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### Special Feature



*Lilly Springs Home, LLC: Loving Care Inspired By A Loving Caregiver...*  
Lilly Mae Jones-Kelly was one of those women who loved and cared for anyone who crossed her path. She applied...  
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## *Elect Rex Davis For Alabama State School Board District 8*

By Ali Elizabeth Turner

Education is a hot-button topic in the State of Alabama these days, and for good reason: we are dead last, rated 50th out of 50 states

when it comes to the quality of our public education system and its poor results. That's the bad news; the good news is -- 1. There is no place to go but up and 2. People are

Continued on pages 16-17

### From The Vets' Museum

*The Sons Of Union Veterans Needs Your Help!...*  
The Pvt Richard Taylor Camp of the Sons of Union Veterans will be sponsoring an exhibit featuring an...  
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### Clean, Green And Beautiful



*Elk River Cleanup - Join Us!...*  
Limestone County is a beautiful place to live, isn't it? Our waterways definitely add to that beauty. It is a such a shame when the...  
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*Rex Davis, (r) with a student after a successful flight instruction session*

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**Publisher's Point**

*Silence And Wonder*

I have found over the past 12 years of being involved with *Athens Now* that the idea of leaving this column blank and paying for the publishing of a completely empty piece of paper in the midst of other brightly colored pages is tempting. It's not because I am trying to be a brat or trying to start a trend such as "pet rocks" from years ago; it's that the older I get, the more I enjoy that rarest of commodities, silence. And I am guessing that you may feel that way, too, at least from time to time. True silence, the kind where you can hear your blood circulate in your ears, is nearly non-existent these days. I don't need much of it, I just know that it can be a gift. And I guess the great irony is that I am not exactly known for

being a woman of few words.

I am someone who believes in a lifestyle of learning that never quits. I also believe that when you lose the desire to learn, something dies inside. I am not talking about the negative example against which we are warned, i.e. "ever learning but never coming to the knowledge of the truth," I mean the kind of learning that is born out of wonder and may or may not inspire speechlessness.

I try to make a point of observing something out of nature on a nearly daily basis that evokes a sense of what I just described. I think that most often, birds do the trick. Birds in flight. How do they know to take off all at once and

then land all at once? How do they know how to swoop, dive, and then line up by the hundreds on a telephone wire or in the branches of just a few trees? How do geese know how to rotate the leaders while in flight so that they share the effort it takes to run (or in this case, fly) point on a V-formation so as to avoid exhaustion? How do they know to fly in a V-formation in the first place?

To me the answer is obvious: they are no accident, they were created, and so were we. And, as simplistic as that may sound, I think that when we take time to think, to get silent for maybe only a moment, or perhaps just to observe, then that sense of wonder is, if you'll allow me, wonder-fully re-

stored.

So, seeing as the sworn duty of *Athens Now* is to inform and inspire, and we have been blessed to be able to do so all over the world, I am suggesting that we all take the time to get so quiet that we can hear our heart beat. And if we get so quiet that we can listen and hear our own hearts beat, maybe we can develop the skill of getting so quiet that we can "hear" each other's hearts beat as well. It certainly can't hurt.

*Ali Elizabeth Turner*

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# The IDF And Hezbollah... On Skis

by Ali Elizabeth Turner



It is perhaps a bit odd to think of two fighting units in the Middle East training to face each other on ski slopes, but that is what is currently occurring on Mount Hermon. In a Twitter post recently released, Hezbollah skiing "troops" were seen dressed in white and firing white automatic weapons as well as traditionally colored side arms. They were on skis and Ski-doods and engaged as well in hand-to-hand martial arts-style combat in the snow. They were looking eerily like a cast from a James Bond movie, with dramatic shots taken from the ground and air, and background music to boot. Of course, there had to be a psy-ops piece to any self-respecting Twitter terrorist post, and theirs was "Hezbollah has a characteristic that fear marches in front of him." Not exactly snappy, but also silly to ignore. But let's move on.

What most people don't realize is that there is one ski resort in Isra-



*Hezbollah's Alpine Unit  
(photo credit: Hezbollah Media Twitter/Screenshot)*

el, and it's located on Mt. Hermon. It is not considered to be world class in terms of steep slopes or size, but it is popular amongst Israelis and tourists. It has 14 runs, and a live camera feed that can be accessed 24/7. Approximately 300,000 people ski it during the 50 days

a year that it is open. But that is not all that goes on there. The Israeli Defense Force has an elite unit that is known simply as the Alpine Unit, and they train and patrol in the event of an attack that would come in the narrow window of time of that annual 50 days, and originating on the other side of the mountain.

