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Friendship Church At Cambridge: Traditional, Bible-Based, And Spirit-Filled

By Ali Elizabeth Turner

In 1818, during a period known in secular and church history as the Second Great Awakening, there was a revival that drew 4,000 people to Athens during the summer for what became known as a Camp Meeting. The location, which is on Cambridge Lane about a mile south off of US Hwy 72, is marked by an official National Historic So-



John David Crowe pastors the "recent" church plant of Friendship United Methodist Church that started in 1818

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Mike's: Home Of The Snipe Burger And So Much More

By Ali Elizabeth Turner

In 1978, NASA accountant James Allen Christopher and his wife, Helen, opened a mom-and-pop hamburger place called Snipe's, which was located on the corner of Hwy 99 and Tillman Mill Rd, west of Athens. It was the home of the original "Snipe Burger," named after Mr. Christopher's nickname, "Snipe." The burger was fittingly precise in its composition in



Mike's crew, (l) to (r) Jasmine James, Ally King, Mike Holt, Jan Holt, Cathy Robertson and Hannah Davis

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Publisher's Point

When Light And Life Demand A Miracle

Hanukkah 2021 is nearly over, this year having begun on Sunday the 27th, just after Thanksgiving. I will admit that kind of snuck up on us, and we had to scramble to celebrate two holidays back-to-back. But it was worth it, and I'll tell you why: the middle of Hanukkah week kicked off a Supreme Court case that to many folks personifies the whole reason why we celebrate in the first place the supernatural bringing forth of light and life in impossible circumstances.

On Wednesday, December 1, 2021, opening arguments in an abortion case were made before the Supreme Court which could well serve to overturn the most dreadful ruling in the history of the United States, one which convinced a culture that it is okay to kill its progeny. *Roe v Wade* has robbed us of more than ten times the number of souls who perished in the Holocaust, and with whose deadly long-term effects we will wrestle for generations. The case in question is that of Mississippi's abortion ban after 15 weeks, and whether it is constitutional. And, I don't think NBC News was at all happy to report that the "US Supreme Court signals willingness to uphold Mississippi law that would ban nearly all abortions after 15 weeks of pregnancy, which would represent a dramatic break from 50



years of rulings."

From the progressive/liberal side of SCOTUS judicial philosophy, Justice Sonia Sotomayor's thoughts were predictable: "Will this institution survive the stench that this creates in the public perception that the Constitution and its reading are just political acts?" From the conservative side, Associate Chief Justice Clarence Thomas makes no bones about wanting to see *Roe* and *Casey* overturned completely. On another day, Thomas said, "Our abortion precedents are grievously wrong and should be overruled." On Wednesday, he asked what specifically stated constitutional right protects abortion. Anyone with any intellectual honesty on either side of the argument will have to concede that none exists.

So, what does this case have to do with Hanuk-

kah, the Feast of Lights, or Christmas, the celebration of the birth of Christ our Savior? Well Hanukkah was born in an era when a tyrant robbed Israel of life and light, and God supernaturally sustained the light of the menorah for eight days after the temple had been desecrated and Jews were slaughtered by the thousands. No doubt Antiochus hoped for darkness in the temple, instead he got light. And eventually, the Light of the World came to displace the idea that life has no protected purpose, and more importantly, all innocent life was worth dying to protect. Incidentally, while not commanded as one of the original Levitical feasts, Jesus (Yeshua) celebrated Hanukkah, and our family has found it to be one of the best parts of the holiday season.

As it pertains to the birth of Christ, life was brought

forth supernaturally and protected from yet another angry king, who also did his fair share of slaughtering the innocent. I have always loved the Spanish word for giving birth, "dar luz," which literally means to "give light." Mary gave light; Yeshua is the Light. Joseph, the angels, the Magi, Anna, and Simeon protected, blessed, and prophesied over that Light that came forth in impossible circumstances 2,000 years ago. And I hope we as a nation are coming away from a half-century of calling light darkness and darkness light.

Ali Elizabeth Turner

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The IDF Steps Toward Interdependence?

by Ali Elizabeth Turner



Having spent time in Israel, one thing I can tell you is that Israeli soldiers who are currently or have been a part of the Israeli Defense Force (IDF) have a profound sense of having to go it alone, with the exception of being allied with the United States. Let's just say that a coalition approach to conflict is not something upon which Israel has had the chance to rely.

In a recent operation that in my view was brilliant from a psychological warfare perspective, Israel sent the message to Iran that other nations are interested in aligning with them, learning how to fight with

them, and not forcing them to stand alone should Iran move against them. There was a security drill in the Red Sea wherein the IDF, the United Arab Emirates, Bahrain, and the US Naval Forces Central Command worked together.

With respect to the drill, Col. Aviran Lerer of the IDF said that the Marines "are a significant force in the US military with whom we have a lot of shared interests. The United States always fights as a coalition, and it could be that will be part of a future coalition. We, as an army, have to do everything we can to be ready for a future conflict; we see the Americans as

a strategic ally, and there could be a time when we will work and fight together."

While being involved in naval training sessions with other nations is certainly significant, what I found fascinating is that the Germans joined in an airborne training operation known as the Blue Flag Drills. In addition to Germany, participating in the drill were Italy, Britain, France, India, Greece, and the United States. The planes used for training included Eurofighters, F-35s, G550 planes, Rafale jets, Mirage jets, F-16s, and F-35s. They also practiced aerial battle as well as sur-

face-to-air scenarios, and more.

Why is this set of drills so important? Because Iran needs to understand that there are other countries, including the one that tried to annihilate Israel through the Final Solution 80 years ago, along with Muslim nations that do not in any way subscribe to the idea that Israel needs to be eliminated from off the face of the earth.

For its part, Israel has made it clear that Iran will not be allowed to achieve nuclear capabilities that can be leveraged against a little state that is the size of the state of New Jersey. "Israel has no interest in a war with

Iran, but we will not allow Iran to acquire nuclear weapons," an Israeli security official told a reporter with the BBC. "In light of Iranian progress of their nuclear programme, we are preparing for all options and scenarios, including military capabilities."

Iran is operating under the delusion that they have a sacred duty to annihilate Israel, and Israel looks to thousands of years of recorded divine intervention that have proven over and over again that no one has ever succeeded in eliminating an agreement between Abraham and the Lord God Almighty, and no one ever will.



photo credit: IDF/Twitter

Listerhill's Kicks For Kids Is Coming To Athens

by Sarah Evans

Just ahead of Listerhill's new Athens branch opening, the Listerhill Foundation is excited to announce that Athens Elementary iAcademy will be the destination for its first Shoe Drop in 2022. The event will see every student receive a pair of new, brand-named athletic shoes and 5 pairs of Bombas socks through Listerhill's Kicks for Kids program.

Delighted iAcademy School Principal, Amanda Tedford, commented on the impact of the program to her students. "This will have such a positive effect on student's confidence at school. We are overwhelmed at the generosity of Listerhill and are so excited for our students to receive a brand new pair of shoes and set of socks!" Brad Green, Listerhill's President and CEO explained, "When a child has a pair of shoes that fit they have increased self-esteem, have higher levels of classroom engagement and are more likely to participate in physical activity. We want these children to succeed and giving them a pair of shoes is one way that we can help them do this." The February event, is in partnership with California based Shoes That Fit who, since their founding in 1992, have provided over 2 million pairs of shoes to children across the US.

Foundation Chair, Sarah Evans, highlighted the importance of community partnerships for the programs continued success. "We cannot do this alone. Our corporate sponsors and individual donors enable this program to happen and for them we are so thankful. When we all work together we can have a real impact in meaningful ways." Donations can be made at www.Listerhill.com/foundation. To find out more



Pictured L to R is: Athens City Schools Superintendant, Beth Patton; Amanda Tedford, iAcademy Principal; Amy Hester, Listerhill Athens Branch Manager; Nick Looney, iAcademy Assistant Principal; Sarah Evans, Listerhill Foundation Chair.

about corporate support please contact Sarah Evans at sevans@Listerhill.com.

About Listerhill Foundation
The purpose of the Listerhill Foundation is charitable which includes improving the lives of adults, youth and children in the northwestern region of Alabama. It seeks to do so by

providing financial support for local schools, tangible and intangible support for underprivileged youth, and helping adults, youth and children improve financial health and overcome the consequences of poverty. Listerhill Foundation is an Alabama nonprofit corporation with a 501(c)(3) tax-exempt status.

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Calendar of Events

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.

