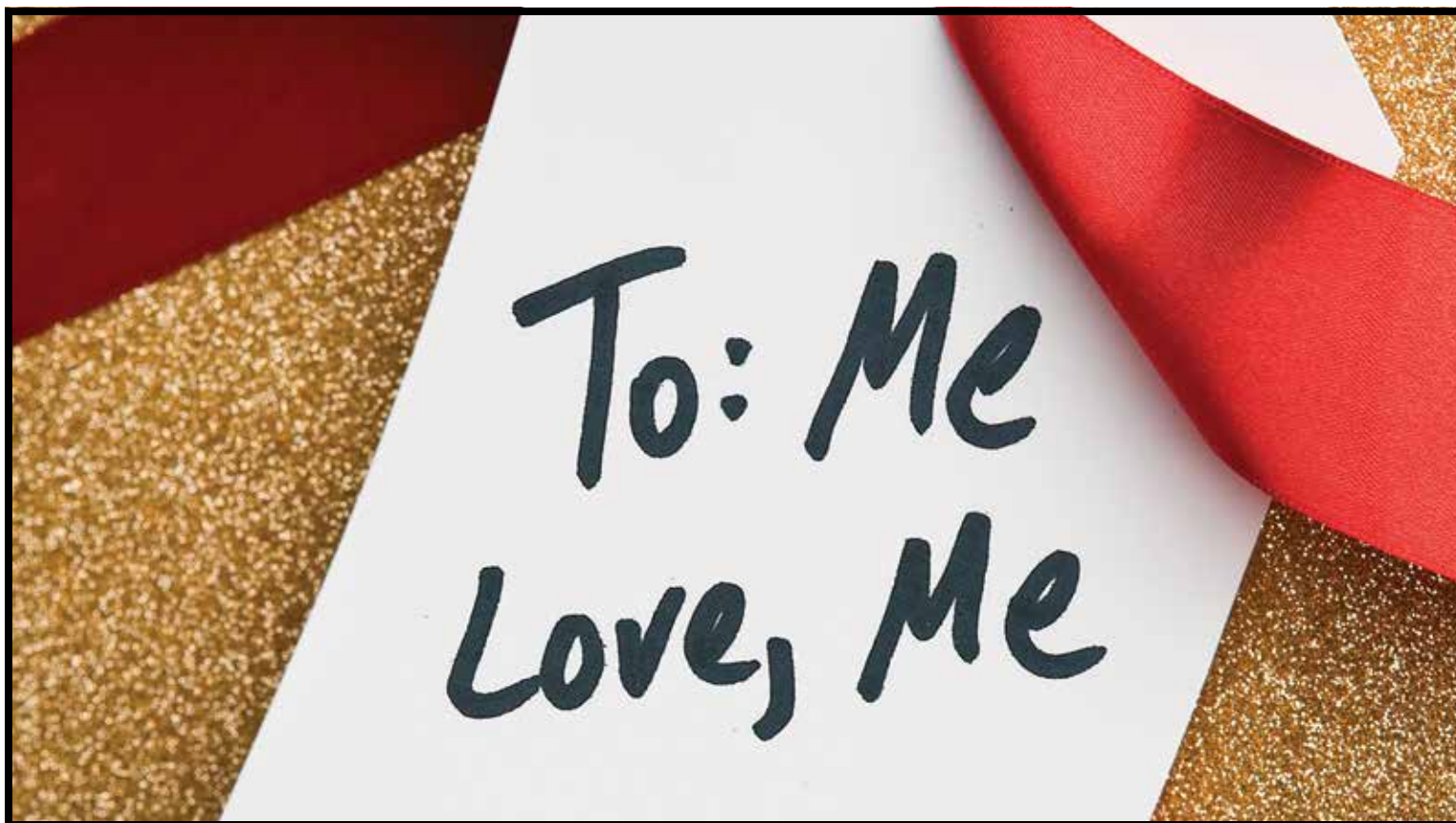
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onto the material train. You may be tempted to buy loads of stuff that you don’t need and then worry about paying it all off. Place a higher value on time. Spending time with friends and family while creating memories is more important. And finally, give yourself the gift of self-forgiveness. You may regularly forget all of the above and return to your old ways of coping. However, be kind to yourself and accept the

grace of Christmas. You are a work in progress. Keep things in perspective and remember that Christmas Day is one day of the year! The reason for the day is to celebrate the birth of the Savior... the best gift of all!