Hezbollah was supposed to have been disbanded in the mid-2000s, but they continue to give Israel grief and have become a somewhat sophisticated fighting unit. Mt. Hermon is located in the far north of the Golan Heights, and the IDF regular troops

also patrol during the summer. It borders both Lebanon and Syria, and the Israeli side of Mt. Hermon has an elevation of approximately 7,300 feet. What makes it unique is that on a clear day skiers can see the capital of Syria from the slopes. This would be slightly similar to skiing the Alps during WWII. Depending on whether or not you were Swiss, German, Italian, or French, the opposing force was not far off and, as veterans of the US Army's 10th Mountain Division would attest, able to ski and shoot at the same time.

The truth is that Hezbollah has fired several

anti-aircraft missiles toward the ski slopes, apparently having no qualms in their desire to attack unarmed skiers and tourists riding the lifts to see the sights. And seeing as this edition of *All Things Soldier* starts off with the idea of something odd, perhaps it is fitting that across the world in China, there was an athletic event entitled the biathlon, where skiers carried weapons on their backs, hurried across a cross-country course, and stopped to shoot weapons. But in China, the winning teams are awarded medals. In Israel, they get to survive, and ski another day.

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# Lilly Springs Home, LLC: Loving Care Inspired By A Loving Caregiver

by Ali Elizabeth Turner



Lilly Mae Jones-Kelly, the inspiration for Lilly Springs

Lilly Mae Jones-Kelly was one of those women who loved and cared for anyone who crossed her path. She applied that gift of love to Chicago's Cook County (not exactly an easy place to do so), and it didn't matter who you were -- homeless, in trouble, or down and out -- Lilly saw past your "stuff" and saw you as a beloved creation of the Most High. Her love was legendary, and it deeply affected her great granddaughter, Jacqueline. Jacqueline and her family moved here in 2004, and she graduated from Bob Jones High School. She married an Army service member who served two tours in Iraq. They actually met as competitors at a dance audition, have four kids, and a wonderfully active life of faith.

Jacqueline's mom, Pamela Jones, is a dialysis tech, and Jacqueline always knew she wanted to be in nursing. She got her LPN degree from Drake State. She worked at Huntsville Main in the Ortho Trauma Unit, where she met her trainer and future business partner, Kaylie Davis. The two became fast friends, and discovered that they both felt called to restore an idea whose time has come again, and that would be visiting home health care with an emphasis on compassion and competency. Jacqueline is heading toward her RN degree, and ultimately wants to get her advanced nursing degree and become a nurse practitioner. Jacqueline has had experience working in nursing homes, rehab facilities, and hospitals and deeply loves her patients and her profession.

Kaylie is a CNA, is mar-

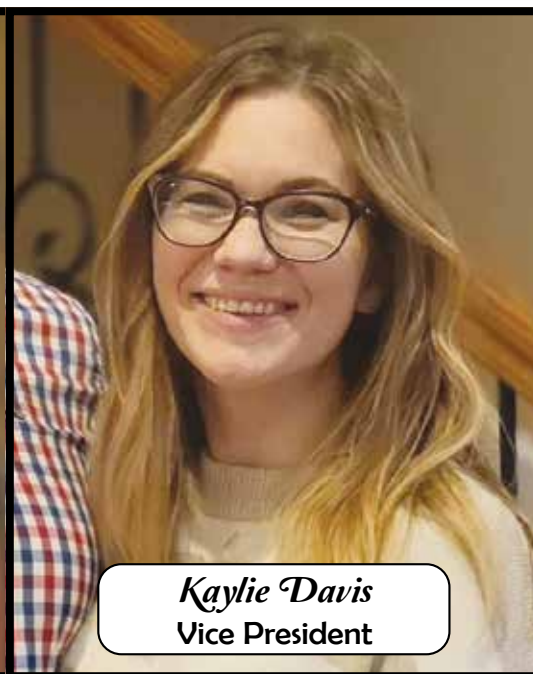
ried and the mother of three, and is currently attending Athens State University as a business major. She wants to help run the "business side of the business" and help Lilly Springs navigate the complex demands of the health care industry and system. Kaylie spent several years working in various health care settings, including Hospice Family Care in Huntsville, Huntsville Main Cardiac Unit, and Huntsville Main Ortho Trauma Unit. She has extensive experience dealing with all manner of illnesses and palliative care.

Both Jacqueline and Kaylie were real troopers throughout the COVID crisis and to me they are among the heroes who got us through the worst of that time, but they felt that the whole experience signaled that it was time to start working together on their long-time, shared dream.

Every health care service worth their salt takes the time to hammer out their working philosophy, values, and practices. It encourages me to know that Lilly Springs Home puts an emphasis on compassion as well as the power of humor. The role of humor in healing, cognitive function, and quality of life has long been documented, as well as the power of relationship and a sense of community. And don't forget love! Lilly used to tell Jacqueline, "Always love thy neighbor, and have the love of God." Jacqueline and Kaylie also love to quote Helen Keller when it comes to what they do and why they do it: "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." Both



Jacqueline Fletcher  
Founder & CEO



Kaylie Davis  
Vice President



## Lilly Springs Home

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We merge compassion and quality care for all of our patients.  
"Your Family is Our Family"

of these women are committed to the "best and beautiful" when it comes to you or your loved one.