Joy of Giving Blood Drive December 4th

Urgent Need for Blood - Largest Blood Drives of the Year. 8am-4pm. LifeSouth has come up with a temporary solution that may assist with the shortage of blood, host the largest blood drive North Alabama has ever seen. In North Alabama, LifeSouth has six community blood centers in four different regions. All four regions are participating in this community drive. Joy of Giving will allow people in the community to gather for one common cause and have a little fun in the process. Every donor will be able to draw for a prize that ranges from oil changes and car washes to food vouchers, spa certificates, TVs, AirPods, diamond necklaces, bicycles, Bluetooth speakers, kitchen appliances, and so much more all thanks to our wonderful sponsors. LifeSouth along with various sponsors will also offer donors a \$10 e-gift card, a commemorative event t-shirt, and free food too! Appointments are encouraged but not required. Please visit www.lifesouth.org to find the closest blood center to schedule your appointment for Joy of Giving. 1-888-795-2707 for more info.

Jingle Bell Jog 5K December 4

Athens High School JROTC behind Athens Middle School, 100 U.S. Highway 31N in Athens. Don your funniest Christmas costume and lace up your shoes for a flat and fast USATF Certified 5K (ALI3063JD). Race will be chip timed. Late registration/packet pickup begins Dec 6, 4:30PM-5:00PM at the Athens High School JROTC Department or race day 6:45AM-7:30AM. Overall Top Male/Female; Top Male/Female Masters; Top Male/Female in each age group. Best Costume award. Entry: \$25.00. Register: <https://runsignup.com/Race/Events/AL/Athens/AthensHighSchoolJROTCJingleBellJog5K>

Elkmont Lions Club Christmas Parade December 4

"I'll Be Home For Christmas" with lineup at Elkmont High School. 25630 Evans Drive in Elkmont. Lineup at 12PM, parade at 1PM. Floats, marching band, fire trucks, horse and Saint Nick himself. Route is through downtown Elkmont via Upper Fort Hampton Road to AL-127 turning south and finishing at the Piggly Wiggly lot. Sign up at ElkmontLionsClub.com

Santa Comes to Ardmore December 4

Ardmore Town Hall, 26494 1st Street in Ardmore, AL. 10:00AM - 12:00PM for a visit with the children and photos. Refreshments will be provided. For more information: 256-423-2549

Christmas Concert December 5

Athens State Community Band in McCandless Hall of Athens State University. 300 North Beaty Street in Athens. Starting at 3:00PM. Enjoy a performance of your Christmas favorites featuring volunteer musicians from six-county area under the direction of Tim Clinton. Followed by reception hosted by the Athens State University Alumni Association in the Glasgow Parlor of Founders Hall. Free and open to the public - seating limited, reserve seats required at Eventbrite

Annual Sippin' Cider December 11

On the Square in downtown Athens. 4:00PM-8:00PM. Grab your Christmas Shopping List and come check off your gifts while sipping specially-made cider at participating merchants. Cast your vote for your favorite cider and the merchant with the most votes wins the Cider Cup and bragging rights.

Ardmore Christmas Parade December 13

Lineup at 5:00PM at Ardmore High School (30285 Ardmore Avenue in Ardmore, AL) with judging from 5:00-6:00PM. No fee to participate. Parade will get underway at 6:30PM and will route up Ardmore Avenue to Main Street. For more information: Mary Hobbs 256-423-2549

Yesterdays Senior Lunch Matinee December 17

Yesterday's Event Center. 15631 Brownsferry Road in Athens. \$15.00 per person -- includes meal and show featuring Kevin Adams for an Elvis Christmas. Individuals and Groups welcome. Bus parking available. No show and cancellation fees may apply. For more information or to RSVP required -- email info@yesterdaysevents.com.

Master Gardener Spring Classes begin 2/3/22

Classes are available Live (Morgan Co location), by Zoom, or video at your convenience. Application and payment online at <http://www.aces.edu/go/2022springMGclass>. Cost increase on Dec 29th, so sign up now! For information: 256-614-3530 and jhunt9155@gmail.com.



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What Makes Ronnie Roll

I'll Be Home For Christmas

by Ali Elizabeth Turner



Mayor Ronnie had conversations involving the Alabama League of Municipalities that couldn't wait, and we had to "talk fast." The first order of business was the Christmas Parade, for which the weather was slated to be perfect. It was clear that this is an Athens-Limestone event for which the mayor has a soft spot. The theme, "I'll Be Home For Christmas," of course, is a throwback to the classic Christmas song that was written during WWII and became the anthem of soldiers who would indeed be home, "if only in [their] dreams." The song was

recorded by Bing Crosby, became a monster hit, and has remained a highly popular, genuinely American Christmas carol. Interestingly, here in the Rocket City, there is an even greater reason to love the song and the theme. In December of 1965, the Gemini 7 crew of James Lovell and Frank Borman set what was then the record for the longest time in space in the history of the United States space program. As they headed back to earth, the communication team from NASA asked if there was any particular music they would like to listen to as part of the "inflight ser-

vice." They specifically requested the Bing Crosby recording of "I'll Be Home For Christmas." The Gemini craft that brought Lovell and Borman safely home is on display at the US Space and Rocket Center.

"Back in Athens," the talk turned to how important it is that we preserve the small-town feel that is indigenous to our town, and the mayor told a story that so clearly demonstrates what makes Athens a marvelous place to live, any time of year. Earlier in the fall when Athens High School had its pep rally on the Square, someone new to the area

inquired as to what was going on. He was told that it was a high school pep rally, and the fact that we do something so quintessentially small town proved to be the tipping point as to where he and his family would move. "We have an opportunity to serve and continue to work for the future," said Mayor Ronnie, and then, as he often does, talked about what had spoken to him from church on Sunday. "We need to BE the Book of Acts and be thankful for all that we have and all that God has blessed us with, and we also need to be humble and realize that as Americans we don't have all the an-

swers," he said.

We talked about all the Senate and Congressional races, and the fact that all of the candidates are good, and what a blessing it is to live in a place where the people who are running for office all have merit. The State of the City address is slated for January 25, and not surprisingly, it is going to talk a lot about how we are growing, and how to grow well. The time flew far more quickly than usual and we both needed to hit the road. So, we prayed, and then it was time for Ronnie to roll.



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Tourism

Come Home For Christmas In Athens-Limestone

by Cayce Lee

Social Media Specialist, Athens-Limestone County Tourism Association



Merry Christmas! It's amazing that 2021 is drawing to a close already. It's been a rollercoaster year full of events dotting the calendar for the family, such as the Ardmore Car Show, Tennessee Old Time Fiddlers Convention, April Saturday Walks, Haunt Walks, and more

With 2021 came a blooming of nostalgia – remembering our friends and family of yesterday and yester-

year. The trips down memory lane have been vast -- from remembering your uncle shiny collector car, your grandpa's cologne as you hug him at the door, your granny's Thanksgiving table spread with mounds of your favorites to tuck into after grace, your dad's barrel-deep voice reading tales to you, the wide-eyed awe of your little ones as they wander around the corner to see the tree on Christmas morn, or the over-joyed

giddiness of the shiny gifts from the dog-eared pages of the Christmas catalogues.

It's this waxing nostalgia that brought the theme of "I'll Be Home For Christmas" to the activities of Athens-Limestone, Alabama, and many of its events including the parades in Athens, Elkmont, and Ardmore. Even if the Athens-Limestone area isn't your home, Athens-Limestone Tourism would like to invite you to come home for Christmas and experience our Southern hospitality and neighborly comforts of the holiday.

There are plenty of activities to keep you busy and full of the "Spirit of the Season" too. You can find the details for these highlighted events and many more by visiting the Athens-Limestone Tourism website at VisitAthensAL.com.

Christmas Parades... Bring out the marching bands and the Jolly Ol' Elf himself as high-stepping fun comes to Athens on December 2, Elkmont on December 4, and Ardmore on December 13. Choose from a colorful flotilla of lights at either Joe Wheeler State Park Marina or Riverwalk Marina on the Tennessee River on December 11.

North Pole Stroll in Athens... Wander amid the whimsically-themed trees in Big Spring Memorial Park during the month of December as Athens-Limestone Tour-

ism hosts this annual memory-making event. Be sure to check out the trees of the Optimist Club, NAACP Youth Council, The Family of Hugo "The Bubblegum" Bates, Athens State University, Brody Jackson State Farm, Bank Independent, the Scottish Tree hosted by the Wirth Family and more as night falls over the park and the lights twinkle and dance. If you come and park to see the trees, please turn off your lights so you and those strolling can enjoy the glitter and sparkle of the solar-powered lights.