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





The Alternative Approach

What Does Christmas Mean?

by Roy Williams

Christmas is a time dedicated to the One who gave us the greatest gift ever bestowed on mankind. The gift of forgiveness. Up until the birth and death of the one and only Son of God, in order to be forgiven, blood had to be shed, a sacrifice of burnt offerings made, a debt paid for our transgressions.

Up until the death of Jesus Christ, salvation had to be earned by keeping all aspects of the Law of Moses. Up until His death, we had to have a mediator, a priest who could go into the temple and go past the veil into the presence of God, and ask for the forgiveness of our sins.

The most beautiful gift ever given is when God, who loved us so much, allowed His Son to be born of woman to live and eventually die for our transgressions. In other words, God loved us so much he allowed His Son, who was perfect and without sin, to be murdered. And Christ loved His Father so much that He was willing to die to please His Father and give us direct access to God. At that moment the veil was ripped from the top to the bottom, giving each of us the ability to go directly to our Father and

be forgiven.

Yes, the birth of Christ is about giving and forgiving. Sometimes, at this time of year it is hard to know just what to give those we love. Our lives are so busy, so commercialized, and so confusing that, if we aren't careful, we can forget what this season is really all about. So, let's stay focused on the greatest gift ever given and please our Father in heaven by remembering the birth of His Son, our Lord and Savior, Jesus Christ.

To help make giving as easy as we possibly can, **Herbs & More** in Athens and **NHC Herb Shop** in Killen will be offering each of you discounts on all **NEWtritional Health Care** products with this article. Go by either location or call 256-757-5660 and choose any of our exclusive products and save 20% through December 25.

The Perfect Gift

Please remember, during these stressful times, we now have Stacy, a well-recognized **Massage Therapist** who specializes in, relaxation, therapeutic/deep tissue, prenatal, and hot stone sessions. You can also purchase



a **MASSAGE gift certificate** for the one you love or those who already have everything. We have never heard from anyone who wasn't truly delighted with one of those.

Let me remind all of you that over 20 years ago we developed what I believe is the best lotion ever, called **MSM+C Full Body Lotion**. We made sure that all the ingredients are natural and without any paraffins or chemicals that have been tied to many health disorders. It is so clean and soothing that many ladies use it as a base before makeup, men use it after shaving, and it is the best full-body lotion I have ever used. Well known to stop diaper rash and often

used with any skin disorder, including eczema and psoriasis.

Often called the beauty lotion, our infamous **MSM+C Full Body Lotion** is a first choice because of its ability to create collagen, which gives your skin a real healthy shine and reduces crow's feet and wrinkling due to dehydration. Because it has emu oil and MSM it has been used by many to reduce sore muscles and joints and even back pain. It has no fragrance and there is simply no other lotion on the market that comes close to its success.

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From now through December 25, you can purchase

this remarkable lotion for yourself or to give it as a Christmas present and save 25%. (Limit of 3 bottles per customer.) The large 18-ounce bottle lasts a long time and our regular retail price is only \$24.00. With this article you can save \$6.00 per bottle.

So, to conclude, we at **NEWtritional Health Care LLC** and our locations want to wish all of you the Merriest Christmas ever. Keep it beautiful by remembering that it really is all about Christ and His love. Remember when Christ was asked what is the greatest commandment? According to Matthew 22:37-39, "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself."

*Your friend in health,
Roy P. Williams*

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Cooking with Anna (continued from page 13)

Childish Behavior

by Anna Hamilton

continued from page 13

be happy in this life. He wants us to use our imagination that he has given us to see what our lives can be if you keep him the center of our lives. In Habakkuk 2:3 it says, "For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay." God wants us to see a future in him and pray for how we want our lives to become. We use our God-given imagination to see our lives and use our prayers and faith to know God will give us what we need in his perfect timing.

Children, especially during the holidays, have a pure hope. While they may be hoping for a certain gift from Santa or hoping to catch a glimpse of a reindeer flying across the sky, their hope is one of pure innocence. The older we get our innocence is taken from us by the evil ways of the world. The hope we once had dwindles a little more every day. But as soon as you give your life over to the ways of Christ, that beautiful innocent hope begins to return. We

begin to have a childlike wonder again, we begin to get our childlike imagination back; our childlike hope is renewed again. Psalm 71:5-6 says, "For you have been my hope, Sovereign Lord, my confidence since my youth. From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you." We are brought back to the confidence we had in God when we were just mere children.