Here is some of what Jacqueline and Kaylie want people to know about what they offer to their clients:

*Lilly Springs Home is here to assist you or your loved ones with a variety of in-home services. Were you recently released from the hospital and aren't quite ready to jump back into your normal daily routine? Have you had surgery and need assistance around the house? We understand that your safety, privacy, and independence are top priorities.*

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*you or your loved one live life to the fullest! We currently provide the following services, and much more.*

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*Let us help make your recovery or aging at home both safe and rewarding by running routine errands and providing a helping hand with the everyday tasks that often become more difficult for the elderly and recently-hospitalized. Staying at home*

*does not have to result in isolation and loneliness; in fact, care for our patients will bring opportunities for companionship, humor, and loving friendships.*

If this is the kind of care that you need either for yourself or someone you love, then give Lilly Springs a call today and let them help you. That is what they are here to do, to carry on the loving legacy of Miss Lilly.

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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.

**The Alabama Veterans Museum & Archive will be closed on Monday, 21 February, in observance of the Presidents' Holiday.**

## 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.

## 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.

## The Sound for a Southern Gospel March 18

Mar Berea Baptist will host The Sound for a Southern Gospel singing at 7PM. No cost, love offering will be received. 16779 Lucas Ferry Rd, Athens AL 35611.

## Household Hazardous Waste Collection March 19

Athens Middle School (100 Hwy 31) in the north parking lot. This will be the third collection that KALB has hosted since 2020. 8am to noon. 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. Drive thru drop off. 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.






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## What Makes Ronnie Roll

# An Awesome Advantage Available To Anybody

by Ali Elizabeth Turner



Mayor Ronnie came in having just gotten off a call with Alabama's League of Municipalities, which inspired him to be extra grateful when he heard what other mayors are facing. He chuckled as he exclaimed, "I want to thank the people who make this community great -- city employees, churches, businesses, EVERYBODY!" We talked for a few minutes about how we are in such a great town as well as in such perilous times. "China on one side, Russia on the other," he said, and I replied, "Sometimes I feel like it's 1939." He countered with, "Thank God for this community; we have GOT to stay together."

The mayor then headed toward the second in the series of John Ed Mathison's *Life Lessons From Sports*, and read to me from a chapter entitled, "An Awesome Advantage Available To Anybody." The story had to do with a little girl who wore a leg brace and came home one day to tell her father that she had won two of the races that day. Her dad was incredulous, and thought that perhaps the girl had been given some kind of advantage along the lines of a head start. No, she won it fair and square. It seemed as though she had read her father's thoughts and told him, "Daddy, I didn't get a head start,

my advantage was to try harder." Mathison commented, "Don't you love that? If you try harder, it's always an advantage. People who are successful in life are folks who try harder. Anybody can have that advantage."

I replied with my own true story that just happened in the Winter Olympics. An extraordinary young woman by the name of Winter Vinecki was about 10 when I heard her speak at a Juice Plus convention. She lost her dad to prostate cancer, formed a non-profit called Team Winter to raise awareness of the disease, and blew the minds of those of us who heard her speak. She decided to become a freestyle aerial skier and during training had her fist fly into her face, shattering it. Winter recovered from that and was slated to go to the 2018 Olympics; then she tore her ACL. But now she is part of the US Olympic team and said recently, "First of all, just dream big and never let age, gender, race be a barrier. And at the end of the day, you have to work hard, but also have confidence in yourself along the way."

Mayor Ronnie moved on to more sports inspirations, and few have had more of an impact than the legendary UCLA coach, John Wooden. Wooden was a

mentor to players who were as different as Kareem Abdul Jabbar and Bill Walton, and greatly loved by both. Wooden didn't take any guff, even when he would

start off every season with teaching his players how to put on their socks. Why? To prevent blisters. And, there is far more to the John Wooden story, which is

going to be covered in honor of March Madness coming up...

We prayed for our town, as we always do, and then it was time for Ronnie to roll.







# PlayAction Sports

## Athletes Make College Choices; Local Basketball Teams Still Have Their Eyes On The Prize

by Tim Lambert

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

Local football players signing scholarships included Athens High's Jaden Jude with UT-Chattanooga and Tylin Suggs with Birmingham Southern, James Clemens' Edgerrin Watson and Keenan Hill with UNA and Darren Verhage with Cumberland, and Tanner's Jakeem Fletcher with Alabama State. Athens' Connor Beck signed his scholarship with Beville State baseball.

At the UCA National High School Cheerleading Championship, Athens High teams placed second in the Super Varsity and JV Game Day categories, while Athens Middle School was second in the Junior High division. James Clemens finished third in Large Varsity D1 and Non-Building Game Day and second in World Cheerleading championship categories.