Tinsel, lights, and bows brighten Ardmore's Town Hall... Ardmore Tinsel Trail is a brilliant twinkling of trees at the corner of 1st Street and Ardmore Avenue in Ardmore, Alabama, from December 3 through January 1, 2022. Don't miss the lighting December 3 as they throw the switch for the twinkling lights to come to life. You'll definitely want to visit Tinsel Trail on December 4 when Santa comes to visit at the Ardmore Town Hall in front of the trail.

Sippin' and Shoppin'... Bring your Christmas list and enjoy the sips as the annual Sippin' Cider returns to the Square in downtown Athens. This unique event offers soft and hard ciders to enjoy as shoppers peruse the shops for the perfect Christmas gift on December 11.

Don your ugly Christ-

mas sweater and lace up your shoes... It's time for annual Christmas tradition hosted by Athens High School JROTC, the Jingle Bell Jog on December 4. Whether you will run or just want to come watch the fun and see who leaves with Best Costume Award, it's all fun and Jingle Bells!

"Christmas Now And Then"... Calvary Episcopal Center returns with their annual presentation of "Christmas Now And Then." This family-friendly music event set for the Tanner Campus allows the audience to experience the magic of now and the majesty of then. Dates for the show are peppered throughout December.

Explore the true meaning of Christmas... Enjoy the annual Bethlehem Walk with Mable Hill Baptist Church on December 3-5 and 10-12 for an immersive experience that wanders through the streets of old Bethlehem. Pack the family in the car and drive through Emmanuel Baptist Church's "The Christmas Story" with scenes depicting the true story of Jesus, available December 17-19.

Events are always being added to the calendar at VisitAthensAL.com, so be sure to check often or subscribe to the weekly Athens-Limestone Tourism newsletter and get event updates and more in your inbox.



Stroll among the 2021 Athens North Pole Stroll trees decked out whimsically as surveyors or reindeer, bejeweled with garland and ornaments, decked out with expressions of thanks and gratitude, and a few that tell a story like the tree by the family of Hugo "The Bubble Gum Man" Bates pictured in the foreground.

Success Requires Critical Thinking

by D. A. Slinkard

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



The year has flown by in the blink of an eye, and I question how many people were unable to achieve what they wanted to? I wonder how many people started out with high hopes of 2021, but quickly gave up when they saw the year was not going quite like how they expected. This seems to be the case quite often when life gets hard, too many people want to just roll over and give up. Is this you? If so, keep on reading.

How are you going to make the most of the upcoming year 2022? For starters, I would recommend you finish this year out strong. Many times, life has taught me it is not how you start but how you finish, and the key to this statement is that you must finish. Too often we, as people, fail to achieve success because of failure to follow through with our commitment to finish. How many times do we pick up a book and read a few chapters, only to lay it down and never pick it up again?

This impacts me just as much as it does you. Success in 2022 is going to require us to make the decision to work towards our goals and see them through. When it gets tough, instead of giving in or giving up, this is when we need to dig deeper within ourselves to make sure we finish what we start. You only have a handful of days left in this year, why not go ahead and set yourselves some

goals to achieve BEFORE this year is over.

Once you decide upon what you want to achieve, then go about reaching your desired results. You will have the satisfaction of ending this year out on a high note, and it could be the proper motivation you need to jumpstart your 2022! The choice is yours to make, and either you will decide to make it work or you will decide to quit, but either way you will make the decision, one way or the other.

I believe too many people fail in life because of an inability to think critically. They are unable to comprehend what is happening in their life, and instead of seeing the solution, they

can only focus on the problem. If people could get a handle on critical thinking skills, then I believe they would be able to see more solutions than problems. Am I perfect at this? No, but I am trying to be. The easiest suggestion I would give to help improve your thinking is to start with a blank piece of paper or even a dry-erase board.

Whichever resource you have available, simply write the problem down and then begin brainstorming possible solutions. I am going to warn you that in the beginning of your critical thinking exercises you will be horrible at it. Thoughts and ideas will not be flowing, and typically the thoughts and ideas you do have are not very

good. However, just like anything in life, the more you practice the better you will become. You will find your approach to life and the daily struggles being altered because mentally you are changing your mindset. Your approach is becoming one of having a problem that needs to be solved and realizing you can find the solution.

One area I believe our educational system is failing our future generations is a lack of critical thinking. We want life to be easier and not to be hard. In doing so, we take out certain aspects of life that require people to use their brain. We have a system that is teaching our kids how to do well on a standardized test but fails them once they reach the

real world. We have kids who cannot see their way out of a paper bag. I do not say that to be mean, I say that to be a challenge. For our country to succeed, we need our future generations to be able to think critically...and I am not talking about Critical Race Theory.

One way to achieve success in 2022 is to reflect on 2021 and see what worked for you, what did not, and what you would have done differently. I urge you to start the process now and see where it takes you and know that if success was easy, everyone would be achieving it. Success for next year starts right now -- if you are willing.





Clean, Green And Beautiful

Looking Ahead: A Cleaner, Greener, And More Beautiful Community

by Lynne Hart - Former Executive Coordinator - Keep Athens-Limestone Beautiful

Recently, I had the opportunity to attend the Keep America Beautiful National Conference in Washington DC. It was so nice to be able to meet in person, reconnect with and meet other affiliate directors, and share ideas and programs from different communities across the country. We were also given the opportunity to meet with senators and congressmen from our own states and share with them who we are and what we do on national, state, and local levels.

Attending these types of conferences is always refreshing to me, and allows me to refocus on the bigger picture of what we are trying to accomplish here at Keep Athens-Limestone Beautiful. KALB's mission is to empower citizens of Athens and Limestone Coun-

ty to take greater responsibility for enhancing their community environment. What does that mean and why is that important? What is our "why"?

Let me start by saying that what we are trying to accomplish has to be carried out by our community. This is not a one-man job. Each of us has a role to play in keeping Athens and Limestone County a cleaner, greener, and more beautiful place.

Part of KALB's role is through education. We try to teach others, from as early as three years old and up, that we have a responsibility to be good stewards of what we have been entrusted with, which includes the world around us. But how do we as a community do this and why should we care? Let's look at our three goals of clean, green, and beautiful to find out.

Every citizen deserves to live, work, and play in a clean and green environment. We have had, and hopefully will continue to have, countless numbers of volunteers over the years to assist KALB with litter cleanups both in the city and the county. This helps to build community and gives citizens an opportunity to be part of the solution. But if we fail to teach those around us not to litter in the first place, and how littering is harmful to the world around us, the problem of litter will never be solved. Our ultimate goal is a litter-free community in all types of neighborhoods. I understand that it is a lofty goal, but through education and proper enforcement, one day we may see this happen.

The word "green" can be intimidating on some levels but it shouldn't be!

Green spaces are always a welcome sight in every community creating safer and more vibrant communities as well as promoting good health and cleaner air, thanks to plants and trees. One way that we have been able to help as an organization is through tree giveaways. These trees are donated and used to replace those lost during natural disasters, such as tornados.

Another way that we think of "green" is through recycling (and reducing and reusing). The Athens-Limestone Recycling Center is a busy and important part of our organization, and a jewel for this community. They take many items for recycling that other centers do not take such as glass, plastic bags and film, electronics, and more! (Go to KALBcares.com for more information.) By each of us doing our part by recycling plastic bottles, cardboard, paper, etc., we are keeping these items off our roadways, out of our waterways, and out of the landfill. By recycling these valuable commodities, we are saving natural resources as well, helping to ensure that there will be

enough for the generations to come. This is a huge responsibility and each one of us has an important role to play.

When we think of a beautiful community, we may envision tree-lined streets with beautiful flowers and potted plants. These are the types of things that our Beautification Board focuses on. Whether it be planting the pots around the square, beautifying triangles at roadways, or keeping the cemetery entrances looking beautiful, our board members are focused on doing their part in making our community a beautiful place to live. Volunteers are welcome to help with these efforts!

We, as citizens, have important roles to play in each of these categories, and I challenge each of you to choose to do your part. No role is too small or unimportant. We all have to work together to make these goals happen. As you can see, our "why" is for all of us, in making our city and county a clean, green, and beautiful place to live, work, and play!



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Cooking with Anna

You Are A Work Of Art

by Anna Hamilton

How can it be December? Wasn't it just January last week? With one month left in 2021, are you

happy with the impact you have made in your world this year? If the answer to that question is no or that you are unsure, don't worry, you still have a month to make a difference.