This holiday season, I urge you to participate in childlike behavior. Believe as a child. Have the wonder of a child. Have the imagination of a child. Have the hope of a child. Let your heart become soft again and fully rely on God to sustain every aspect of your life.

This week's recipe is a Christmas candy classic with a twist. Yummy Coconut Balls. It is delicious, festive, and fun! You can give them as gifts or enjoy them while you wait for Santa to visit you on Christmas Eve. I hope you enjoy them as much as we do.

"Truly I say to you, whoever does not receive the kingdom of God like a child will not enter it at all." Mark 10:15

Tennessee Valley Spotlight

**Mondays at 10am
1080 AM WKAC**

Bob Taylor: “None Of Us Is As Smart As All Of Us”

by Mae Lewis

Bob Taylor is the most influential person you’ve never heard of. Known as a tech pioneer, he helped bring about almost every piece of technology that you use in your home or office today.

Famously, he had no formal academic training or research experience in computers or technology (he didn’t even formally attend school until age 16), yet he was able to lead the greatest minds in the world. With just a master’s degree in psychology, he has been called one of the most successful leaders who ever lived.

What Taylor did have was a high-level vision, and a love for people. He knew how to make people work together. He worked first as a teacher, then an engineer – he helped design one of the standard nuclear missiles for the US Army – before he became a project manager at NASA, working on the Apollo program. There, he famously directed the funding that would lead to the invention of the computer mouse. Later at Arpa, he oversaw the building of a computer network, which would later become the internet. He went on to work at Xerox PARC, the leading computer R&D facility in the 1970s.

And that is where his influence became legendary: Taylor was a team builder. What made him truly iconic was his ability to build one of the greatest tech teams and keep it together for years.

In the history of Silicon Valley, teams are what have driven innovation. Brilliant minds would come together as a collective influence, then go on to individually make a significant impact

in the tech landscape. For example, PayPal’s founders went on to found Tesla, Space X, LinkedIn, and Yelp. Sun Microsystems founders went on to become the CEOs of Google, Yahoo, and Motorola.

In the 1970s and 1980s, the pioneering minds were at Xerox PARC, and Bob Taylor was the leader. When Steve Jobs visited there in 1979, he was in awe of the new technologies he witnessed, and later would incorporate it into all of his computers. The lab run by Bob Taylor was state of the art, and it has been said that the team he assembled was “the greatest by far team of computer scientists ever assembled in one organization.” He pushed for innovation, telling his team that they could do what others said could not be done. He told them that they could create things that no one

could see or imagine. And they did.

At Xerox PARC, the list of groundbreaking projects that he supervised is staggering: the graphical user interface, icons, pop-up menus, cut-and-paste techniques, overlapping windows, bitmap displays, easy-to-use word processing programs, Ethernet networking technologies, the laser printer, the “desktop” interface, and so much more. All of these teams were served by men who went on to form companies such as Adobe Systems, Pixar, Apple, Atari, and Google, and software like Microsoft Word and SuperPaint. They won top scientific awards, like the Turing Awards (the equivalent of the Nobel Prize in computer science). They went on to found the basis and framework for the modern telecommunications sys-

tems that govern our everyday lives, including the internet – and they all sat at Bob Taylor’s table.

As an indicator of his leadership, when Taylor was pushed out of Xerox PARC in 1983, 15 of his top researchers resigned and went with him to form a new team: Systems Research Center at Digital Equipment Corporation, which went on to become Hewlett Packard.

Chuck Thacker, one of the co-inventors of the personal computer said, “If you are looking for the magic, it was him.”

So, what was the secret? Taylor believed in the power of communication and collaboration. His motto was: “None of us is as smart as all of us.” He spent hours getting his teams to talk to one another, and understand each other. They

saw his influence as nurturing, breathing life into ideas that only existed in science fiction.

Bob Taylor has been called a “concert pianist without fingers,” but I think a more apt description is an orchestra conductor. He didn’t have to know how to play the instruments, he just needed to get talented minds to communicate with one another. Taylor knew that the “computer age” wasn’t about technology, it was about communication.

He knew that his vision was more important than his ability -- and building relationships and communication was always the goal...the rest took care of itself. His passion helped others to realize that together, we are more than the sum of our parts. Together, we can change the world.





