

February 04 - February 17, 2022

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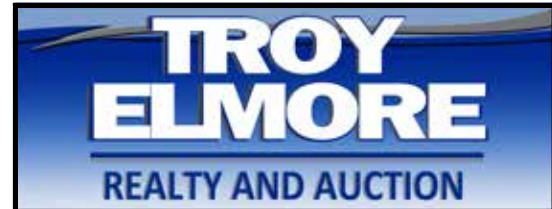


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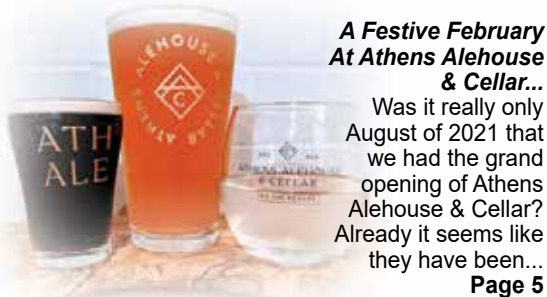
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See Our Listings Inside this edition...  
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## Special Feature



**A Festive February  
At Athens Alehouse  
& Cellar...**

Was it really only  
August of 2021 that  
we had the grand  
opening of Athens  
Alehouse & Cellar?  
Already it seems like  
they have been...

Page 5

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## Revive Café Athens: *Where You Can Truly Rise And Shine*

By Ali Elizabeth Turner

Nine years ago, Josh and Briana Walter started a multi-faceted restoration ministry called Recentered. Its subtext was the acronym HEAL, and the letters stand for Hope, Encouragement, Assistance, and Leadership. They worked in the realms of addiction, abuse, adoption, crisis pregnancy, hu-

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## What Makes Ronnie Roll

**Life Lessons Of John  
Ed Mathison...**

Eighty-four year-old  
Methodist minister  
John Ed Mathison of  
Montgomery, Alabama,  
has written a small book  
that is simply titled Life  
Lessons Learned From  
Sports, and Mayor  
Ronnie brought in...

Page 8



## Cooking With Anna



**Love Is Kind...**

Last article, we focused  
on loving yourself by  
being patient. This article  
is going to focus on being  
kind to yourself. How do  
you show kindness to  
others?...

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## The H2 Fuel System Water Bottle By Vollara: *The Extra Hydrogen Makes All The Difference!*

By Ali Elizabeth Turner



Recently, Amy Fiscus walked into our Tuesday morning Limestone Leaders BNI meeting with yet another piece of 21st century, game-changing, cutting-edge Vollara technology in the form of a water bottle called the H2 Fuel System. This tall glass bottle contains an infusing system that has the

Continued on page 17



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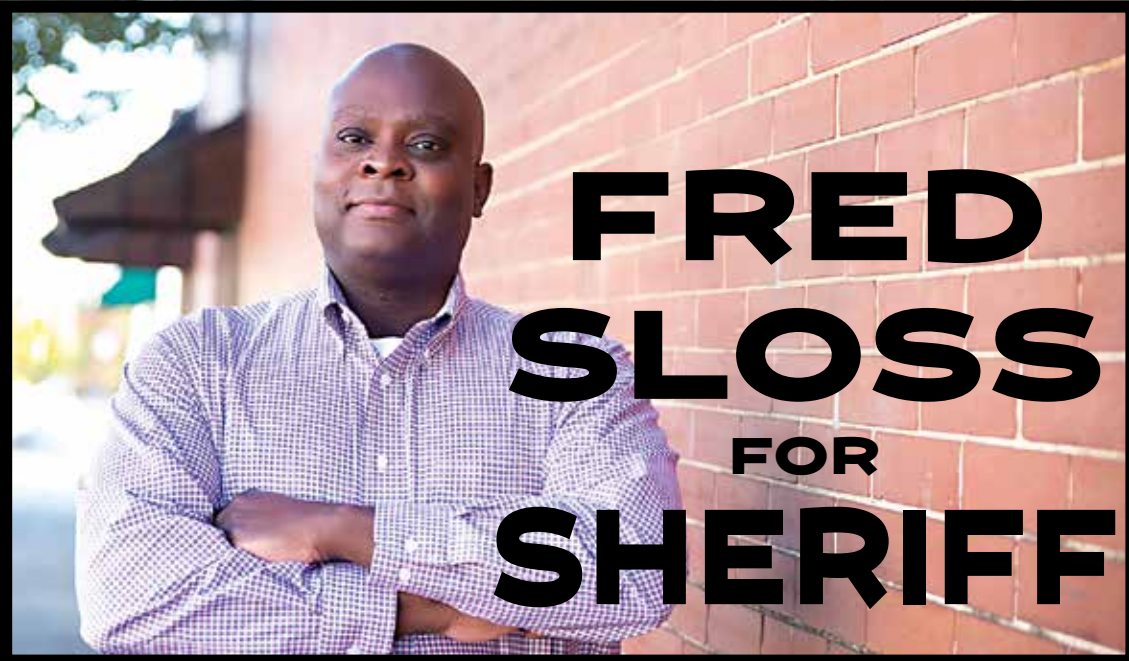
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**Contributing Writers**

D. A. Slinkard  
Lisa Philippart  
Leigh Patterson  
Anna Hamilton  
Joel Allen  
Nick Thomas  
Jerry Barksdale  
Eric Betts  
Roy Williams

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Send Inquiries to P.O. Box 428, Athens, AL 35612, or call (256) 468-9425. Emails are preferred, send email to [info@athensnowal.com](mailto:info@athensnowal.com)

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**Publisher's Point**

# Redeeming Love: Read It First, Then Go See The Movie

When we first moved here in August of 2000, a woman in the home fellowship we attended told me about a book that had just come out called *Redeeming Love*. It was written by Francine Rivers, and Dawn said firmly, "It's the best book I have ever read." I thought, "Okay, that was quite an endorsement, and I am going to check it out for myself. She was right. It is the best book on the effects of prostitution, child prostitution, and trafficking that I have ever read. And what was additionally interesting to me was that Mrs. Rivers based it on the book of Hosea. She sets the tale of a man being told by God to marry a prostitute (and then for both of them to deal with the fallout) in the setting of a gold rush town in California in 1849.

It grabs you from the start and holds you captive to the finish, and as someone that rarely reads a book more than once, this one is in my collection on my nightstand. Last year, I learned that a movie was going to be made from the book, and rarely have I felt more conflicted about a creative endeavor. The book-to-movie process usually ends up in ruining the book for those who saw the movie, and the movie for those who read the book. Not so in the case of the film *Re-*

*deeming Love*. It is, in my view, a masterpiece. Now, up front you need to know that it is rated PG-13 and it earns every bit of that rating. There were times I closed my eyes, and times when I felt like it came right up to the edge, and then backed away at precisely the perfect moment.

What makes it so good? First of all, it is not cheesy. If there were a description, I think it would be "grit in the grip of grace." It is not preachy, either, and yet the picture of God's love for Israel and His people in spite of their harlotry comes through loud and clear. Every character is perfectly cast, and just from the standpoint of cinematography, period accuracy, attention to detail, costumes, and book-to-movie conversion, it is stunning. The whole time I thought, "That looks like California, but how in the world could they afford to film there?" Turns out they filmed it in South Africa, and did a bang-up job of it, too.

The other thing that was special to me was the use of Lauren Daigle's tender, redemptive ballad, entitled "Rescue." I can think of no other contemporary Christian song that could more perfectly illustrate God's fierce, relentless, and undeterred pursuit of us, even at our worst.



But what finished me off (after several sniffs and silent sobs) was the fact that the movie has associated with it a foundation to rescue and restore trafficked women. Here is what Francine Rivers has to say about the Redeeming Love Sanctuary Foundation:

*Our mission is to aid in preventing sex trafficking and abuse by funding survivor support services, education, and recovery programs in the United States and abroad. We just started up a few months ago and thankfully were able to give four grants out before the end of 2021 — all four*

*to organizations on the front lines fighting sex trafficking and working directly with survivors. We hope to give out many more grants in the years ahead. [www.redeeminglyglovesanctuary.org](http://www.redeeminglyglovesanctuary.org).*

Read the book, see the movie as soon as you can, and I am looking forward to hearing what happens to you as a result.