For most of us, our New Year's resolutions have fallen by the wayside long ago; they are a distant memory. Who says you can't start a resolution in December? If there is something you are wanting to do in your life, don't wait until January, do it now! Do you know how many times I've started and stopped a "diet"? Too many times to count! But I try to just keep going.

With that being said, I had a major issue with body image and anxiety last week. I cried about it, I sulked about it, I whined about it...I was so nervous and upset that I didn't look the

Creamy Spiced Cauliflower Soup

Ingredients:

- 1 Tbsp olive oil*
- 2 medium yellow onions, diced*
- 1 ¼ tsp ground cumin*
- 1 tsp ground turmeric*
- ½ tsp ground coriander*
- 1/8 tsp ground cardamon*
- Salt and pepper to taste*
- Red pepper flakes to taste*
- 4 garlic cloves, minced*
- 4 cups vegetable broth (feel free to use chicken broth)*
- 1 lg head cauliflower, chopped*
- 1 cup coconut milk*

Directions:

In a large soup pot, heat oil over medium heat. Sauté the onions and red pepper flakes, until the onions become translucent. Once the onions are ready, add the garlic and sauté for a few minutes, or until fragrant.

Add the broth and cauliflower and bring to a boil over high heat. Reduce to a simmer and allow to cook for about 15 minutes, or until the cauliflower is tender. Remove from heat and transfer carefully to a blender (or use a hand blender).

way I wanted to, that I made myself sick. I was miserable and am still fighting that demon as I write this article.

My sweet husband was a constant source of reassurance and hope. I needed to be reminded that I was made in the image of God himself. We are all a masterpiece of God. The entire human race are like little Mona Lisa paintings walking the earth. Would you go up to Leonard Da Vinci and tell him that his paintings were lacking and not good enough? Of course, you wouldn't! So why do we (me for sure) constantly belittle God's artwork that is our bodies?

Our bodies are wonders and are beautiful, no matter if they need to be polished a little. Take care of yourself; take care of God's masterpiece. Start treating yourself like the Mona Lisa you are!

This week's recipe is a delish, warm soup. Perfect for these cold nights as we start watching the sky for Santa and his reindeer.

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." Psalm 139:14



Blend, in batches, for a few minutes until smooth.

Transfer back to the pot and stir in the coconut milk. Stir to combine and make sure it is heated through.

Serve hot and topped with fresh dill and a dash of fresh ground pepper. I also enjoy just a little bit of plain yogurt or sour cream on top.

Happy Hanukkah

from

Athens Now
information & inspiration

Friendship Church At Cambridge: *Traditional, Bible-Based, And Spirit-Filled*

by Ali Elizabeth Turner

continued from page 1

ciety metal roadside sign, and the church is part of what is known as the Hallelujah Trail, a collection of churches in the South that go back for centuries and are still going. However, the sign is inaccurate in that it says that what happened there has essentially faded into memory. This Methodist church is anything but a historical relic, and its pastor, John David Crowe, has a burning vision to see “Christ in every heart, wholeness in every life, the power of the Holy Spirit and people involved in active ministry.”

John David entered the ministry 20 years ago and has been involved in both denominational and non-denominational ministries in his native Alabama as well as in Texas. While he never saw himself as a pastor, he did feel called to the ministry, and “learned how to do it all.” For several years, he ministered at Friendship United Methodist Church essentially as a “guy Friday.” He has led youth groups, worship, driven the bus, run the sound booth, cleaned toilets, and is also in demand in our area as a videographer.

He is someone I would describe as “excellent in the Word and Spirit.” He and his wife, Jessica, are also bereaved parents, having lost a young son, Noah, to a rare form of cancer. John David is quick to say that this community walked with them through that valley of weeping, and as a result, I would say that unusually great compassion has been worked in both of them. Jessica is involved in the Women’s Resource Center in Athens, and both of them have a heart to see people restored and walking in their God-designed purpose.

Friendship Church took over the historical site at 14004 Cambridge Ln, Athens, and built a new building adjacent to it right in the middle of the pandemic. Right now, there are two worship services held on Sunday: a traditional one at 9:30 a.m. and a contemporary service at 11 a.m. On the first Wednesday of every month, there is an all-church worship service, and the other weeks are allocated to the youth ministries group.

In 1940, the Cambridge congregation built an addition that is perpendicular to the 1874 building, and it has been remodeled

to accommodate the younger members of the congregation. One of the things about which John David is most excited is the trail that goes through the woods and encircles the building. “I’m of the belief that there are times you need to get out of your prayer closet and into nature, and my desire is that people who choose to walk here and pray will encounter the Holy Spirit,” he told me.

John David is one who understands the value of intercessory prayer, and the first Saturday of every month there is a morning prayer meeting that is dedicated to seeking God for revival in Athens, for our country, and for the advancement of the Kingdom as directed by the Holy Spirit. Other ministries at Friendship at Cambridge include DHR-approved supervised visitation for parents and children who are rebuilding their relationship, men’s and women’s ministries, small Life groups, and more. Earlier this year they had a tent service and music ministers from Lee University came to provide the worship.

Another thing that is important to John David is



that the grounds be beautiful, and I can tell you, they are, all year round. “People have volunteered for everything, including keeping the grounds up, and I am grateful for their hard work,” he said. I can say from experience that there is something quite special about the Cambridge location. After we finished our interview, I stayed for a while and spent some time swinging on an old-fashioned style swing that hangs from a monstrous

oak that has to be as old as the 1818 revival. I found myself imagining what it was like to have 4,000 people there for weeks at a time, and I know that the only way a Camp Meeting of that magnitude can happen is if people become hungry for God’s Word, God’s Spirit, and a desire to seek the Kingdom, irrespective of the cost. If this is what you are looking for in a church, come to Friendship at Cambridge. You will be welcomed warmly.



Key Words – Part 1

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



Discipline – train oneself to do something in a controlled habitual way.

Such a simple word that holds so much meaning, far more than the definition even states, maybe more than words can even express. Perhaps this word is more of a state of mind. One that during the holiday season can be extra hard to maintain, but so very important.

When it comes to attaining any goal in life, this is key and not just in one area, but in all facets of life. There are certain steps that have to be taken each and every day, all day, in order to reach big goals. This is especially true with health and fitness goals. No matter the goal -- weight loss, gaining strength, and/or having more energy -- it takes a total lifestyle change and an incredible amount of discipline.

It has been said that discipline is doing what you need to do even when you don't want to do it. There is a lot of truth in this statement. Change is rarely easy, and it takes being uncomfortable to make a noticeable and sustainable dif-

ference in life. Turning down the cake more often than not, having sore muscles so much that it hurts to move each day, and waking up earlier each morning are just a few choices needed to improve overall health and lifestyle. The thing is these are not feelings and choices which are always anticipated with excitement. It takes a major commitment to be disciplined and make consistent choices which bring the goals into view. It is a mindset. Pushing mentally will always overrule what the body is saying it can do.

In order to make lasting change and truly become disciplined in a daily lifestyle, it takes forming new habits. Approximately thirty days of consistency and discipline doing something new will create a new habit. This doesn't mean that it becomes easy, but it does mean that discipline will pay off and consistency will become routine making it

harder to be swayed off track. Results will also soon follow if they have not already begun at this point.

Something that can also really aid in the process of forming new, disciplined fitness habits is accountability, having one or maybe even a few people in life that are passionate and disciplined in the same ways. Encourage, push, and challenge each other daily. This also makes it more fun, and we all know that we are more

apt to do something when we are having a good time. Another element to accountability is having a trainer, friend, team, etc. when it comes to fitness as it brings in some competition and the challenge to consistently step it up and achieve the next level. Always improving, setting new goals, crushing them, and setting more keeps things new and interesting so complacency does not creep in and old habits return.

Making fitness and nu-

trition a discipline in your life will completely change every portion of your life for the better. The trickle effect of fueling your body with the right foods and getting in physically challenging activity each week will give you more energy and confidence. You will notice that you wake up earlier and are more productive in all areas of your life. The discipline learned in these areas will increase your quality of life in its entirety.



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Mike's: Home Of The Snipe Burger And So Much More

by Ali Elizabeth Turner

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that it was always 90% beef, 5% pork, and 5% grain, with ONLY the option of onion, pickle, mustard, and ketchup to dress it up. Snipe's feeling was and still is, "That's the way a burger should be." No cheese, no mayo, or anything else. Eventually they sold the shop and over the years it changed hands many times. In 2020, their son-in-law, Mike Holt, and his wife, Jan Christopher Holt, bought the place from the current owner with the purpose of fixing it up to flip it. Mike has an entrepreneurial spirit, grew up farming, and has done real estate, bush hogging, construction with his brothers, and trucking. Jan spent her career in education and as a school counselor.