East Limestone swept the varsity bracket in the Limestone County basketball tournament. The Indians knocked off West Limestone 64-46 for the title, while the East girls were taken to overtime by Elkmont before coming out with a 48-44 win.

Other highlights:

ABS VG 36, Whitesburg Christian 24

ABS VB 57, Lindsay Lane 45

ABS VB 57, Woodville 44

ABS VB 63, Crossville 52

ABS VG 44, Crossville 31

ABS VB 59, Waterloo 18

ABS VB 57, Cherokee 30



Clements boys, Elkmont and Tanner girls advanced to regional basketball tournaments at Wallace State (Courtesy photos)

ABS VG 31, Cherokee 11

Athens VG 44, Madison Academy 36

Athens VG 48, Columbia 21

Athens VB 66, Oakwood Academy 55

Clements VB 64, West Limestone 58

Clements VB 62, East Lawrence 58

Clements VG 41, East Lawrence 33

East Limestone VB 86, Columbia 79

East Limestone VG 68, Columbia 39

East Limestone VG 68, Priceville 39

East Limestone VB 52, West Limestone 43

East Limestone VG 48, West Limestone 32

Elkmont VG 61, East Lawrence 23

Elkmont VG 62, Wilson 26

James Clemens VB 57, Bob Jones 37

James Clemens VB 67, Madison Academy 60

James Clemens VB 67, Florence 57

James Clemens VB 65, Athens 24

James Clemens VG 41, Athens 35

Lindsay Lane VG 54, ABS 23

Lindsay Lane VG 52, Whitesburg Christian 16

Tanner VB 61, Whitesburg Christian 59

Tanner VG 49, Whitesburg Christian 18

Tanner VG 62, Tharptown 24

Tanner VB 58, Elkmont 48

Tanner VG 64, Elkmont 49

Tanner VB 67, Lindsay Lane 35

Tanner VG 60, Lindsay Lane 31

West Limestone VB 55, Wilson 46

West Limestone VG 50, Clements 33

West Limestone VB 44, Ardmore 42

West Limestone VG 47, Ardmore 43

In area tournament action, Lindsay Lane girls held off ABS 43-37, but were defeated by Decatur Heritage 51-17. Tanner's girls won championship by beating Whitesburg Christian 58-32 and Hatton 46-35. Elkmont's girls got by Clements 51-48, then lost to Lauderdale County 64-28. East Limestone's girls turned back Mae Jemison 46-40 before falling to Lee 42-31. Ardmore was eliminated by Lee 65-14. The Athens girls

topped Madison Academy 43-34 and finished second to Hazel Green 61-32. Tanner's boys overcame Tharptown 62-43 and won against Hatton 65-62 in the finals. Clements' boys knocked out Elkmont 64-48; a 63-42 loss to Lauderdale County put them at second place. James Clemens' boys turned back Bob Jones 52-45 and Austin 69-65 to claim the crown. West Limestone's girls were runners-up to Brooks 66-56. At the sub-regionals, Athens' girls got by Scottsboro 51-45, Tanner's girls beat Mars Hill 54-44, Elkmont's girls held off Phil Campbell 39-37, West Limestone's girls were eliminated by Deshler 71-17, Lindsay Lane's girls were taken out by Skyline 76-27 and East Limestone's girls fell to Lawrence County 54-42, Clements' boys advanced to the regional tournament with a 57-48 win over Danville. Tanner's boys were knocked off by Sheffield 61-38.

### Bowling

East Limestone's girls finished second at the state tournament by defeating Bayshore Christian and Beaufort. The Lady Indians came up short in the title matchup to American Christian.

### Track

At the state indoor, Elkmont's Alex Kuntz finished second in the 1A-3A 800 meters,

Lindsay Lane's Joe Quez Keith and Whitney Prisco-Cook were third in the boys' and girls' 60-meter hurdles, Athens High's Jack Tregoning won the 6A boys' shot put, James Clemens' Dylan Dryer was third in the 7A boys' 800 meters and teammate Jaylen Drake placed second in the boys' shot put.

### Soccer highlights

Athens VB 2, Elkmont 1

East Limestone VG 10, West Limestone 0

Elkmont VB 5, Lawrence County 0

Elkmont VG 13, Lawrence County 3

Elkmont VG 10, New Hope 0

James Clemens VG 2, Decatur 1

James Clemens VB 2, Oak Mountain 1

James Clemens VG 5, Austin 1

Tanner VB 4, West Limestone 2

West Limestone VB 4, East Limestone 1

### Wrestling

Athens High's Will Anderson won his 6A 120-pound division at the 5A/6A super sectional tournament.





From the Alabama Veterans' Museum

# The Sons Of Union Veterans Needs Your Help!

## For Black History Month

by Sandra Thompson, Director, Alabama Veterans' Museum

"...we have suffered to save the country, we ought to be remembered."