*Ali Elizabeth Turner*

**Ali Elizabeth Turner**  
Athens Now  
Information & Inspiration  
256-468-9425  
[ali@athensnowal.com](mailto:ali@athensnowal.com)  
Website:  
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# *It's Time For The Military Times Annual Service Members Of The Year Award*

by Ali Elizabeth Turner



Since 2001, the Military Times, an independent media group which serves all of the branches has had a contest to select a service member from each branch to honor. It has been my pleasure to nominate several soldiers with whom I served in Iraq, and I am inviting anyone who has a hero to join me in nominating that person or persons for this year's contest. It is allowed by the Military Times to nominate more than one, and nominees can be from more than one branch. Below are some of the requirements, per the Military Times organization

*Nominees must be U.S. residents (excluding Puerto Rico) who are 18 years or older; active U.S. military, a member of one of the military reserves, in the National Guard, or a veteran.*

*To be considered for this award the advisory board committee is looking for Nominees with exceptional service or achievements, including one or more of the following criteria:*

- *Service members whose recent personal experience and achievements embody the spirit of professional excellence, personal sac-*

*rifice and resilience that make the military great.*

- *Service members whose recent actions in their military career have gone above and beyond the call of duty.*

- *Service members whose recent personal experience highlights the changing needs and institutional agility that are essential to modern military readiness.*

- *Service members with significant off-duty com-*

*munity service work that highlights the non-institutional aspects of commitment to public service.*

*In 2018 a new award had been added to recognize former service members for their outstanding accomplishments out of uniform. The Veteran of the Year Award recognizes and honors an exceptional veteran who, through his character, spirit, and exceptional public service sets an example, and makes an extraordinary*

*difference in their community, for their comrade veterans, and for awareness of essential military and veteran issues.*

Fair warning: the kinds of questions asked you as someone who is doing the nominating are designed to get you to think, and your willingness to treat this process as an essay in school will greatly enhance your appreciation for your hero. In essence, you will be selling yourself on this person in a whole new way. The

deadline is February 28, and the easiest way to nominate a person or persons for this honor is online. The web address to nominate is [www.servicemembersoftheyear.org/nominate](http://www.servicemembersoftheyear.org/nominate)

The prizes include an honorary black-tie gala event to be held in Washington DC, online recognition, a video about the winner, and if they are active duty, they are allowed to use the honor as part of their career-enhancing portfolio.

It has been shown that expressing gratitude and honor is good for one's health, and for anyone who has experienced the impact made by our extraordinary service members, this exercise is pure joy. I invite you to join me. Your hero just might be chosen, and who knows what that might do for you both.



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## Special Feature

# A Festive February At Athens Alehouse & Cellar

by Ali Elizabeth Turner

Was it really only August of 2021 that we had the grand opening of Athens Alehouse & Cellar? Already it seems like they have been with us for ages, and the first six months have established them as a bright spot for gathering together indoors or out in downtown Athens.

Athens Alehouse had been a dream of Ken and Lori Hill for years, and they have strategically built the business into a warm, well-appointed place for folks to get together after work. There is a large assortment of carefully selected beer, both bottled and on tap. The same care has been extended to the selection of wine, and Lori has designed delicious food offerings to go with both.

By way of back story, Ken

served for 12 years in the US Army as a combat engineer. Lori held down the home-front, and then for a while when Ken came home, he was at home with their children while Lori continued her career with a defense contractor. They knew they wanted to do a business together as a family, and when the Razor's Edge barber shop became available, they invested everything to remodel it to make the space trendy while keeping the old, exposed brick charm. The original barber shop pole signs on the outside will stay there forever, and it's enjoyable to engage in conversations wherever you choose to sit or stand. The kids are in and out, and there are times you need to be sure you aren't treading upon some freshly

created chalk street art when you come in the door. The kids also help appropriately, and sometimes the youngest is napping in his car seat back in the kitchen.

Ken and I have chatted more than once about how "crazy hungry" people are for community since COVID, and this is a good place to land. I think that for me one of the things that makes me comfortable about Athens Alehouse & Cellar is knowing that it is owned and operated by a veteran with extensive experience in theatre. And, having a wife who in her own way was deployed at home and had to dig deep to keep everything running well is crucial. I know the fierceness of a warrior's heart to protect everyone under their watch, and I see it at the Alehouse.

Speaking of heart, that special day when we celebrate love is coming up, and the Hills have come up with some grand things for both the Chocolate Walk on Saturday as well as for Valentine's Day. For those of you who are not familiar with Chocolate Walk, it is a wildly popular event that is held each year on the Square and is sponsored by Main Street. Participating vendors prepare various types of chocolate goodies, but it was necessary to purchase a ticket in advance in order to partake.



This year, the 300 tickets sold out in 27 minutes! Ken swore me to secrecy as to what they are going to give the "Chocolate Walkers" of any age. What he did tell me is that "It will be utterly unique; something I had never heard of."

Lori, in partnership with Athens Florist has designed a custom Valentine's Day gift basket that will feature a floral arrangement and recommended wine selection. The basket is fifty dollars for the base price, and the wine is extra. Orders for the baskets must be made by February 10.

On February 10, Athens Alehouse & Wine Cellar will be hosting their first Comedy Night. There will be two performances, one at 7 p.m. and the other at 9 p.m., and tickets are \$15 dollars to hear comics who have performed in the Nashville and Huntsville comedy scene. The group is headed up by Tony C. (whose last name is

Capobianco) and will be held in the special event portion of the Alehouse which is located in the rear of the building. Tickets are required, and Ken wanted people to understand that they need to "respect the comedians—no phone filming." Tony has performed for such diverse audiences as Harvard Business School, the Army National Guard, Air Force, and the Marines. He also opened for Preacher Lawson at the Wilbur Theater.

Taking a peek at our St. Paddy's day on the horizon, there will be an all-Athens street fair like the one that was held for Athoberfest, and Washington Street will be closed from the RR tracks to Marion Street. It will be complete with a Celtic band, all manner of green things to consume, and more to dish soon! If you haven't visited Athens Alehouse & Cellar yet, stop by in February for the festivities that have been planned with love.



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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](mailto:jhunt9155@gmail.com) or 256-614-3530.

## Digital Literacy Classes

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

## 2022 Great Backyard Bird Count February

Nationwide event. Whether in your own backyard; along one of Athens-Limestone's trails, tracks or treks; enjoying one of Athens-Limestone's Places and Spaces; relaxing in one of Athens-Limestone Parks or from your boat or car - just 15 minutes a day is needed to participate. ID the bird with help of the Merlin Bird ID App (Download Merlin.allaboutbirds.org); Enter sightings at E-Bird Mobile or E-Bird Website (Visit Ebird.org to download the app and learn more about how to count birds for the GBBC). Watching birds is a safe and enjoyable activity we can do during the Covid global pandemic. For the 2021 Great Backyard Bird Count, everyone is strongly encouraged to comply with all current Covid-19 regulations and guidelines. This includes, but is not limited to, social distancing while bird watching and wearing a mask when birding with others. Thank you for protecting yourself and your community while celebrating the wonders of birds.

## "Coming Through the Fire" Documentary February 5 and 6th

Cinemagic Theatre, 1702 South Jefferson Street. Saturday at 6pm and 7:30pm. Sunday at 2pm. Based on the early life and struggles of Dr. C. Eric Lincoln. The film is based on his book, "Coming Through the Fire: Surviving Race and Place in America" and depicts him growing up in Athens during the Jim Crow era. The film is being presented by the Athens Limestone Community Association for its 2022 Black History program. The film will be shown free-of-charge.

## Play Outside Day February 5

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

## Ask A Master Gardener February 5

Athens-Limestone Public Library (603 South Jefferson Street in Athens) from 10:15AM-2:15PM with the Athens-Limestone Master Gardeners. For more information about the Master Gardeners, contact them at [limestonemg@yahoo.com](mailto:limestonemg@yahoo.com).

## National Plan Your Wedding Day March 1

Congratulations to all the newly engaged couples! From intimate weddings to dream-come-true fairytales, Athens-Limestone Alabama has the setting for you. Explore... [visitathensal.com/event-venues](http://visitathensal.com/event-venues).

## Elk River Cleanup March 12


As part of our yearly Trash Attack series, we are planning to spend time cleaning up the Elk River and surrounding public lands. 8am to noon. KALB invites individuals, families, businesses, groups, and organizations to help us with this effort. Volunteers will meet at the Hatchery Road Boat Launch off of Hwy 99 in West Limestone at 8 a.m. to check in and to pick up supplies, including litter grabbers, gloves, vests, and trash bags. Refreshments will be served at check in. After picking up supplies, volunteers will then disburse to different areas along the Elk River to clean. This is a great opportunity for those needing volunteer hours to get out and make a difference in our community. We are grateful to Tennessee Valley Authority (TVA) for sponsorship of this event.







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<b>Sunday</b>	<b>CLOSED</b>





# *Life Lessons Of John Ed Mathison*

by Ali Elizabeth Turner



Eighty-four year-old Methodist minister John Ed Mathison of Montgomery, Alabama, has written a small book that is simply titled *Life Lessons Learned From Sports*, and Mayor Ronnie brought in his autographed copy for me to peruse. Dr. Mathison was himself quite an accomplished athlete back in the day. He had a full basketball scholarship to college and also played tennis. He led devotions for numerous college teams, and served on the national board of the Fellowship of Christian Athletes. His years of athletic training are something he refers to much in his sermons, and on this

particular Monday the selection was a chapter called “Awesome Attitude.”

No sports-based leadership lesson would be complete without a reference to the legendary Yogi Berra, one of the most famous of all Yankees players. Yogi was famous for what have become known as “Yogi-isms,” his unique use of the English language that is both endearing and profound. (If you have ever heard of “déjà vu all over again,” that’s an example of a Yogi-ism.) The mayor read to me, and the chapter was discussing the fact that Yogi seemed to shine the most in the last few innings of the game.