Mike had talked about retiring, and selling the old burger place was an obvious move to build their retirement portfolio. He set out to make much needed repairs to get the property ready for market, and people driving by would see him working late, ask if he was getting ready to open the café back up, and he kept jokingly saying, "No," while something inside made him wonder if Someone was trying to get his attention. It was the middle of COVID, and there was no place in their area for people to gather while practicing social distancing. So,



with the help of family members, Mike sank everything he had into renovating and upgrading the building; poured a solid slab; built a beautiful covered picnic pavilion with solid beams, seating, and hanging flower baskets; and officially opened for business on May 16, 2021.

Mike laughed as he told me that he wondered if he'd gone crazy by trying to open a restaurant when eating establishments were closing left and right due to the pandemic. Add to that the fact that being a restaurateur was not something he had ever done, and while he learned to cook well from his mom, making favorite dishes for the family and running a food establishment are nowhere in the same ball park. I asked him why he did

it. "People had no place to gather as a community, and they needed one," he said.

The Holts set forth some rules for the community. "We will never be open on Sunday. You can come here and gather for free. Just respect the property and the other customers. This is a family environment, and we want everyone to feel comfortable. No smoking within 15 feet of the property. That's about it," Mike said, and people have come from all over, including Tennessee. There have been family reunions, an unplanned after-funeral fellowship with the café doing the cooking, birthday parties, and one of Mike's favorite memories so far is a little girl getting to taste her first ice cream. "We have some people who come

in two times a day, every day," he added.

For his part, Mike has his own famous Mike Burger, which has its own "protocol," but you can also customize your burger. It is always made with 1/3 lb of 100% ground chuck, and no other type of meat. The top of the top bun and the bottom of the bottom bun need to be grilled in the juices of the patty, and not butter. They also need to be kept warm. Mustard goes on the bottom bun, then the patty goes on, "because mustard goes on meat" says Mike. If there is going to be cheese, it is melted on while the patty is cooking. Lettuce, tomato and onion are placed on the top of the finished patty, and mayo is put "on the bottom of the top bun, because mayo goes with vegetables,"

said Mike. He then smiled and said, "The Mike Burger is wildly popular, and people eat a lot of Snipe Burgers, too."

I got a chance to speak with Don and Zachary Berzett, who come in every Saturday for some father-son time and great food. "Mike serves the best hamburger steak and Philly cheese steak sandwich in the area," said Don. Zachary's favorite is the Mike Burger. "The people are nice," Zachary said in addition.

Jan told me that they make sure that everything is fresh. "Everything is cooked to order, so we are not a 'fast food' place," she said. Her favorite thing to send out the window is a banana split, made by hand, and of course,

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Learning As A Lifestyle

Medical Ethics And Henrietta Lacks' Posthumous Contribution To Science

by Eric Betts

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



Who was Henrietta Lacks? She was a poor female tobacco sharecropper from the 1950s who was stricken with cervical cancer. Her cells were secretly removed by researchers during her cancer surgery. Those cells (known as HeLa, taken from her name) launched a new renaissance in medicine and in the biomedical corporations. Neither she nor her family were informed of the significance of Henrietta's cells and the role they played in medicine. The Lacks only discovered their mother's contribution to medicine and science after a chance encounter with a laboratory worker in 1973. Henrietta is considered the most important woman of modern medicine. According to Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks*, the cells were used for "first space missions to study cells in zero gravity, polio vaccine, chemotherapy, cloning, gene mapping, drugs for herpes, leukemia, hemophilia, study for Parkinson's disease, appendicitis, mosquito mating, standard laboratory workhorse, and nuclear testing." Henrietta was only five feet tall, yet if one were to pile up all the HeLa cells that were ever grown, they would weigh fifty-million metric tons, according to Skloot.

George Guy was a cell researcher who worked in the labs at Johns Hopkins. It was his mission as a researcher to find a substance which would house

cells which would keep them alive and never die. He worked relentlessly to find a way to immortalize cells. He believed that this would help to cure many diseases. There were also women who had cervical cancer who were often mistakenly diagnosed with cervical infections. This would often prove deadly as the cancer was allowed to progress without treatment. It was at this point in medical history that Henrietta arrived at Johns Hopkins. While being treated for cervical cancer, her physicians, led by world-renowned gynecologist Richard W. TeLinde, collected sample tissue from her cervix as she remained unconscious before them.

The cells were delivered to George Gey's lab at Hopkins and placed in cell culture. The next day the cells did not die as cells normally would, but they were dividing and regenerating at an astronomical rate. The cells continued to live and reproduce at what the researchers called a "mythological intensity." As incredible as this "miracle" had been, the question must be asked: How was it that TeLinde and Gey did not see the need to get permission from Henrietta or her family in order to do this research? Why did they not tell her or the family after they first witnessed the miracle? It was in August of 1951 when the doctors took a few more cells from Henrietta's cervix at the request of George Gey to see if the second batch

would grow as the first, but they died immediately. Still, they did not tell her or the family the great breakthrough in science and medicine that had been achieved, neither was permission requested.

Gey wanted samples from Henrietta after the death of Henrietta from as many organs as possible to see if they would grow like HeLa. While the Medical Code of Ethics did not prevent taking tissue from patient while living, it was unlawful to remove tissue from a dead person without permission. An autopsy permission form was signed in order to cut into body of Henrietta in the colored freezer. Additionally, as Henrietta's cells were already making an impact in the world of science, this news was not passed along to the widower.

Henrietta's cell production was a miraculous intervention in a time of one of the greatest epidemics in the history of the United States. In 1951, the polio epidemic had made its mark. Schools were closed. The public was desperate for a vaccine, and there was widespread panic. Henrietta's cells helped to create the vaccine that save thousands of lives during this epidemic. The federal government was in great need to mass produce these cells so that lives would continue to be saved. Annual donations of \$50 million to the National Foundation for Infantile Paralysis were



given for the HeLa project. The solution to the crisis was found by infecting HeLa with polio.

As the Henrietta Lack's cells continued to prove useful, a large biomedical company called Microbiological Associates made hundreds of millions of dollars with government money. Biomedical companies continue to make hundreds of millions of dollars from the HeLa cell line today.

For decades, the Lacks family continued to be in the dark about the many breakthroughs Henrietta's cells had made. The name identity of the cells was kept secret all that time. Pseudo-names were often given in medical journals in association with the cells. It was finally and officially revealed in 1971.

As recently as October 2021, the grandchildren of Mrs. Lacks filed a lawsuit against a major biomedical corporation for unjust enrichment and non-consensual use of her cells. Seventy years after the death of Henrietta Lacks, the Lacks family believes that they will soon achieve justice on behalf of their historic family member. Sidelined for decades, exploited, and deceived, they are symbols of perseverance in the struggle for medical ethics and human dignity. As Martin Luther King Jr. once said: "Whatever affects one directly affects all of us indirectly." Should the Lacks family prevail, it will be a victory not only for them but for human dignity itself.

Long Road to Taos: Part 1

by Jerry Barksdale

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July, 2015. The morning was hot and muggy when my good friend (and sometimes red-head) Pat and I departed Elk River headed to Taos, New Mexico in a Hertz rental car, leaving "Little Red," my faithful Toyota pick-up parked. Pat had an aching back and couldn't ride 1,200 miles on a bench seat. The rental had adjustable bucket seats that reclined like a bed. A Sundrop, two Advils, and a pillow and she was soon happy and snoozing. The long road to Taos beckoned me as it has done since I first went there 32 years earlier. It was there while sleeping in the Sangre de Cristo mountains overlooking the Rio Grande River that I found a measure of peace to calm my troubled soul. Like the churning waters of the Rio Grande, my life has rushed onward: divorce, remarriage, followed by another divorce, death of my parents and first born, and finally retiring after 43 years of law practice. I didn't miss the law. After all, working in a pie factory would soon grow old. Many months earlier while returning home from an Auburn football game, a texting woman slammed into the back of a car occupied by Pat. She was darn near killed. Her scalp was sliced open; right eye dangling from the socket, face crushed, teeth pushed back, three broken ribs, lacerated liver and both pelvis fractured. I keep her pumped up. "Sweetheart, as soon as they straighten your nose and level your eyes you'll look just fine."