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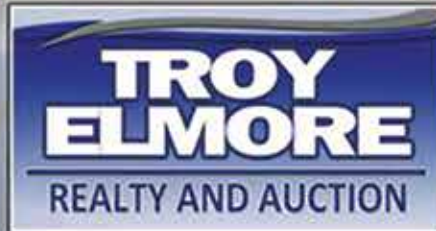
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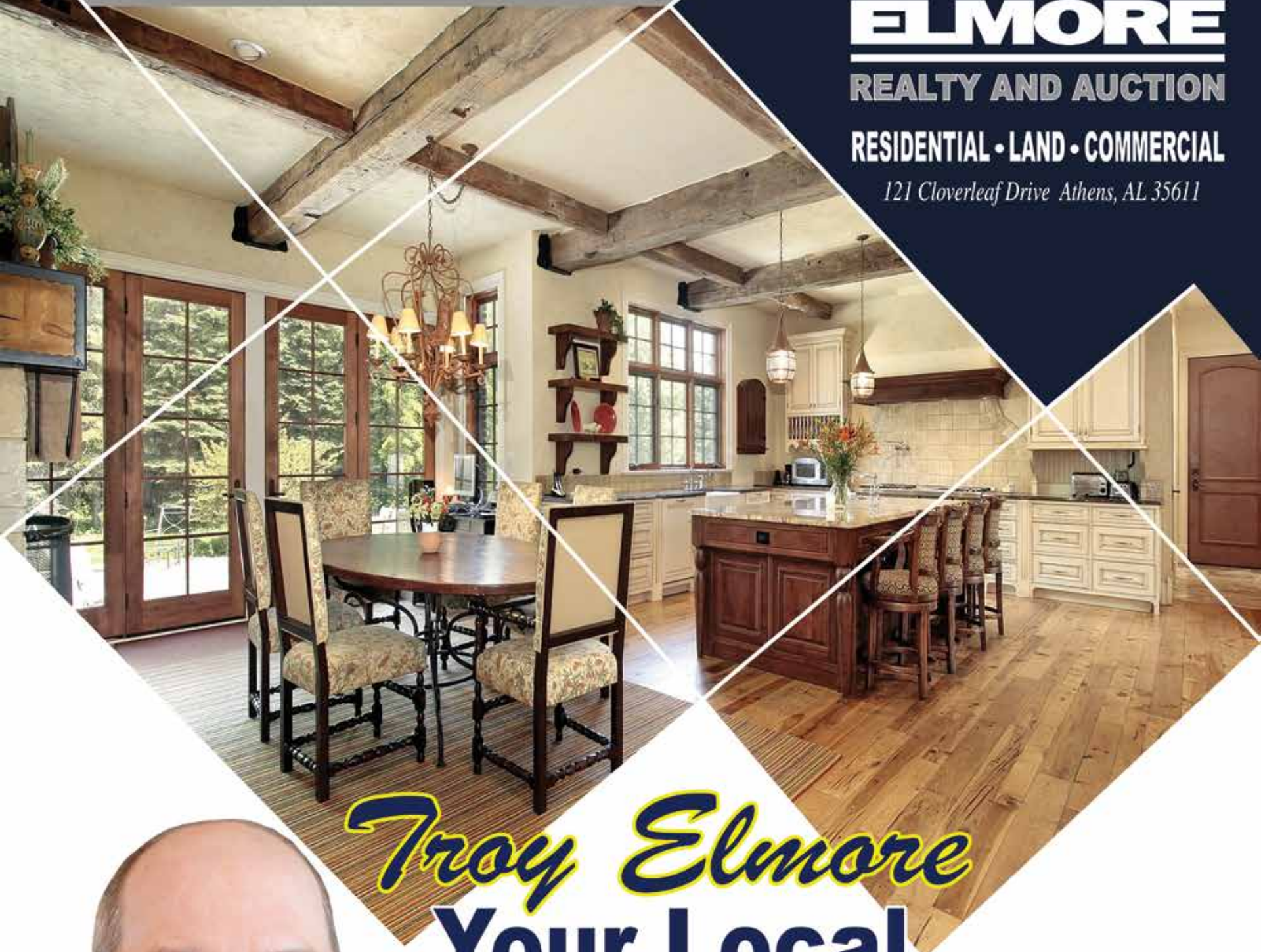


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