Yogi was asked how he managed to do that and his reply was, “You give 100% in the first half of the game, and if that isn’t enough, you give what’s left.” John Ed also added, “A bad day only lasts 24 hours.” Switching momentarily from the sports analogies, he quoted fellow Alabamian Helen Keller who said, “The world is full of suffering. It is also full of overcoming it.” Those are good things to remember.

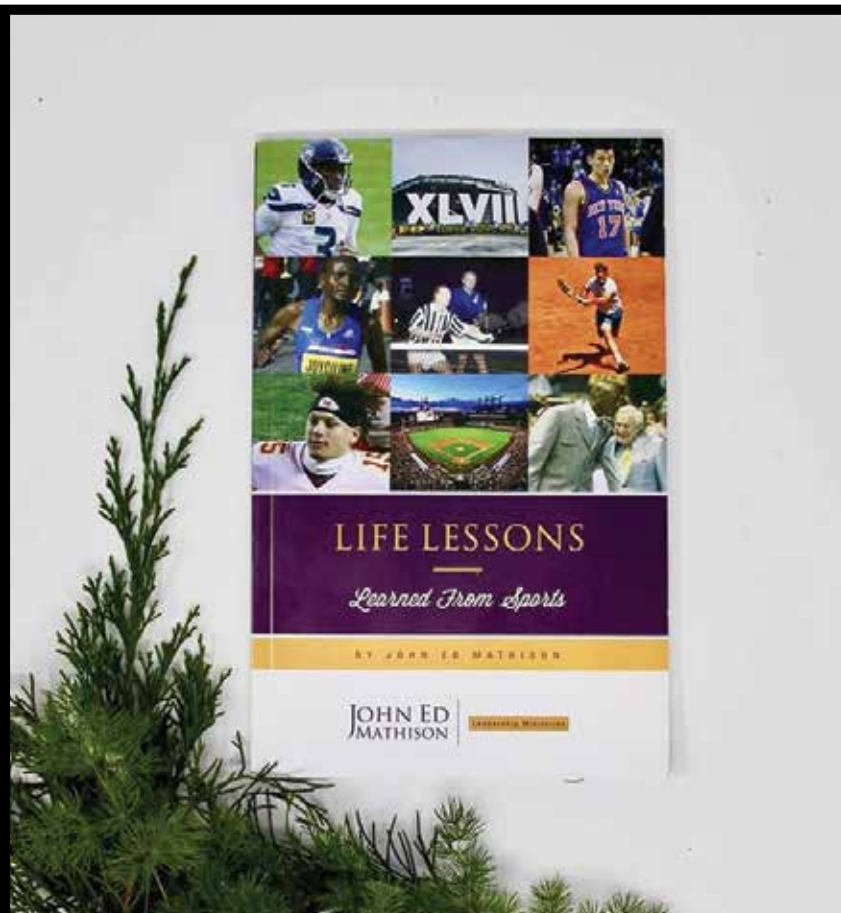
We talked about a conference the mayor is going to attend of leaders from Southeastern states. It is one of his favorites because the problems discussed are pertinent to the area,

and the leadership lessons are always applicable to his job. “You learn from other states and what they are going through, and have the chance for them to learn from you.” The Southern Municipalities Leadership Conference will be held this year in Hot Springs, Arkansas, and will have leaders from 14 states in attendance. The mayor also talked about the importance of relationships as it pertains to our city’s future. He knows he won’t be mayor forever, and said, “Whoever comes in here and follows and picks up the baton has to maintain relationships.”

We celebrated the

\$500K grant award that had just been given to the city. Holly Hollman wrote the grant and worked with ADECA to secure it. Governor Ivey presented the award at a ceremony in Montgomery attended by the mayor, and the outsized “check” is on display outside the City Hall boardroom. The grant will go toward improving the Vine Street area, which is prone to flood when rains are heavy.

The hour flew by, as it always does, and we both had to get going. So we prayed, and then it was time for Ronnie to roll.





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## Slinkard On Success

# “C” Is For Commit

by D. A. Slinkard

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

Moving along the alphabet for 2022, we come to our next letter “C” and the word “commit.” This is a word that strikes fear in the hearts of many because we, as a society, have a commitment issue. We do not like to commit to things whether it be relationships, cell phone contracts, or even goals we set for ourselves. If you look at someone who is successful, I believe you will find someone who has the word commitment in their vocabulary.

If you want to know why most people are unable to find success in life, it is because they do not fully commit themselves to what they need to commit to. It is almost as if there is this line we want to try and walk because if we cross this commitment line, we might be viewed a little different than others. If you commit too much, you could be seen as fanatical, so too often we choose to not commit, and then we wonder why we do not have the success we initially thought we would have.

How many times have you thought about doing something -- thought about it in your mind, thought about it out loud with others, said you were going to do this, you were going to do that, but

when it came time to put it all together, you were unable to? Amazingly enough, we overcommit in our minds in order to make something work, but when it comes time to deliver, we too often are not willing to commit enough. We know in our mind’s eye what needs to be accomplished and what needs to be done, but when it comes to putting everything into play, we seize to move forward. We fail to commit ourselves to what needs to be done.

If you want success in 2022, I am urging you right now to commit yourself to the things that are important to you. Commit yourself to become the best. Commit yourself to go further than others. Commit yourself not give up when things get hard. Commit yourself to

take that next step. This sounds easy, it sounds good, but we have a commitment issue in our society. We make resolutions, we set goals, but the moment things get a little tougher, we make excuses. Commit not to make excuses this year.

We are already through the month of January – what does the first month say about your year? Is it going the way you wanted it to? Are you already lagging behind on what you wanted to accomplish? Have you even thought about what you want to do with 2022, or are you just taking life as it happens? I want to urge you to commit to personal success in 2022, and it is going to require you to have a “take the bulls by the horn” mentality. If you fail to have the right mentality, you have almost zero chance

to succeed.

If you want this year to be different, it is time to do things differently. Too often we do the same thing over and over again, expecting a different outcome. This is the definition of insanity, and this is why we have so many people wanting to pull their hair out, wanting to give up, not even wanting to get out of bed in the morning. Commit yourself. Commit yourself to doing what is necessary to achieve success in 2022, as long as it is morally, legally, and ethically correct.

If you are one of the people drifting, or maybe you say to yourself, you do not know what you need to commit to, the next item is for you. Take out a piece of paper, use this article, and whatever resources you

have available, and write down the answer to this question: What would you attempt to do if you knew that you could not fail? This may be a tough question for some to answer because we are trained to limit our thinking. Few people think big when it comes to success. Too many people think about their limitations before they think about their possibilities. What would you attempt to do, if you knew you could not fail?

Whatever you wrote down, I want to encourage you to now commit yourself to achieving your desire. What steps do you need to take daily, weekly, monthly to move you closer to this? All things are possible, but you must first decide to commit.







Clean, Green And Beautiful

# A Preview Of Upcoming Spring Events

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

Springtime is a very busy time for KALB. We have several events in the works that we are excited about and looking forward to, and we hope that you will find these to be exciting too! We invite you to join us for any or all of these events.

## ELK RIVER CLEANUP

As part of our yearly Trash Attack series, we are planning to spend time cleaning up the Elk River and surrounding public lands. The Elk River Cleanup will be held on Saturday, March 12 from 8 a.m. to noon. KALB invites individuals, families, businesses, groups, and organizations to help us with this effort. Volunteers will meet at the Hatchery Road Boat Launch off of Hwy 99 in West Limestone at 8 a.m. to check in and to pick up supplies, including litter grabbers, gloves, vests, and trash bags. Refreshments will be served at check in. After picking up supplies, volunteers will then disburse to different areas along the Elk River to clean. This is a great opportunity for those needing volunteer hours to get out and make a difference in our community. We are grateful to Tennessee Valley Authority (TVA) for sponsorship of this event.

## HOUSEHOLD HAZARDOUS

## WASTE COLLECTION

Another event that we are looking forward to is our Household Hazardous Waste Collection event. This will be the third collection that KALB has hosted since 2020. The event will be held on Saturday, March 19 from 8 a.m. to noon at Athens Middle School (100 Hwy 31) in the north parking lot. Residents of Limestone County may bring items such as paint, mineral spirits, turpentine, paint thinner, transmission fluid, brake fluid, anti-freeze, lawn and garden poisons, old gasoline, household cleaners, ammonia, bleach, pool chemicals, fluorescent tube lighting, and more. This is a safe and convenient way to dispose of these items that are unsafe to place in your regular trash. Simply drive through and drop off your items as volunteers remove them from your vehicle. Be sure to be there on time, as the gates will close sharply at noon. KALB is thankful for our partnerships with the Limestone County Commission and the Limestone County Solid Waste Authority that make this much needed event possible.

## EARTH DAY & OUTDOOR EXPO

KALB's Earth Day & Outdoor EXPO is an



event that we thoroughly enjoy bringing to our community year after year. The last couple of years have been a little bumpy with the pandemic. We had to cancel the event in 2020, and we had a smaller scale event in 2021, but we are hoping to bring it back bigger than ever in 2022! We have once again partnered with Athens State University and plan to host this year's EXPO on the university campus. There will be vendors and exhibitors with earth-friendly products, homemade items, educational infor-

mation on environmental topics, food, animals, crafts, and FUN! Please join us on Saturday, April 23 for this exciting event! More information is coming soon.