And she does – maybe even better than before. "Tanner-tested girls" (similar to the Good Housekeeping seal) don't complain. Pat grew up driving a Farmall, chopping and picking cotton, and milking cows. After raising a daughter as a single parent while working full time, there isn't much that daunts her. "Make do" is her motto. She has one weakness: she can't pass a shoe store without going inside.

Our plan was to stop over in Santa Fe and visit my 19-year-old grandson who had recently moved there to find that "something else" as I had done in 1985. It was raining soup, and his bowl was upright. He had just landed a good job at the Anasazi Inn. "Joshua," I said earlier, "we can get a room at Budget Inn for about \$70 bucks a night. Can you beat that?" He'd replied, "Papa, a weekend at the Anasazi is \$1,200." Ridiculous! My first house payment was \$72 dollars a month, and had two bedrooms and a carport. Later, we planned to drive up to Taos and visit my daughter, Shannon who had moved there 16 years earlier with a psychotic dog and no job. She has done well. Now, she has two dogs, a cat, a job, and a growing music career.

It was 101 degrees when we stopped at Ft. Smith, Arkansas for a late lunch at Cracker Barrel. Down south, heat gives folks something to talk about. I remember chopping "Johnson grass" out of a corn patch in scorching July heat when I was a kid and the water jug was so hot that

the opening burned my lips. Late afternoon we were chasing a setting sun across the wind-blown plains of western Oklahoma. Route 66 runs along I-40. During the Great Depression, it carried thousands of poor and hungry "Okies" from the Dust Bowl to California to pick fruit and vegetables. The 1960's TV program "Route 66" had been one of my favorites. Two young drifters in a Corvette drove from place to place on the highway searching for adventure. "Wanna play Route 66 and stop at a house and see if there is any adventure going on?" I asked Pat. "Wanna get shot?" she deadpanned.

We exited at Shamrock, Texas and ate supper at Big Vern's Steakhouse. Route 66 runs down Main Street where the famous art-deco style Conoco station featured in the movie Cars is located. Shamrock boasts the "tallest water tower of its class in the State of Texas." Imagine that! And it

cost \$6,560 dollars to build in 1915.

"What's Shamrock known for?" I asked our young, tattooed waitress. She shrugged her shoulders. "I don't know." Black clouds, filled with heat lightning lay low on the western horizon as we headed to Amarillo. The day had been long. Near midnight, we looked for a motel room. I arrogantly declined a smoking room. After four more stops, my arrogance had dissipated to desperation. Finally, a Microtel.

Sunday afternoon, we reached Santa Fe and drove to Joshua's small adobe house at the end of a dusty road set among sage brush and juniper bushes. It was located inside "Creativity for Peace Camps," whatever that is. Very Santa Fe-ish. Santa Feans spend a lot of time searching for "energy centers" and identifying "walk-ins" (aliens who inhabit humans). They don't have time for real southern fun like tractor pulls and

coon hunting. After a fine meal of burritos smothered in red at Maria's, we visited the historic downtown plaza where the Santa Fe Trail ended its 800-mile journey from Missouri.

Pat and Joshua went to TJ Maxx – "just because" (read shoe shopping). Pat believes that a woman's happiness and health resides in her shoes. I moseyed around the plaza and checked out a tall monument erected in 1868. Engraved on one side was: "to the heroes who have fallen in various battles with _____ Indians in the territory of New Mexico."

"What was the missing word?" I wondered. No doubt, someone had been offended.

Yep! The word "savages" had been chiseled out. If the Indians had erected the monument, I wonder what it would have said about the New Mexicans...

TO BE CONTINUED...



Another Letter to Doggie Claus

by Joel Allen



Dear Doggie Claus,

Another year and a lot of memories have been added to my life. Please express to Santa that I was sorry for biting him on the rump last Christmas. It was an accident. I thought he was someone else, I swear! He left in such a hurry that I did not get a chance to apologize or return part of his pants. I tried using the "Dog Vine" (*That's where we dogs bark into the air at nothing, day or night, and other dogs bark in return. It's quite effective.*) to send an apology but my communication must have gotten garbled on its way because I never heard back from him.

On to business! Yes, it seems our family cat is still telling fibs on me. Just this year he claimed

I chased off his best friend and neighbor, the other cat, LOL. Thankfully my Pet Parents did not listen thanks to you bringing me a faulty shock collar that they think has kept me in the fence since last year. You might want to send me another one as a replacement though... just in case. But I have to say, he seems really intent on getting me into trouble. Just recently I saw him in the window grooming himself as the "Dog Police" slowly drove by. It looked like a signal to me...Grrrrr! Doggie Claus, could you bring a robo laser toy and catnip to keep my feline friend busy? And could you bring a box of doughnuts for the "Dog Police" too. Make sure he knows it is from me with my compliments... LOL

Next, I need a new dog bed. Preferably one made of Kevlar and Tempur-Pedic style for comfort. My last one exploded while my parents were away. The cat said I did it, and I blamed him because cats do like pawing and pushing things around and with the stuffing everywhere, it could have been him. When Mom and Dad looked at me like I was lying, I then blamed the Russians. They looked even darker at this excuse, so I tried blaming President Trump and that got me thrown outside for a while. Note to self --next time keep blaming the cat!

As you know, old habits die hard...and, well, I was walking past Mom's closet when I smelled that familiar scent of SHOES! I tried to control myself I really did.

All I recall was salivating and then I blacked out. When I regained consciousness, Mom's favorite shoes were at my feet, destroyed. When I heard her coming, I immediately laid on top of the evidence. She never suspected a thing as she went by patting my head. Of course, I buried the evidence. So, Doggie Claus, could you please replace the destroyed shoes? Attached to this letter is a picture, size, and style of said destroyed shoes.

Again, I ask that bones and toys be added to my stocking this year. Please ensure that they are made in the USA. Thanks again and Merry Christmas!

Love Sincerely,
Everybody's Favorite Canine Family Member

Never forget the "Reason for the Season"!

PS: Note to all my readers living in the Athens, Alabama area. It has been brought to my attention that the Athens Limestone Hospital Wellness Center is closing the swimming pool permanently as of 31 December 2021. I contacted the president of the hospital via email, Traci Collins, MSN RN, TraciC@alhnnet.org. I am of the opinion that my request not to close the pool fell on deaf ears. I was given an excuse of expenditures and told of alternative pools that I could go to. These other locations are not logistically feasible for me. There is a petition being circulated if anyone wishes their voice heard or call Traci at 256-233-9119. You can also contact Wellness member Laura Kerner who is conducting the petition; try leaving a message for her at the Wellness Center. "The Maximum effective range of an excuse is zero."

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

**Joel Allen
256-651-2211**



Mental Health Minute

Staying Mentally Healthy During The Holiday Season

by Lisa Philippart,
Licensed Professional Counselor

“Linus, Christmas is coming, but I’m not happy. I don’t feel the way I’m supposed to feel.”

- Charlie Brown

Over the years, I have had many clients tell me that they dread this time of year. For those struggling with a mental illness, particularly anxiety or depression, Christmas stirs up extreme emotions that many are forced to relive year after year. Even if you just find the holidays stressful, I have some suggestions for what you can do to not only survive the next few weeks, but maybe even return to feelings of joy during this season.

Let’s begin by looking at your particular pressure points. Are you someone who surrenders to sweets and rich foods? Do you fret yourself into an anxiety spiral because you can’t afford to buy everything for everybody on your list? Do you pull away from others and isolate because of the emphasis on family togetherness? Once you have identified your triggers, you can focus on finding some specific problem solving techniques. Find someone you trust to share your concerns who may be able to help brainstorm positive measures to manage the challenge.

“We are what we eat.”

And this is never truer than during the holidays. Your diet can either improve or aggravate your mood. I know you will be tempted over and over again, testing your will power and commitment to moderation. Take a few moments to answer this question, “What can I do to stay healthy during the holidays?” Then, make a list of specific and realistic goals on one side of the page, and challenges (what typically derails you) on the other side. Track your frustrations and achievements daily, especially if you are prone to overthinking or negative self-talk. And it never hurts to give yourself small rewards along the way. Next, make a list of all the things you THINK need to be done, including shopping, parties, volunteer activities, family visits, etc. Then,

take a calendar and pencil in a schedule of when these things need to happen. Now here is the important part: Think hard about what is really central to your celebrations. To protect your wellbeing, you may have to make some difficult choices about traditional activities. For example, does reducing the emotional strain of traveling to visit family outweigh the potential hurt feelings and arguments?