**Albert Bird,  
Company G, 15th  
Regiment US  
Colored Infantry**

The Pvt Richard Taylor Camp of the Sons of Union Veterans will be sponsoring an exhibit featuring an African American soldier of the Civil War at the Alabama Veterans Museum and Archives in

Athens, Alabama.

We are asking for donations to help fund this important addition to the museum.

The 106th United States Colored Infantry was the first of only two regiments of African American men organized and formed in Alabama. They mustered and were trained in Decatur in March 1864 and saw combat at the Battle of Athens on September 23, 1864, and the Battle of Sulphur Creek Trestle on September 24, 1864. Many of the men were captured at these battles and forced back into bondage. The regiment mustered out of service at Huntsville in April 1866.

The Sons of Union Veterans plans to pay homage to these brave men by erecting a life size representation of a 106th USCI soldier using a state-of-the-art lifelike mannequin, equipped with the finest museum-quality uniform and equipment. The exhibit will become the permanent property of the Alabama Veterans Museum and Archives.

um and Archives.

Our exhibit will tell the untold story of the 106th USCI, and the 180,000 men of the United States Colored Troops who fought and bled for the Union and to end the institution of slavery.

Our goal for this project is \$4,000. Any remaining funds from this effort will go towards the identification and care of the graves of Union soldiers in North Alabama.

The Sons of Union Veterans of the Civil War and the Pvt Richard Taylor Camp of the SUVCW in Huntsville are 501(c)(3) non-profit organizations. All donations are tax deductible.

Donations can be made to the Taylor Camp's Paypal account by accessing the link or scanning the QR code below.



[https://www.paypal.com/donate/?hosted\\_button\\_id=FKUHRBS2GJH48](https://www.paypal.com/donate/?hosted_button_id=FKUHRBS2GJH48)

You can learn more about The Sons of Union Veterans at: [www.suvcw.org](http://www.suvcw.org) or more about the Pvt Richard Taylor



Camp of the SUVCW Museum and Archives at: <https://taylorcamp-53suvcw.webstarts.com>. Alabama Veteran's Museum and Archives at: <http://www.alabamaveteransmuseum.com>.

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## Slinkard On Success

# 'D' Is For Determination

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)*



We are now to the letter 'D' as we venture through the alphabet in the year 2022. We have already dealt with the topics of: Attitude, Battlefield of the mind, Commit, and now we come to the next letter of the alphabet and our word is "Determination." I wanted to take the time and look up the definition of this word and the Webster's Dictionary states, "The act of determining or deciding. Absolute direction to a certain end."

I really like the last part of the definition because we need some absolutes in our life. Too many people are going about their life drifting out of control with no certainty in their life. The only certainty they have is they are uncertain. If a person is to have success in their life, they are in desperate and dire need of absolute direction with their life. Where are you headed?

When a person has the determination to succeed in life, they have an opportunity to achieve what others only dream about. It is not easy to find success; it is not easy to find the discipline to stick out the battle. We see many people who suffer defeat because they have a lack of determination when it comes to achieving their desires and goals in life.

The question be-

comes: How does a person increase their determination to get positive results in their life? I wish this answer was an easy one, but truthfully, it differs from person to person. You must find what motivates you, what drives you for achievement, and then you must be willing to pay the price to achieve the desired results. To put it simply, you must define what success is for yourself, and you must keep your expectations high.

The word determination is going to take a level of focus that most people are not accustomed to doing. We have so many distractions around us, and though we have the usefulness of technology, too often our technology makes us useless. When a person determines where they want to go in life, what