For information on any of KALB's upcoming programs or events, please visit our website



Become a Fan



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





**Cooking with Anna**

## *Love Is Kind*

by Anna Hamilton

*Last article, we focused on loving yourself by being patient. This article is going to focus on being kind to yourself. How do you show kindness to others? Do you hold the door open going into a store for someone walking behind you? Do you help your spouse with making sure their day goes smoothly? Do you help the little old lady at the store reach the jelly on the top shelf? I'm sure you do all those things. I've found that most people are kind to each other. Sure, you run into a jerk every now and then, but most of the time, people are kind.*

*Are you kind to yourself or are you a jerk? Becoming*

# *Mama Mia Meatball Soup*

### *Ingredients:*

#### *Meatball ingredients:*

*1 lb. extra lean ground beef (feel free to use ground turkey or chicken)*

*¼ cup seasoned whole wheat breadcrumbs (or almond flour)*

*¼ cup grated parmesan cheese*

*¼ cup parsley, finely chopped*

*1 large egg*

*½ cup onion, chopped*

*1 tsp garlic powder*

*1 tsp onion powder*

*½ tsp dried basil*

*Salt and pepper to taste*

#### *For the soup:*

*2 tsp olive oil*

*¾ cup red onion, chopped*

*1 cup celery, diced*

*¾ cup carrots, diced*

*¾ cup cherry tomatoes, diced*

*2 cups zucchini, diced*

*½ cup tomato sauce*

*4 cups chicken broth*

*1 tsp garlic powder*

*1 tsp paprika*

*1 tsp Italian seasoning*

*Salt and pepper to taste*

*aware of how I treat myself has forced me to realize that I am not kind to myself at all. I am constantly making a disparaging joke at my expense or using internal dialogue that belittles and hurts my own feelings. I am slamming the door in my own face. For example, just this past week, I described myself as a hippopotamus to my husband; I felt like a large blobby creature. He stopped me before I had the chance to tear myself down further. Then I realized just how unkind that was to say. I wouldn't say that to someone else, so why would I say that to myself?*

*It takes little to no effort to be kind. I am sure that I am not the only one who has negative dialogue running through their mind telling them that they aren't good enough, that they aren't pretty enough, that they simply just aren't enough. Proverbs 11:17 says, "Those who are kind benefit themselves, but the cruel bring ruin on themselves." Being cruel to yourself, or others, will make you a miserable person.*

*Showing ourselves kindness will not only make you a*

*continued on page 23*





## Health and Fitness

# Take *REAL* Action

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

Let's just get right down to it! Social media is currently flooded with 2022 goals, resolutions, focus words, gym selfies, and so much more hype. Every commercial or ad you see is promoting a product which claims to make your life so much better, but let me tell you the real secret to change and amazing achievement. It does not matter how fancy a post you write or even what mic dropping quote you share, it's about REAL ACTION!

We live in a world of highlight reels, quick fixes, and, unfortunately, a lot of deception. As we enter a new year, I encourage you to be REAL and place ACTION steps to your dreams. If it sounds too good to be true, it probably is. If you want real success then put in the real work and seek out real knowledge!

My passion is helping people achieve their best level of health and fitness, and it just so happens this is one of the main goals people have when thinking of improvement for a new year. As a society, we have never had more easily accessible information or "helpful" products available for pretty much anything, but especially when it comes to the human body. This is incredible and can be quite useful, but I'm here to tell you that although we learn more every day, some things will

never change! Be careful who you listen to and what you read. Be truly educated, and don't get caught up in someone else's agenda.

There are a few key components which will ALWAYS hold true when it comes to not only making a healthy change, but maintaining it. Real, all-natural, whole food combined with consistent exercise, raising your heart rate for at least 30 minutes a day, will ALWAYS stand the test of time and create

the best, most healthy version of you possible. Most nutritional supplements and cookie-cutter gym workouts which do not raise your heart rate to a fat-burning level will not give you what your body is capable of achieving. All those products offering you a quick weight loss and energy increase are only a short-term fix and not the quality-of-life improvement you need.

I believe this new year is going to bring about some amazing things in our world,

but with great knowledge and great opportunity comes great responsibility. We need to carefully consider our choices when it comes to our bodies, and if improvement in health and fitness is TRULY what you crave, take REAL ACTION and leave the quick fixes and fads to those who are not capable of keeping real! Take the time to seek out real information on nutrition and fitness, surround yourself with positive, like-minded people, and don't let anything

stop you from taking action to achieve your goals in 2022!

In the coming weeks, we will be tackling real all-natural nutritional components in detail and providing a start for what it takes to navigate a true, sustainable lifestyle change.

If you are interested in details regarding a personalized general or sports nutrition plan and/or information on personal training, text Prime Performance Training 256-431-5956.



# PRIME

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## MAKING RESULTS A REALITY

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# Revive Café Athens: *Where You Can Truly Rise And Shine*

by Ali Elizabeth Turner

*continued from page 1*

man trafficking and recovery, homelessness, and illiteracy. They have been associated with the Rock Family Worship Center in Huntsville for over 20 years, and currently attend and minister at the RFWC Madison campus on Old Railroad Bed.

Josh and Briana met at UAH. Josh was studying electrical engineering, and Briana planned on becoming a pediatric psychiatrist. They married in 2004, attended Master's Commission, and started a family. Josh went on to get his master's degree in systems engineering, and Briana has been busy with their tribe and homeschooling. They have always had a heart for Athens, and for several years have sold coffee and baked goodies

at the Athens Farmer's Market in the summertime. The "coffee arm" of the ministry is called Recentered Roasters, and their tag is "roasted with purpose."

Josh also started a construction company by the name of Recentered Restoration, LLC, and their promissory statement is, "Restoring Homes, Restoring Lives." They had known for a long time that they wanted to open a restaurant, and in 2019 they purchased the old home at 102 N. Clinton Street. It is right next to Innovative Realty Solutions and across from ASU's Chasteen Center. Remodeling began, and in November of 2021, I had the great joy of attending the Chamber of Commerce ribbon-cutting ceremony. Revive Café was at last and officially open for business! Its tag is "Rise and Shine," and is based on

Daniel 12:3, "And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever."

The café is open six days a week from 7 a.m. to 2 p.m., and is under the capable direction of Debbie Chambers, Briana's mom. I have given Debbie an affectionate nickname of Mama Revive, and it is clear she is walking both in her calling and her dream of running a restaurant. Her homemade bread has become legendary, and everything she has ever made for me has been just right.

It is clear that everyone involved has to have all of this as both a dream and a calling in order to put in the love, work, sweat, and time to make it all come and stay together. Briana's sister Marissa is the one who does the coffee roasting, and that takes place on the family farm in Elkmont. I have been to the farm which, no surprise, is called Recentered Farms, and it is a delightful place.

I think that the food at Revive Café is best described as "comfortable." Almost everything is homemade, and the choices are simple and yummy. For breakfast there are muffins, fancy waffles, and an egg and cheese croissant sandwich. Of course, there is every type of coffee drink from simple drip to frou-frou, and they all use the Recentered beans. For lunch, there is chicken salad (with or without grapes,) pimento cheese, deli sandwiches, and salads. Sides include cornbread salad, pasta sal-



ad, fruit salad, and green salad, and the dressings are delicious. There is a kids' menu, a solid selection of beverages, and Elli Belli's homemade chocolate chip cookies which sell out regularly. You can order ahead, take it to go, and the plan is to eventually hire a driver for delivery.

The vision for Revive Café has always been to be a gathering place, a safe one where people can really talk and build relationships and community. Recently, I took a teenager there for lunch on a Saturday close to closing time. She was struggling with a number of things, and providentially, we were the only ones in the whole place. The kindness with which she was treated in her moment of distress was truly touching, and the best part is that she went back the next day to thank them. She also is planning on making it her own "go to" place as often as she can.

One of my favorite phrases that is used to describe Recentered's raison d'être (reason for being) is "from crisis to calling to community."

What that means is that the journey from hurting to healing doesn't stop with the elimination of danger or pain; it then becomes the goal to go on and productively walk in one's giftings and build the community around you. Recentered partners with the Huntsville Dream Center, and runs Merea House, a safe place for women and children, and your patronage of the café makes it possible for these ones to be restored.

I would joyfully adjure you to stop by and soak up the coffee, food, and kindness, and my prayer is that Athens will make Revive Café a place where everyone can "rise and shine."

## Revive Café

102 N. Clinton,  
Athens, AL 35611

Hours:  
Mon-Sat 7 a.m.-2 p.m.

Phone: 256-262-4326

Online ordering:  
revivecafeathens.com

Facebook:  
Revive Café Athens

Email: [revivecafeathens@gmail.com](mailto:revivecafeathens@gmail.com)





# Tennessee Valley Spotlight



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





# Cover Story

# The H2 Fuel System Water Bottle By Vollara: The Extra Hydrogen Makes All The Difference!

by Ali Elizabeth Turner

*continued from page 1*

ability to add just enough hydrogen to water placed inside to make all the difference in meeting your hydration goals.