Let’s be honest. You, yourself, can’t do it all. It’s okay to divide up some of the tasks among family members. Maybe the family party that you always host could be potluck this year? Remember last year when you didn’t think you would get everything done? Take a breath and have faith in yourself to do the best you can. As

with most things in life, attitude is everything. Take a moment to tweak your outlook. You may be placing unrealistic expectations on yourself and others, which can only lead to disappointment and conflict. There is always that relative or friend who sets you off, but wishing they would change will go nowhere. You can only control how you think, feel, and act, not how others treat you. So, let’s be less self-critical because the house isn’t spotless and more grateful for the company.

I know you have heard it before, but an attitude of gratitude has benefits both mentally and physically. If you do find yourself slipping into the fog of anxiety or depression, remind yourself that you are human and that this time too will pass.

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



“A Charlie Brown Christmas” United Feature Syndicate

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The Alternative Approach

Brown Bag Special

by Roy Williams

It's that time of year when the weather is changing, leaves are turning, and celebrations are just around the corner. Harvest and Thanksgiving have passed and now, everyone is looking forward to Christmas.

With all that in mind, we may forget to take care of our health, and that is what this newsletter is all about. As most of you know, we are dedicated to making America healthy one person at a time. At Herbs & More and NHC Herb Shop, we have decided to do a Brown Bag Special, which includes our famous MSM+C capsules (120 count), Ultimate Fruit & Veggie (240 count), Ph Drops, and a sample bottle of MSM+C Lotion.

The MSM+C capsules are the all-time favorite NEWtritional Health Care product that we believe everyone should be on from birth to death. It has changed more people's lives than any other product ever. In just three weeks, most people notice softer, smoother, and prettier skin due to its ability to help your

body produce collagen. It helps balanced pH in the digestive system

MSM+C is also an extremely effective anti-inflammatory, which helps reduce pain, lubricates the joints, improves the health of the circulatory and digestive systems, and helps detoxify the body at a cellular level, which is why so many people talk about their energy levels going back to where they were when they were 10 to 15 years younger. It is so good for the skin, reducing wrinkles and improving elasticity, that it is often called the beauty mineral.

Our Ultimate Fruit & Veggie product is unsurpassed because each daily dose has the nutrients contained in five servings of raw fruits and vegetables. Every ingredient is organically grown, without chemicals or pesticides. Along with all the nutrients, there are other support factors including pre- and pro-biotics, essential fatty acids, amino acids, enzymes, and antioxidants. Not only are the fruits and vegetables in the product, it also has some very impressive

superfoods such as spirulina, sea kelp, alfalfa, and acai berry. None of the advertised fruit and vegetable supplements come close to the nutrient value of Ultimate Fruit & Veggie.

Most people are beginning to understand the importance of maintaining an alkaline environment within the human body. All disease begins with acidic conditions of the clear body fluids. Cancer, bone loss, tooth decay, diabetes, arthritis, gout, and many more disorders have been tied directly to a build up of acids in the body.

Our first patented product is called pH Plus or Alka-Pro. It has become famous because it is so easy to use. Just put one drop in each two ounces of water and drink at least 64 ounces a day and you will be able to help maintain alkalinity of the clear body fluids. Remember, an alkaline body is a healthy body. Many people have reported much better medical reports including, less pain, fewer colds and flu symptoms, and even weight loss once their body is alkaline.

Another famous NEWtritional Health Care product is MSM+C Full Body Lotion. To help



introduce this wonder lotion, we have included it in the Brown Bag Special. It is wonder for all parts of the body but especially for dry skin, wrinkles, rashes, and any other skin disorder. The ingredients are all-natural and safe even for babies. Many women use it as a base before putting on makeup and men love it after shaving.

Remember, you can get a 120-count bottle of MSM+C, 240 count bottle of Ultimate Fruit & Veggie, pH Plus, and a sample bottle of MSM+C Full Body Lotion (our Brown Bag Special) with this article for only \$75.00. Regular retail value is \$95.00.

Just bring this article to NHC Herbs & More in Killen or Herbs & More

in Athens and pick up your brown bag today. We also ship if you wish by calling 256-757-0660. To learn even more about any of our products, visit our website at www.nhcherbs.com.

To listen to *Today's Health Update*, go to our website, scroll down to the microphone, and click on it. These are radio shows that run five days a week on 5 different radio stations that teach all about natural health. Each show is titled to help make it easy to listen to the information you are most interested in.

Your Friend in Health,
Roy P Williams

Herbs & More
www.newtritionalhc.com

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Gwen Williams
Abbie Cooper

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Mike's: Home Of The Snipe Burger And So Much More

by Ali Elizabeth Turner

continued from page 17

se, ice cream cones have to have the perfect swirl. In addition to the burgers, Mike smokes chicken, butts, and ribs. His meats are smoked in house with hardwood and he uses a blend of spices for his rub. He also makes his own white sauce.

Sweet tea is made the old-fashioned way, real butter is used, the potatoes used for stuffing on average weigh a pound before they are stuffed, and they have great salads. There are other hot sandwiches such as

Philly cheese steak and patty melts, cold sandwiches such as smoked chicken salad, and BLTs.

Mike and Jan love their staff, including Cathy Robertson, the manager; Jasmine James, who cooks; and two part time West Limestone High school girls, Ally King and Hannah Davis. "We have a great crew, and I could not have done this by myself," said a visibly moved Mike Holt. Mike's puts Romans 10:13 on the front of the menu, which says, "For whosoever calls upon the name of the Lord

shall be saved," and "having church" happens all the time, inside or out. If Mike's sounds like your kind of place, you can order to eat in or pick up from Tuesday through Saturday, from 10 a.m. to 6:30 p.m.

Mike's, Home Of The Snipe Burger

Hours: Tuesday-Saturday
10 a.m.-6:30 p.m.

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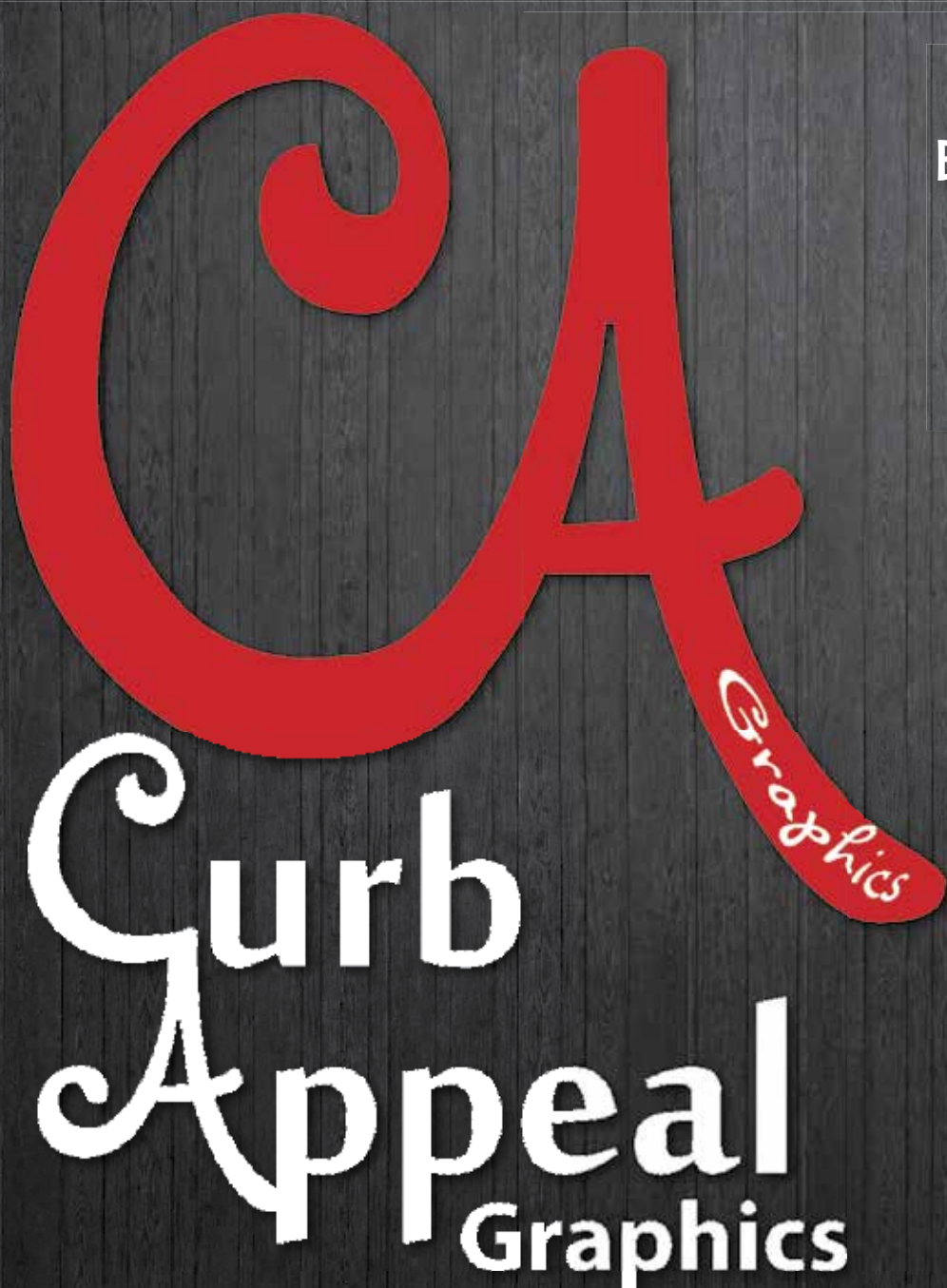