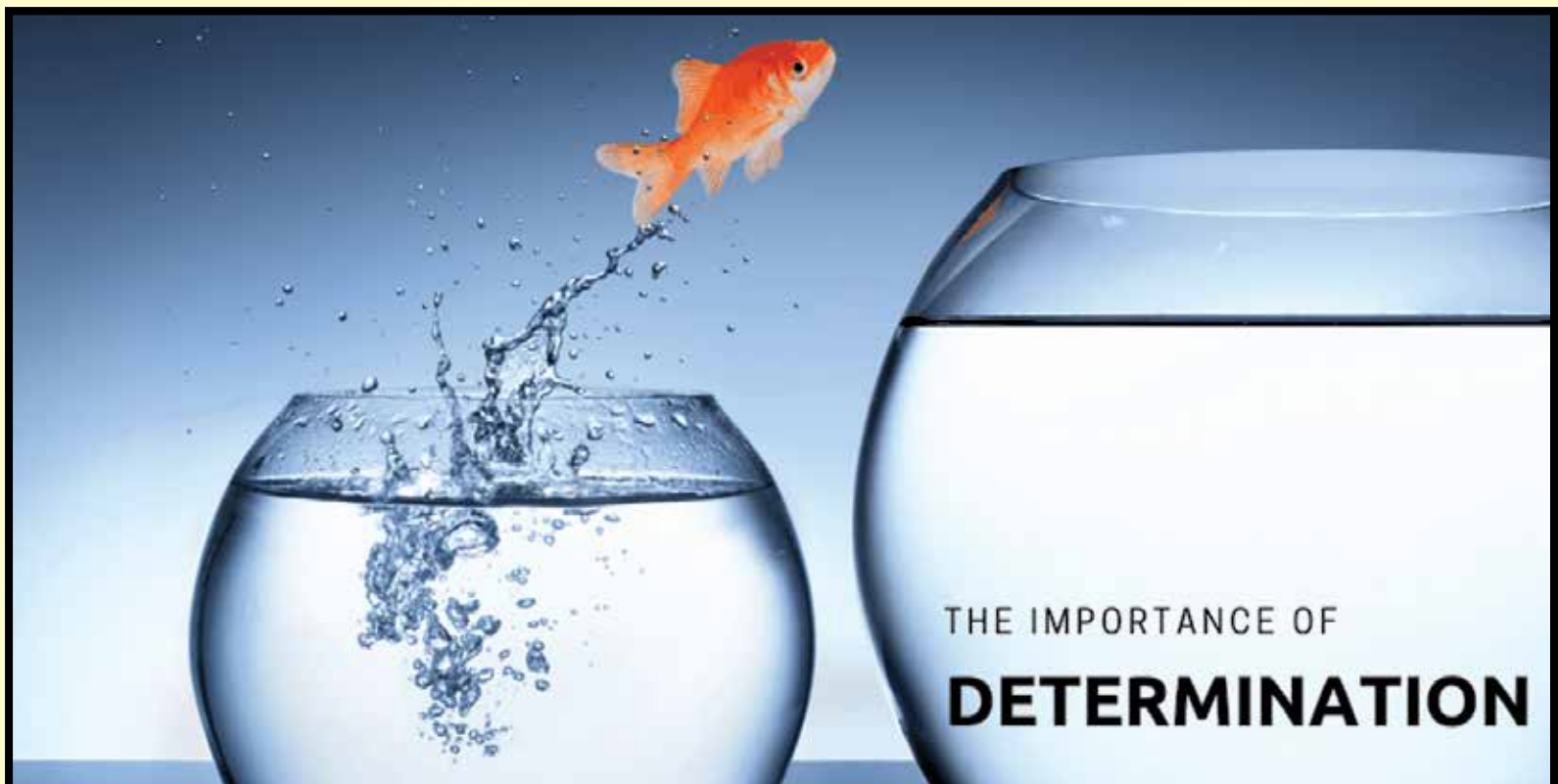
they want to do, what they want to achieve, they have an opportunity to place their focus specifically on these desired results. This is the breeding ground of determination. Knowing what you want to achieve, knowing how you can achieve it, and knowing what it is going to take will help almost anyone be able to elevate the determination in their life.

Will it always work out picture perfect? Absolutely not. However, when we fail to achieve the desired results, we need to have the determination to get an education. I have been guilty of this in the past that when I get lackluster results instead of learning from it, I find myself being discouraged. When a person faces too many discouragements in life, they typically find it easier to just quit and give

up. You have one shot at today. You have one shot at tomorrow. You have one shot at life. What will you achieve? What expectations will you set for yourself?

The success we have tomorrow will directly be impacted by the actions we take today. The actions we take tomorrow will directly impact the success we have next week, next year, and even beyond. The difference, though, is we must act now, and we cannot delay. We must have the determination to say, "Today, I will take the necessary actions to achieve greatness in my life." It is good to have a vision of what you want to achieve, and even better to have a plan of how to achieve it; the actions you take today will lead you to the goal or it will lead you away from it.

I have found that most people have a plan, but typically that plan goes out the window the moment they face an obstacle. Mike Tyson once said, "Everybody has a plan until they get punched in the face." This is when the difficulties and realities of life sink in, and we must face the realities of the obstacles in our present situations. There will be times in your life when everything will go your way, and other times you will seemingly fail over and over again. The funny saying is, "Sometimes you're the windshield and sometimes you're the bug." But please know, it does not have to be that way. Determination will go a long way in life, but you must have specific solutions now on what you will do to achieve success.



THE IMPORTANCE OF  
**DETERMINATION**

Clean, Green And Beautiful

# Elk River Cleanup – Join Us!

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



Limestone County is a beautiful place to live, isn't it? Our waterways definitely add to that beauty. It is a such a shame when the careless acts of some take away from that beauty. Litter is one of the things that can make an otherwise lovely area look more like an eyesore. People carelessly throw out their trash onto roadways, lands, and near streams and rivers. Even if litter is thrown out nowhere near the Elk or Tennessee Rivers, it can still find its way there by wind or water blowing or washing it into ditches and sewers, which lead to streams, creeks, and eventually one of our rivers.

We need to have a better understanding of how litter moves, and how something that is thrown out carelessly affects more than just the spot where it was thrown down. These items do eventually end up in our rivers and can even reach the ocean. We need to take better care of our waterways. The Elk River is one of our main sources of drinking water here in Limestone County, and we need to care what ends up in it!