What few people realize is that water can be so acidic as well as so lacking in minerals that even though you are drinking the recommended amount of one half of your body weight in ounces each day, you can still be dehydrated. How is that possible? Because of a factor known as Oxygen Reduction Potential, or ORP, and water has to be balanced in order for the cells to absorb it and re-hydrate effectively.

In nature, ORP is the measure of a body of water's ability to perform its own detox process when dealing with contaminants as well as dead animals or plants. In humans, who are made of water more than anything else, the water needs to be "alive" in order to get the job done well. Here is a more scientific explanation from Vollara:

"H2Fuel is a mobile water ionizer that charges regular water with molecular hydrogen gas to create hydrogen-infused, antioxidant-rich bioavailable water in 3 minutes. Water

is infused with molecular hydrogen (H2), which makes it less oxidative. (Author's note: Though it may sound confusing, when water is LESS oxidative, it has MORE unused oxygen available, which is good. The extra hydrogen helps make that happen.) It uses electrolysis to infuse the molecular hydrogen into drinking water. This process makes it possible to measure the antioxidant qualities, it reduces free radicals, and flushes cellular waste and toxins from your cells."

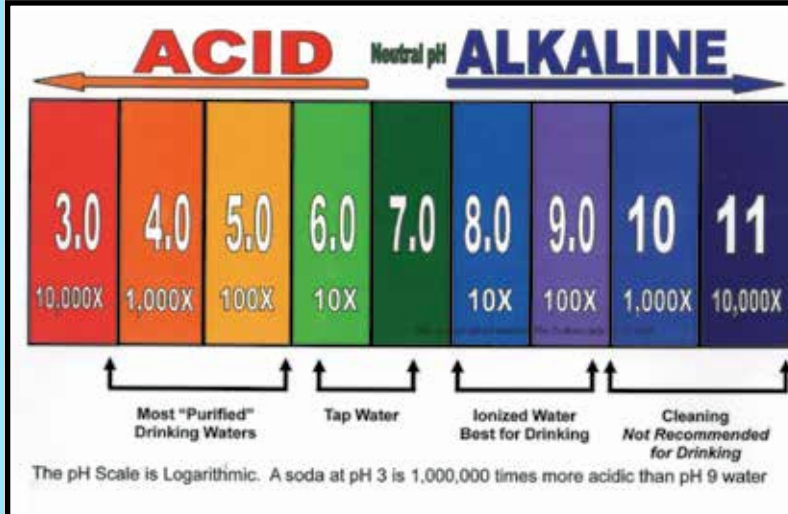
You might say, "But I am drinking purified bottled water, isn't that enough?" Sadly, no. Purified drinking water has been stripped of minerals, which your body desperately needs, and often has chemicals added to it. If you are going to drink commercially prepared bottled water, make sure it is spring water.

Amy told me an interesting story about Major League Baseball teams, which use the Vollara air, water, and laundry systems. She said, "Professional baseball teams are different than football teams because they share secrets to their success with each other, including this. They share trainers and training tips, and they do so because they want to be the

best, play against the best, and win because they are the best. They don't have a 'secret sauce' that they keep from each other." The portable bottle was developed because they are on buses, on the road, in airports, and don't always have access to the Living Water made by the Vollara system. They have learned over the years how important having excellent water is to the quality of their game, and they don't drink anything else!

The H2 Fuel system bottle looks like an ordinary tall glass water bottle, and the hydrogen infusing unit is in the bottom. It comes with a USB-style cord which you plug into a regular outlet for three minutes, and you are then good to go. You can also use it on the road. The portable bottle has a light feature that lets you know when the hydrogen-infusing process is finished and the water is ready to drink. It also has a light that indicates when the unit needs to be recharged. It greatly improves the taste of water, its energy and balance, and makes it gently alkaline. It is also easy to use.

The H2Fuel bottle hydrogenating system is a chemical free operation. It is compact,



requires low maintenance, and is very quiet when being used. The bottom of the bottle has a silicone base cover to keep it from skidding.

A few more things about the H2 Fuel system: It is made for water only. It can be tap water, but spring water is better. You can NOT put coffee, tea, juice, or any other liquid in the unit—you'll ruin it. However, you can take the water you have just improved, pour it out, and then use it for the above-mentioned purposes, but

it is important to keep some water in the bottle in order to keep the system from drying out.

Perhaps you are not ready to invest in a drinking water system for your house, but you need to be ready to invest in the body you live in, and the H2 Fuel System will get you started. Call Amy Fiscus at 256-337-5727 today to find out to purchase this or any other Vollara product, and start your journey to better health.

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# Dealing With Grief During The Pandemic

by Eric Betts

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



We are living in a time of unprecedented grief and death due to the coronavirus pandemic. We cannot underestimate the toll that these incomprehensible numbers of sickness and death have upon our collective psyche. It is reported that 800,000 people have lost their lives in the United States due to COVID-19. It has been projected that more than one-million people will have passed away by the middle of 2022. Everyone knows someone who has passed away due the prevalence of this horrible virus. Millions have lost several family members in the course of a pandemic that has lasted nearly two years. Much advice is given concerning ways to protect yourself from the virus in order to stay healthy. On the other hand, very little is given about how to live in an atmosphere full of grief and sadness. The question may be asked, "How do I encourage others who grieve, when I am constantly grieving?" Although, this is extremely difficult, it is possible to both grieve and to be present for those who are grieving. Understand that it is not as important for you to encourage others as it is for you to be relatable to others. If you are grieving, you are better qualified to be a great listener to those who grieve. You will have a greater level of empathy and possess a more comforting presence than those who are not presently grieving.

Many make the mistake of assuming that what grieving persons need most is to

be cheered up or distracted from their sense of loss. What is often not understood by those who seek to comfort bereaved friends is that the grieving one needs to get to the bottom of their sense of loss rather than forgetting about it. Additionally, it is often the case that friends avoid their grieving loved ones due to not being able to find the right encouraging words. It should be realized that while encouragement has its place, it is often given when it is least appropriate. Encouraging colloquialisms which are designed to get people to cheer up seldom helps. Such statements including, "Look on the bright side; they are no longer suffering," or "They are now in a better place," does not eliminate the painful desire to have the person back immediately in their lives. The grieving one should not unwittingly be made to feel that there is something wrong with feeling sad or feeling

the need to cry. In a noble effort to encourage, the encouraging words expressed can come across as lacking empathy. Expressions such as, "Hang in there," "Keep your head up," or "You have so much to be thankful for," can seem encouraging in the moment but is not comforting for those who need to grieve. It sometimes gives the impression that it is abnormal to shed tears or feel unbearably hurt by the loss. To wish that a person not grieve is often due to the observer's awkwardness in viewing such pain, more than consideration for the hurting one.

Human beings are physiologically designed to grieve. Therefore, we have tear ducts. Crying, sadness, and even anger are each a part of healing from the hurt of the loss. You should not feel ashamed or apologetic that you are grieving and shedding tears. Those you have loved are worth every sin-

gle tear you will ever shed for them upon their death. Grieving is healthy, whereas stifling or holding back grief is unhealthy.

Another aspect of grief is feeling guilt for having intermittent happy or joyful moments. Also, there are those who feel a sense of guilt if they are not grieving at the same level as other friends who have lost loved ones. Grieving is not always a constant twenty-four-hour state of mind. It is important to understand that people grieve in different ways. Some grieve over many weeks while others may grieve during certain quiet moments throughout their year. A book you may read, a house you may see, or a song you hear, may remind you of your loved one and allow you a moment to grieve. In most cases, it is more helpful to allow those who have suffered loss to grieve instead of taking their minds off what they

are going through. Those who are grieving should not be embarrassed or made to feel as though they are abnormal because they grieve too much or too often. It is the "Why-don't-you-get-over-it-now-it's-been-two-years" mindset that is abnormal and unfeeling. While the exact words are not expressed, body language can often come across this way.

If you desire to be a comforter to those who grieve, you should support them and simply help them to take whatever time they need to grieve. The most important thing is to be present rather than give advice. Some questions from grieving friends are not actually questions, but they are simply expressing their feelings. The friend of the grieving one should understand this. Additionally, one may assume that a person is not grieving because there are not any visible signs. They can smile on the outside while hurting on the inside. Don't assume they are okay because they appear to be strong. Be thoughtful enough to check up on the bereaved friend regularly after the funeral. Learn how to be an ear. The less you say is better. Find ways to show you care. Grief also happens due to divorce, the loss of a job, being turned down for a position, or in the case of the pandemic, lost time. This is important to remember when friends around you suffer major losses. In any case, make them feel that they are not strange because they grieve, but that you are there to support them as long as it takes.





# Long Road To Taos: Part II

by Jerry Barksdale

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



My good friend (and sometimes red-head) Pat and I spent the night with my grandson, Joshua at his adobe house outside Santa Fe. There was no air conditioner and none was needed. Open windows let in cool air from the Sangre de Cristo Mountains along with the lonesome call of coyotes. Joshua, age 19, had worked at the upscale Rosewood Inn of the Anasazi for only one day and immediately asked four days off to visit with us. I appreciated his desire to be with us, but it brought on grandfatherly advice. "The secret of job security," I said, "is arriving early, sober and clean; leave late, don't complain and always be available. Others won't do that. Pretty soon you'll be on top." Of course, that's old fogey thinking. Nowadays, it's popular to whine, become a victim and sue someone – anyone.