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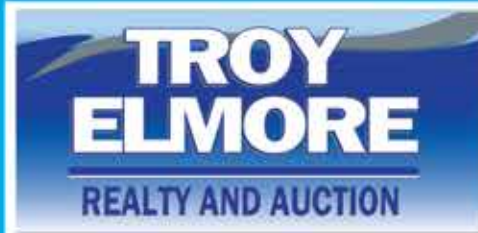
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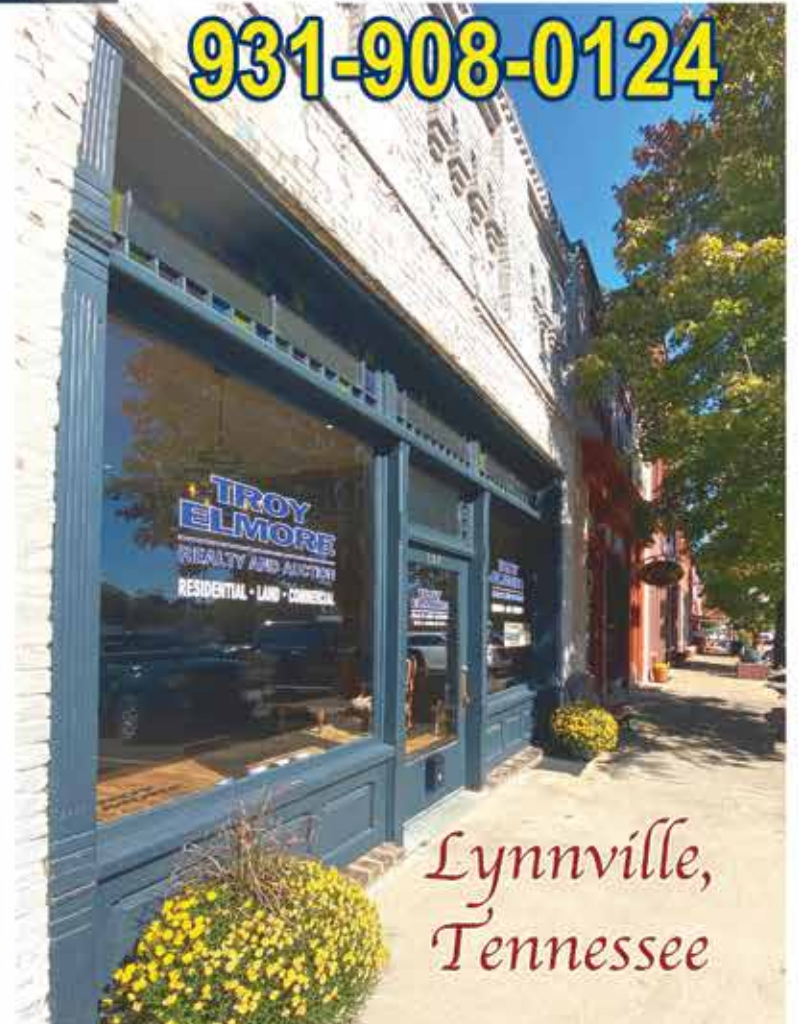
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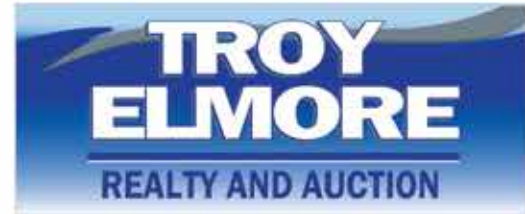
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What do you
call a grumpy
reindeer?

A Rude-olph.



ANSWER KEY:

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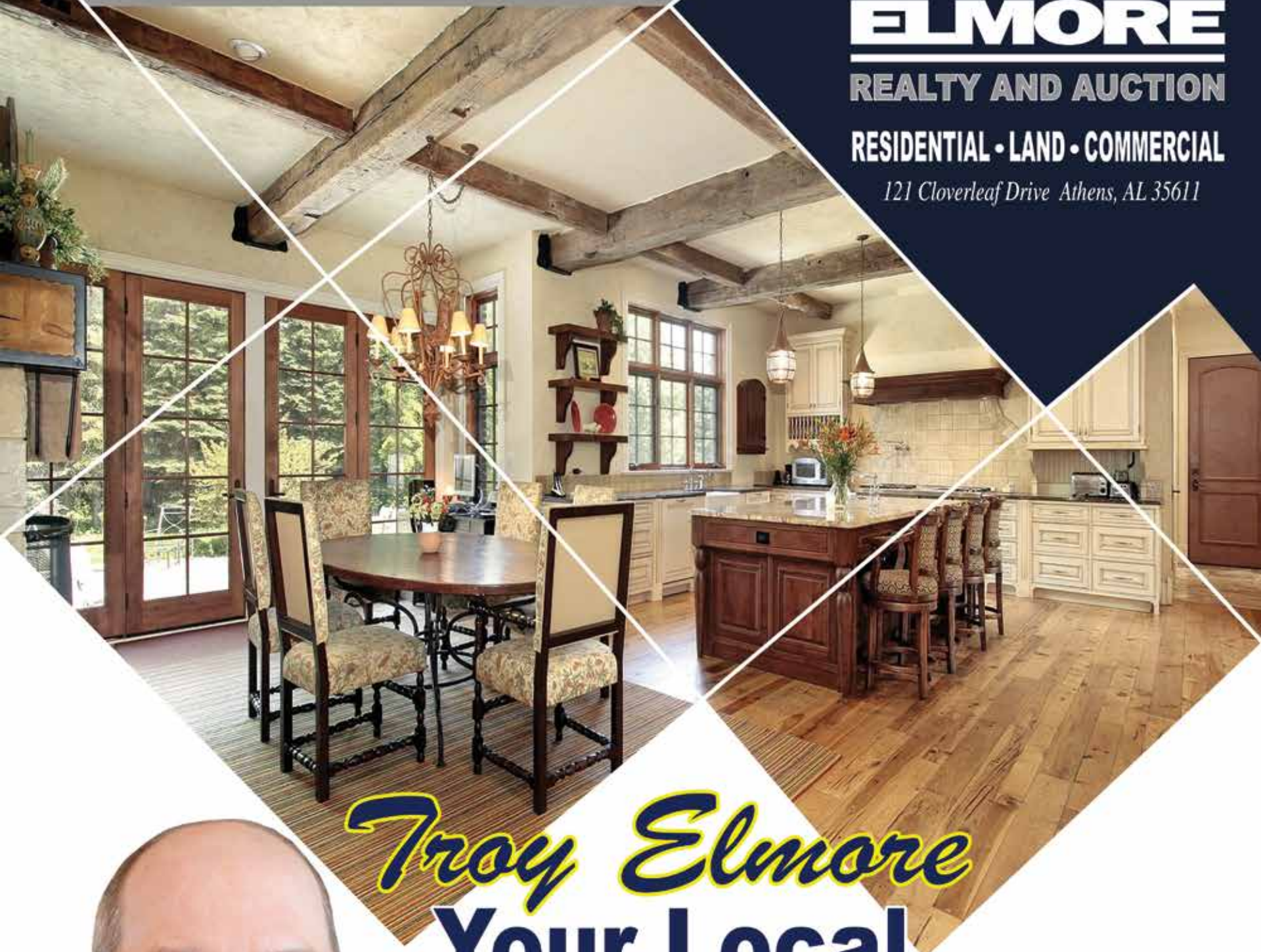
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