As part of our yearly Trash Attack series, we are planning to spend time cleaning up the Elk River and surrounding public lands, and we would love for

you to join us! KALB invites individuals, families, businesses, groups, and organizations to help us with this effort. Volunteers will meet on March 12 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. See below for event details:

## KALB'S ELK RIVER CLEANUP

### DATE AND TIME:

**Saturday, March 12 from 8 a.m. to noon.**

### LOCATION:

West Limestone – Hatchery Road Boat Launch off Hwy. 99 in West Limestone

### SPONSORS:

We are grateful to Tennessee Valley Authority (TVA) for their sponsorship and support of this event. We are also thankful for the support of Keep Alabama Beautiful in partnership with



the Alabama Department of Transportation.

### BREAKFAST:

Donuts and coffee provided to volunteers at 8 a.m.

### LUNCH:

Lunch will be provided to volunteers at noon.

### REGISTRATION:

Please email KALB at [KALBCares@gmail.com](mailto:KALBCares@gmail.com) or call 256-233-8000 to let us know you will be participating. This information is helpful to ensure we have enough supplies and provisions for breakfast and lunch. Registration is not required to participate; however, is helpful to organizers.

### HOLD HARMLESS:

All adult participants must sign a Hold Harmless Agreement which will be available on the day of the event. All participants under the age of 18 must have a Consent Form and Hold Harmless Agreement for Minors signed by a parent or legal guardian. All minors must be accompanied by a respon-

sible adult.

### SUPPLIES:

Trash bags, gloves, vests, and litter grabbers will be provided by TVA, KALB, and KAB. Gloves will be available, but participants are encouraged to bring their own. Participants may bring rakes, shovels, chains, waders, and other equipment, if desired, to help remove difficult debris.

### PROPER DRESS:

Participants should wear long pants and footwear appropriate for the work to be done. No sandals.

### WATERCRAFT:

Boats, canoes, and kayaks are welcomed to help remove litter from the Elk River and other waterways as appropriate. All required safety equipment must be on board.

Contact KALB with questions by calling 256-233-8000 or email [KALBCares@gmail.com](mailto:KALBCares@gmail.com).



Become a Fan



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## Cooking with Anna

# Love Does Not Envy

by Anna Hamilton

*Envy is defined by Webster's Dictionary as "painful, resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage." 1 Corinthians tells us that love does not envy. True love of oneself will not envy others' success, outward appearance, or possessions.*

*In my deep dive into learning to love myself, I never would have before considered myself envious of others. But upon pouring over the definition of envy, I realized that I am envious. I display my envy by comparing myself to others around me. I compare what I look like to others, I compare my definition of success to others, I compare where I feel I should be in life to others...and I find myself being full of envy.*

*Envy can turn you into a bitter person. You begin to resent the blessings that others have been bestowed. I always wished I could walk into any clothing store and just pick something off the rack to wear like my other friends, but I*

*can't. As a plus size woman, that is not always an option, I would have to go to a special store to find clothes in my size. But is that truly something to be envious over, goodness no. Upset with the way the media has brainwashed us to perceive what is beautiful, yes! I look around at others' appearance and wish that I looked like all the other girls, but I am snapped back to the reality that there is someone who wishes they could look like me. God says in Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." We are all wonderfully made, in the image of our creator. Envyng another's appearance will only make you miserable and you will never be able to achieve what you feel will be perfect. Please know that you are beautiful, just the way you are. Never stop trying to be the best version of yourself, however; God wants us to take care of the body he has blessed us with.*

*If you have been reading my column for long, you know that my husband and I took a huge leap of faith and started our own business. We will celebrate our two-year anniversary this April. I have been in awe of my husband's faith and perseverance. He has kept his head down and plowed forward. The Lord has opened his storehouses of blessings and poured them down on us; and we are*

*continued on page 23*

## Tropical Chicken Medley

### Ingredients:

- 2 lbs. raw, boneless, skinless chicken breast, cut into strips
- 3 cups raw broccoli, chopped
- 1 ½ cups red bell pepper, chopped
- 1 ½ cups yellow bell pepper, chopped
- 1 cup onion, chopped
- 1 cup diced pineapple
- ½ cup lime vinaigrette
- 2 tsp onion powder
- 1 tsp garlic powder
- ½ oz pine nuts
- Salt and pepper to taste

### Directions:

*Coat chicken with the vinaigrette. Sprinkle with seasonings and let marinate for at least 30 minutes (1 to 2 hours preferred). After chicken has marinated, sauté peppers, broccoli, and onion in a large sauté pan until tender crisp. To help keep the peppers from burning, try adding a little water to the pan as you cook the vegetables.*



*Once the vegetables are cooked, remove from pan, and set aside. Add chicken to pan and cook until no longer pink. Meanwhile, place pine nuts on a baking sheet and toast in oven until browned. Watch these closely; they can burn quickly. Once the chicken is cooked, add the vegetables, pineapple, and pine nuts to the pan. Heat through and enjoy! This is delicious served over cauliflower rice, quinoa, or white rice.*

# It Is All About The Water

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



People often ask what the key is to good nutrition and the answer is easy -- drink enough water.