Next morning, I departed Santa Fe, leaving Pat and Joshua to shop and, drove the high road through the mountains to Taos.

The ancient village of Chimayo, settled by Spanish colonists around 1680, clings to the brown foothills of the Sangre de Cristo Mountains. I stopped at Ortega's weaving shop and looked at several hand-woven, wool rugs, but resisted the temptation to purchase yet another one. Later, I visited Santuario

de Chimayo, a Catholic sanctuary built in 1810. It's claimed that the soil beneath the floor has healing power. Scores of crutches hanging on the wall attest to its miraculous power. Who am I to say otherwise? When I was a kid many older folks drank Hadacol, an over the counter potion high in alcohol content, that worked miracles on some folks. Many women swore by it. It was rumored that an old fellow at Piney Chapel with a wooden leg drank it daily. It was so potent he had to carry a hatchet to keep the sprouting limbs trimmed off his leg. Not only that, when I was 11 years old, Uncle James Burch purchased all 16 warts on my hands for a penny each. They disappeared within days. Was it a miracle? For me it was.

In Taos, I took a room at Kachina Inn, next door

to the Indian Pueblo, and read the Taos News while waiting for Pat and Joshua to arrive. Citizens were in an uproar, as usual. They opposed Walmart, the Dollar Store, burning porch lights at night (it pollutes darkness) and the expansion of their tiny air strip. Tempers flared at a public meeting and one official was properly dog cussed. One lady was fearful, that "the military could possibly use it." Gasp! According to a recent survey residents described Taos citizens as "a little crazy," "wacky and weird," and "unable to show up to anything on time – preferably two hours late." Here's my definition: Imagine a powerful magnet located in the center of America strong enough to attract every nut and loose screw from both the East and West Coast. That's Taos. I love it! But I don't want them running

our country. Later, I sauntered into the Broadway Book Shop on Paseo del Pueblo Street North and mentioned that I was from Athens, Alabama. "What street?" asked the long-haired clerk. It was Chipper Thompson, son of the well-known Athens artist, Bob Thompson. Chipper and my son, Mark were childhood playmates when we lived on Aston Street. Chipper married Huntsville artist, Langford Monroe and they moved to Taos several years ago. Unfortunately, her career was cut short by death. Chipper is a well-known Taos singer and musician and recently published *The Substance of Things Hoped for*, his first novel ([www.chipperthompson.com](http://www.chipperthompson.com)). Being a high brow reader, I purchased a used copy of *Lady Chatterley's Lover* by D.H. Lawrence who is buried north of Taos. Lawrence was hounded

out of England in 1922 and the book banned. Nowadays its probably required reading in the third grade.

The sky was turquoise blue and the air cool and thin when Pat, Joshua and I joined Shannon and her best friend, Jamie for lunch on the deck of the Bavarian Restaurant high in the Taos Ski Valley. Jamie is Northern Cheyenne, born and reared on the Lama Deer Reservation in Montana. Her Indian name is "One Who Kills In The Morning." I know a woman like that – my ex. Contrary to her name, Jamie is sweet, kind and beautiful. The name was given her by her people for standing up to the U.S. Government. She and her German-born husband operate the excellent restaurant. Shannon loves Jamie and considers her the sister she never had. "Jamie and I are blood sisters," Shannon announced over a platter of bratwurst and fried potatoes. Several months earlier, while enjoying wine, Shannon proposed that they become blood sisters; went to the kitchen, returned with a butcher knife; slit open their palms and mixed their blood. Jamie had never heard of such, but went along with it. "Why are you doing this?" she asked. "It's how they do it in the movies," Shannon replied. Jamie just shook her head and laughed.

TO BE CONTINUED...





# Taking Your Service Dog To Jury Duty

by Joel Allen



Hello, folks! This month I received a jury summons and found myself with the reality of taking one of my service dogs to the courthouse. I was a little nervous because one time, years ago when I had Zues, I was harassed by a deputy for having a service dog. I don't like having a disagreement with anyone in authority, but this deputy was being very confrontational that day. I remember him saying, "I will go see what the judge says about this!" Thankfully, the judge informed him that Zues being a SD was allowed into the courtroom, and he seemed to relax toward us afterward. I

will never forget the feeling of being put on blast by that deputy though.

So, on Monday morning 24 January 2022, Houston and I approached that same courthouse, and the memory from years ago came back like it was yesterday. But I made sure I was ready, and as we approached the checkpoint to enter the courthouse, I emptied my pockets and prepared Houston to be searched. My boy did very well in this as the searching deputy waved the wand weapon detector over us and looked into Houston's service dog pouches. He never flinched, and that was

his first official search ever done on him. The checkpoint staff seemed impressed with Houston too.

Now, let us talk about ensuring readiness in the event anyone reading this has an SD and is going through a search checkpoint. (NOTE: This can also include airport checkpoints)

- Always know your SD's limitations
- Make sure all SD pouches have only your medical items
- Ensure your SD is desensitized to noisy crowded areas
- Prepare your SD by

practicing having its pouches searched by strangers (preferably) so as to prevent nervousness

-If possible before leaving your home and working your SD, take them for a stress-free walk

-On cold days or if the floor is bare, carry a small blanket for your SD's comfort

-Also, on cold days I will put a sweat shirt on Houston

Houston and I moved to the courtroom next and awaited being called for jury duty. It was entertaining to see some people see this huge

Great Dane sitting next to me while I awaited being called. Some people would hesitate about stepping over or around Houston, and I would inform them he would not move and that it was all right. To their surprise he stayed where he was as anyone who needed to step past or over did so. That's what I always try and instill in my SDs, not to move when someone approaches them.

After all that excitement for Houston, we were finally called by the judge, "You with the service dog, approach the bench, please." Like a rock star, Houston walked with me to the judge, and after a brief request to be excused from jury duty, we were excused. I had a friend who was on jury duty call me later and express how he disliked me at that moment, and of course I had a good laugh from it. Have fun on jury duty, Jeff G....hahaha!

And with that folks, I hope this article helped and the tips I mentioned above were useful. As always, should anyone have any questions, please call me. Happy Valentine's Day! See y'all next month!

*"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





# Working With Imagery

by Lisa Philippart,  
*Licensed Professional Counselor*

***“Change your mental imagery, and the feelings will take care of themselves.”***

**- Maxwell Maltz**

“A picture is worth a thousand words.” Negative images can lead to more intense distress than thoughts, and we often neglect looking at intrusive imagery, its meaning, and how it affects us. Those who are depressed may have distressing images about past events, or have flash-forwards to a bleak future, or suicidal imagery. Those with anxiety often have intrusive images about a feared future event, seeing the worst possible things happening. And those who have suffered trauma, can have flashbacks, reliving the experiences of those painful memories. It makes sense that using therapeutic imagery would be most effective at helping those who suffer from distressing imagery. Some call it “mental time travel.” The aim of imagery techniques is to change the toxic meaning of the image, reducing the distress.

There are four types of imagery techniques:

1. Imagery Manipulation is altering aspects of and reducing the distress associated with any image, which will enable you to cope with the image during daily life.

2. Imagery Rescripting is changing the content and outcome of troubling and intrusive imagery, either from a past memory or future event.

3. Compassionate Nurturing Imagery involves promoting self-compassion.

4. Imagery Rehearsal is mentally rehearsing a feared imagined future event.

Before working with imagery, you need to establish an imaginary Safe Place. This is a place you can return to at any time when the images become too distressing. I encourage clients to “build” a safe place, and practice going to that place, so that it feels almost natural when a serious situation arises. Some ideas for such a safe place in your imagination include: a lake, island, beach, mountain, meadow, forest, river, cottage, ship, hot-air balloon, a world from a favorite book or movie, etc.

Start each imagery exercise with relaxation. Make yourself comfortable in a chair with your arms and legs supported and uncrossed. Close your eyes and notice the sensation of feeling supported by the chair, and the floor beneath your feet. Bring your attention to your breathing, maybe imagining that you have a balloon in your belly... notice the sensations as the balloon inflates on the in-breath and deflates on



the out-breath. Now practice going to your safe place. Just let yourself be there in the moment.

Finish each visualization by taking a few moments to bring your attention back into the here and now of where you are. Whenever you are ready, open your eyes and bring your attention back to the room. Again, notice the chair supporting you and look around you, pay attention to what you see and hear, now, in the room. Take a few balloon breaths. Check in with yourself to see how you feel.

Part of the effectiveness of working with imagery is being able to identify the images that you experience. For example, can you describe the qualities of your images? Referring to your safe place, what are the colors you see, the sounds and

smells, what is your field/observer perspective? Take a moment to register your emotional response, putting words to how you feel. Maybe you are able to assign meaning or interpretation to the image. For example, a hot-air balloon lifts you above your “problems,” giving you a whole new perspective. We often have a physical or behavioral response to our images. Can you identify that type of reaction...a fluttering in your stomach, a lowering of your shoulders, or a slowing

of your breathing?

Work on finding your safe place and practice going there. In my next article, we will begin to examine the four imagery techniques to reduce or eliminate your painful thoughts or memories.

*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.*

**Lisa Philippart LPC LLC**  
NCC, BCPCC, BC-TMH  
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Living Life Counseling Center  
44 Hughes Rd, Suite 1050  
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## The Alternative Approach

# *Sick Of COVID?*

by Roy Williams

If you are like most of us, you are probably so tired of hearing and reading about COVID that you are refusing to watch any news reports from the national media. As for me and my family, we have decided to watch the local news for the weather reports only because even they have been forced to report the fake news.

Fear is what the national media, pharmaceutical industry, and the politicians are pushing. When a citizenry becomes fearful of the possibility of many thousands dying, they become willing to make some changes. At that point, in come the politicians, doctors, and big pharma with their, so called, solutions. Of those three groups, the most dangerous are the politicians.

Politicians control the writing of the law, and if they can scare enough of us, they can even pass the laws that gives them the power to force us to obey. It is the same process that has been used all over the world. Eventually, every nation that submits to the will of the scientists, drug giants, and politicians, those nations become either socialistic or communistic.



Fortunately, America has a constitution, the foundational law that all other laws cannot contradict, go against, or override without amendment. Over the years, many have tried to pass a new set of laws that are contradictory to the Constitution, which over time is ruled unconstitutional and overridden.

So here we are in the greatest nation that has ever existed on earth. Our freedoms are continually assaulted with mandates, permits, and licensing that, in my opinion, are unconstitutional.

COVID has proved to be one of big pharma, the deep state, and even the medical profession's favorite tools to try and take away our freedoms of choice. You have seen it. Using a fake pandemic, tests that have proven inaccurate, vaccines that have proven ineffective, deaths that have nothing to do with COVID, and the media becoming pawns for those powerful organizations, our freedoms are being assaulted on a daily basis.

Don't you think that it is time we take back our freedoms and our power? In America, the Constitution gives the people the power, not the socialists or the communists who wish to destroy us and make us slaves of the state. And, one of the most effective ways to take your power back is by telling them, "No, I will not participate. I will not wear masks that have proven

over and over again do not stop the virus from spreading. I will not take a vaccine that does not stop me from getting COVID or stop me from spreading it. I will not cave in to a so-called pandemic, which we now know should have been called (the plandemic), because it was a plan that goes all the way back to China, big pharma, their fake science, and to the mandates that everyone in the world should get vaccinated."

It is time to call their hand and ask, "Why have you covered up ivermectin, hydroxychloroquine, and even more important natural remedies that are more effective than the masks or vaccines?" It is time to demand the truth and that the pharmaceutical industry show us the science.

As for me and my family, we have decided to trust God and His creations instead of

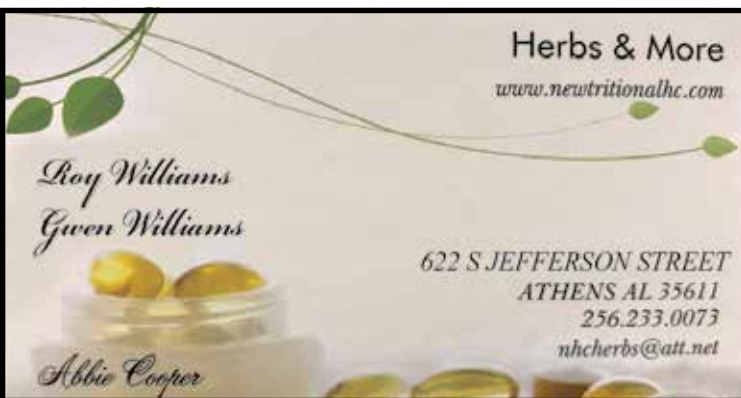
man and his concoctions, which are proving to be more likely to kill you than the so-called disease itself. We have been faithful through all of the confusion. We have boosted our immune systems, strengthened our bodies through high-quality supplements, and held strong to our belief that God designed our bodies to heal and that it will, as long as we provide the nutrients.

For these reasons, let me suggest you go by Herbs & More in Athens, NHC Herb Shop in Killen, call 256-757-0660 or visit our website at [www.nhcherbs.com](http://www.nhcherbs.com). Over the last 22 years, NEWtritional Health Care LLC, has developed 45 of the most complete supplements on planet earth. The energy levels in our supplements are higher than those of any other supplements, and we can prove it.

Jesus tells us in John 8:32 that the truth will set you free. America is the only nation on earth that does not measure the energy levels of our foods and put it on the label. Do you know why? It's because the energy in our food is lower than any other nation on earth.

Over the next few months, NEWtritional Health Care will be proving that our supplements have more actual energy than any of our competition. If you want the best, the supplements with the most useable energy, then check us out. You will be glad you did.

*Your Friend in Health,*  
Roy P Williams







Cooking with Anna (continued from page 13)

## *Love Is Kind*

by Anna Hamilton

*continued from page 13*

*happier person, but it is a crucial part to your spiritual growth. When you are constantly unkind to yourself, you become anxious and weary. Proverbs 12:25 tell us that, "Anxiety in a man's heart weighs him down, but a good word makes him glad." Being kind to yourself will give you peace of mind and will make you a happier person.*

*God tells us in Colossians 3:12, "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience." If we are God's chosen people we are called to be clothed with kindness! Not only to others, but also to ourselves. We can't truly be kind to others if we can't do the same thing for ourselves. It becomes just a shell, just a front, not a true picture of self.*

*Over the years, unkind thoughts and words have torn holes in our souls, but God tells us how we can mend ourselves and in return mend others. "From a wise mind comes wise speech; the words of the wise are persuasive. Kind words are like honey -- sweet to the soul and healthy for the body." Proverbs 16:23-24. It is healthy for us to be kind to ourselves, and being a healthier person, physically, mentally, and spiritually, is the ultimate goal.*

## *Mama Mia Meatball Soup*

### *Directions:*

*Preheat oven to 400 degrees and line a baking sheet with aluminum foil. Then place a cooling rack on top of the prepared baking sheet. In a large bowl, add ground meat, breadcrumbs, parmesan, parsley, onion, garlic powder, onion powder, dried basil, and salt and pepper. Use your hands to mix everything together and roll the mixture into meatballs. Place the meatballs on the prepared baking sheet and bake for approximately 15-20 minutes until meatballs are cooking through.*

*While the meatballs are baking, add olive oil to a large pot and heat over high heat. Add onion, carrot, and celery. Sauté until tender. Add the tomatoes, zucchini, tomato sauce, broth, garlic powder, paprika, Italian seasoning, salt, and black pepper. Bring to a boil and simmer for*

*Let's make an effort to be kind to ourselves. Give yourself the grace to make mistakes, and it will still be okay! I have been more patient with myself these last few weeks and to start myself on the road to kindness, I am going to make an effort to say something kind about myself, to myself, every day. It can be something as simple as complimenting the way I make a cup of coffee to the way I support my spouse's dreams.*

*So, like the old slogan, "Be Kind, Rewind," let's be start being kind to ourselves and rewind those negative thoughts -- start fresh, from the beginning, with yourself.*

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32*

*This week's recipe is kind and healthy, but most importantly delicious! It is a warm and cozy soup, perfect for the cold February nights. It is a kid and husband pleaser, sure to stick to your ribs. As always, feel free to change the veggies up to ones that your family will love. You can even use frozen meatballs in a pinch. That's the beautiful thing about cooking, you can make any recipe your own! I hope you enjoy it as much as we do.*

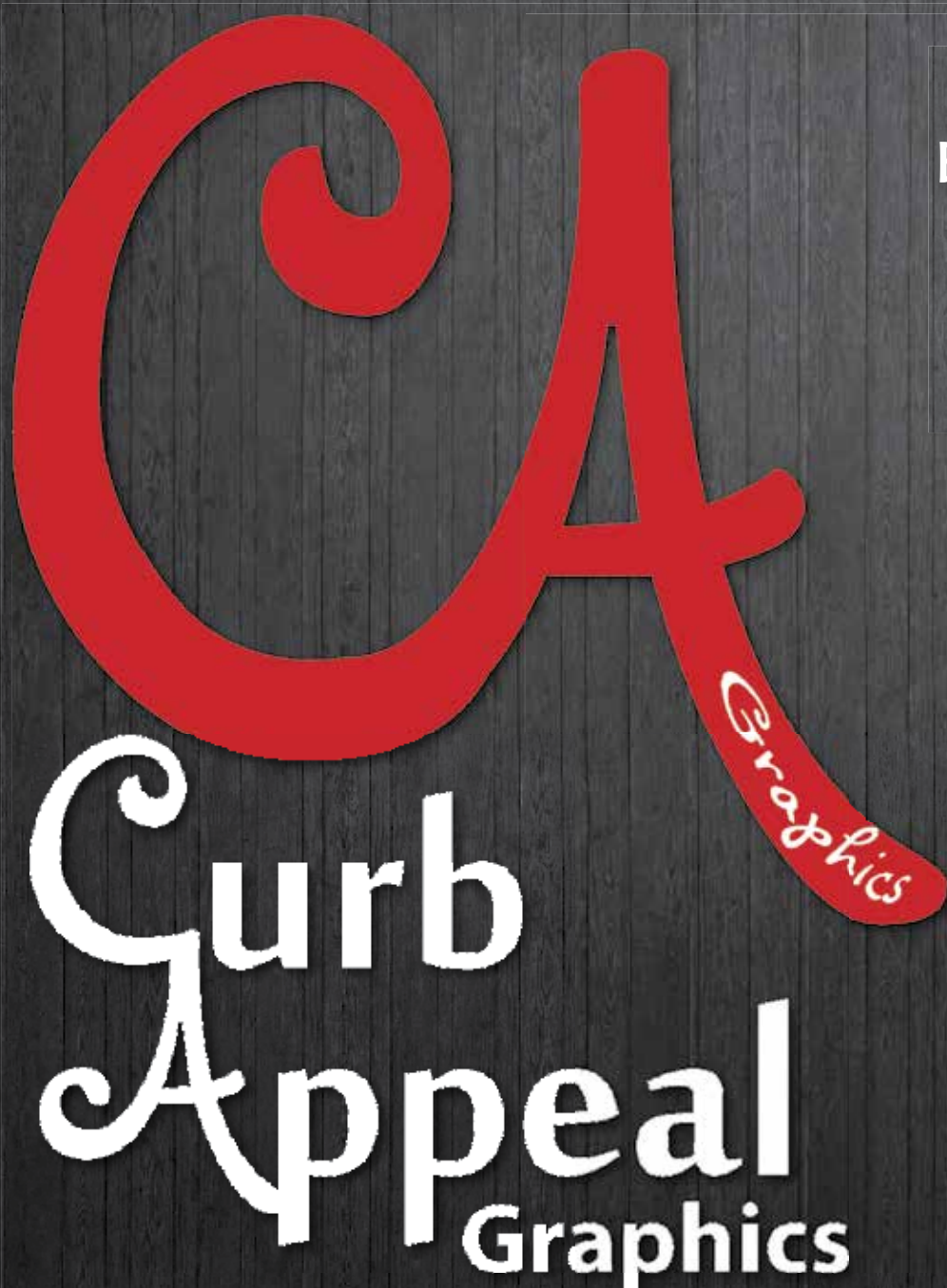


*10-15 minutes. Drop in the cooked meatballs and cook for 10 minutes. Garnish with fresh chopped parsley and parmesan.*



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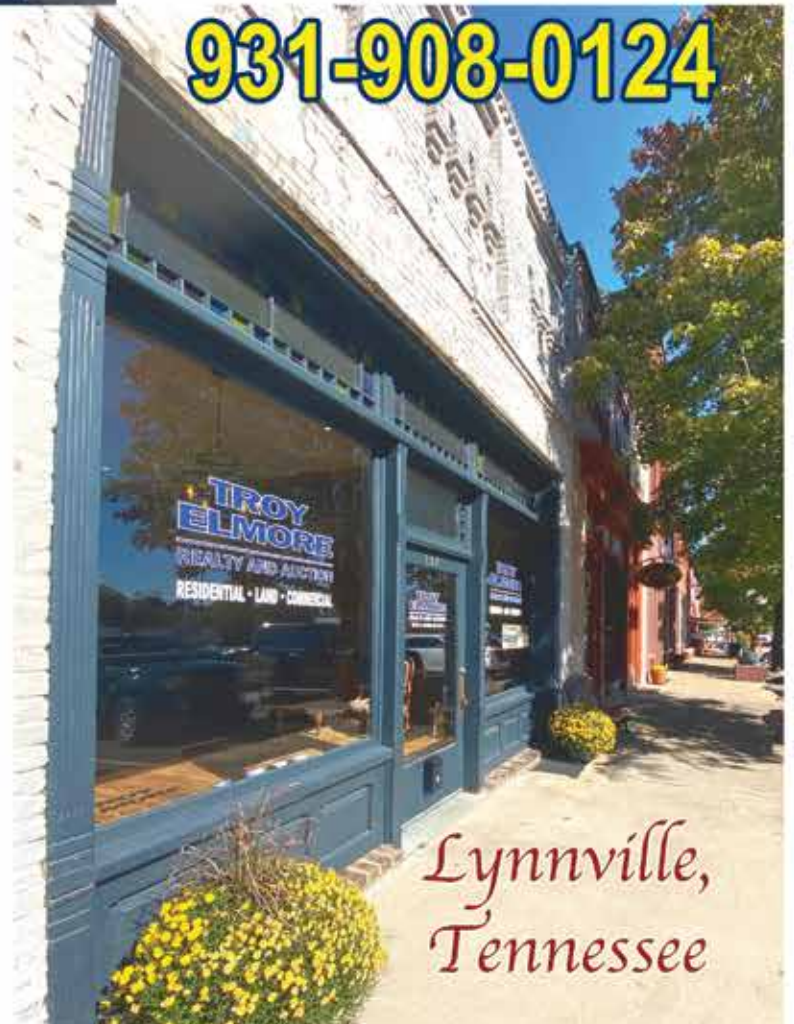
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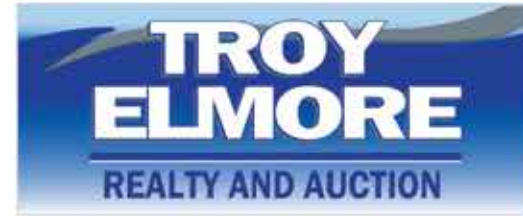
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HAPPY  
VALENTINE'S  
DAY!



ANSWER KEY:

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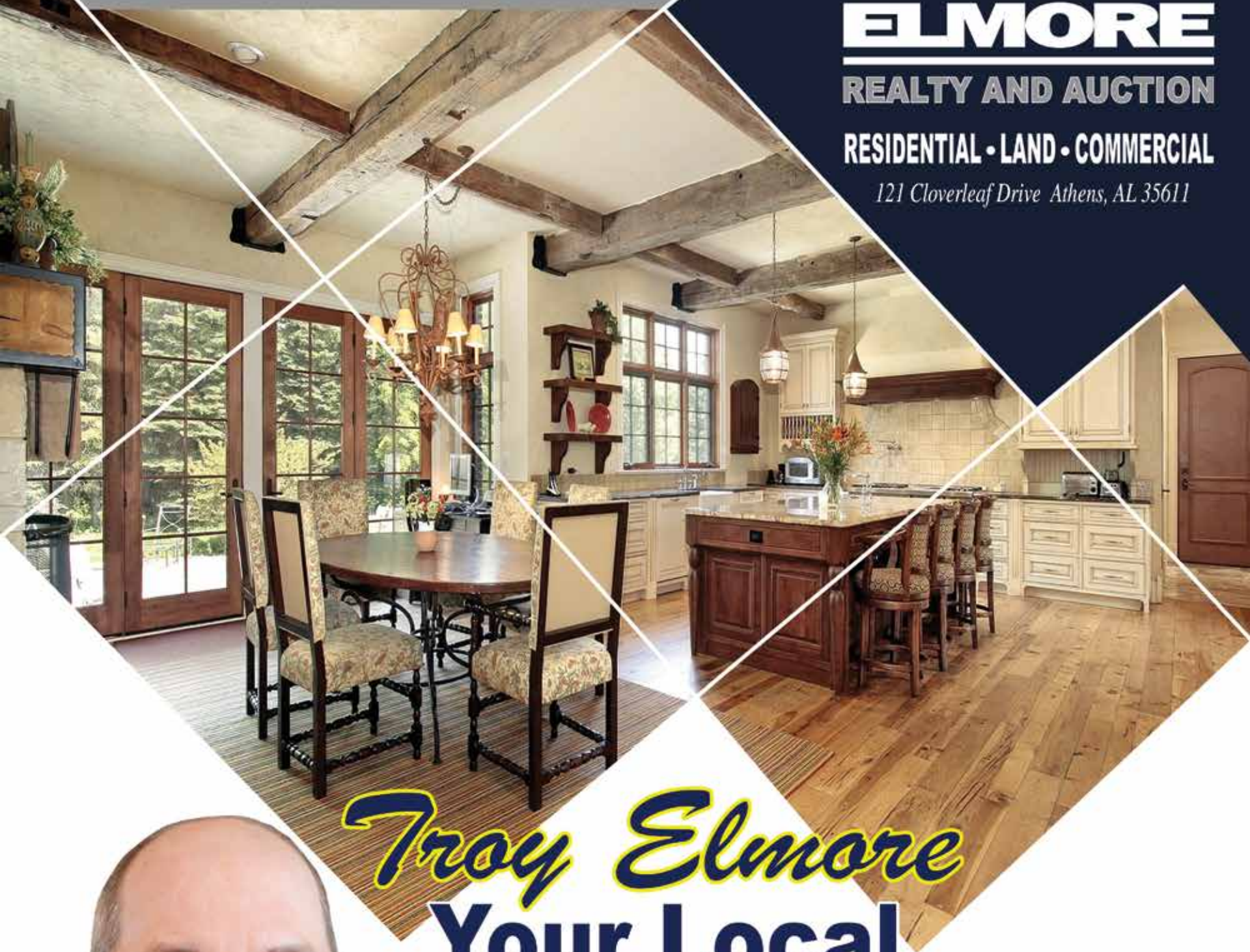
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