Drinking water is not just important, it is vital to having a healthy, functioning body. Sometimes, the difference in actually incorporating something into daily life is in not just being told to do so, but having a true knowledge about the reasons behind it.

Drinking more water each day is something EVERYONE can do with ease to improve overall health and body function. Simply keep a bottle of water or your favorite cup with ice water close by all day, no matter where life goes. Even doing things like setting phone timers or writing target times on the bottles to make sure a good drinking pace is maintained throughout the day help make this a success. A great goal is to drink about a gallon a day.

I believe it is knowledge that will truly fuel the desire to make drinking water part of daily life in a real way. Reaching for water instead of coffee, tea, energy drinks, or sodas is a key to true hydration. Plain old water is

actually what really provides the energy needed when the temptation is to grab those other sugary drinks. Water plays a vital role in fueling the muscles so they can perform at an optimal level at all times, and especially during exercise. If cramps are ever an issue during a workout or while playing a sport, it is likely due to a lack of water intake. Avoiding painful muscle pulls and tears can even be traced back to good hydration.

Some of the less talked about but incredibly beneficial aspects of good hydration are a boost in metabolism and having more youthful, smooth skin. The ability to stay focused and concentrate on the tasks of the day are also rooted in getting a sufficient amount of water, not to mention keeping dehydration headaches at bay. The current state of society in recent years makes any boost in the immune system a mega positive, and water will do just that. Good hydration actually keeps all major organs functioning properly which helps fight off all those unwanted germs.

When the appropriate amount of water is con-

sumed for each body size and type, it maintains a better blood pressure. Proper hydration keeps digestion at a regular level preventing constipation and an overly acidic stomach, which can lead to things like heart burn and stomach ulcers. Drinking plenty of water regulates the body's fluid level which, if not maintained, could lead to kid-

ney stones among other issues.

The body can go days without eating, but water is truly essential to life itself. Water consumption is the key to living your most healthy, fit life!

If you are interested in an awesome way to keep water with you at all times, "The Coldest Water" water bottle is an amazing choice. Come see us at

Prime Run & Cycle in downtown Athens across from the DMV to get one in the size you love. We are an official retailer and love these state-of-the-art, no-sweat bottles that fit in most cup holders, easily in bags and backpacks, and keep our water with us and cold for days! They even come in gallon and half-gallon options!



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# **Tennessee Valley Spotlight**

**Mondays at 10am  
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# *Elect Rex Davis For Alabama State School Board District 8*

by Ali Elizabeth Turner

*continued from page 1*

angry enough, creative enough, and motivated enough to do something about it. This is why Rex Davis has decided to run for the Alabama school board position that would cover Limestone, Madison, Jackson, and DeKalb counties. If ever there were a time to do something about a failing system, it's now. And with Limestone County being one of the fastest growing counties in the

United States, the need to make substantial improvement is paramount.

Rex brings an unusual set of perspectives and experiences to the District 8 race, having taught for the United States Army as well as being unusually involved in the education of one of his children. He taught himself to read before he started school, and his parents invested in a set of World Book encyclopedias for their children. He had a speech impediment which made

it difficult for him to read aloud, and the mistaken assumption was that he could not read at all. That was the first grade. In second grade, he was hospitalized for weeks with Reye's syndrome, an extremely rare and serious disease that effects the brain and liver. While he recovered from that and managed to pass the second grade, the speech impediment caused the school to send him back, and he was the biggest kid in the class. As happens

so often, he became the class clown, for quite a while did not do well academically, and as he says, "When you are not learning, you do other things."

However, there were people who "saw" Rex and helped him pull through. One was Malcom, an African-American janitor who taught him how to fix locks and with whom Rex stayed in touch when Rex's family moved to California in 1968. Another was Mr. White, his P.E. teacher who coached

him both in gymnastics as well as playing the trumpet. He took speech therapy with a Downs Syndrome girl by the name of Rhonda, and they were friends. There came a time when Rex decided finally to tackle the speech problems on his own. He practiced the preamble to the Constitution as well as the Gettysburg Address aloud, entered a radio contest where he had to recite both from memory, and he won the contest.

Their family moved near an Air Force base near San Angelo that was located right on a runway, and it was there that his love for aviation was born. That proved to become one of his careers. While in the Army Rex was a MP, Criminal Investigator, and worked with Explosive Ordnance Disposal, or EOD. The Army EOD supported the Secret Service and the State Department, and Rex had the privilege of being a part of Ronald Reagan's protection detail at the Reagan's California ranch. Rex retired from the FBI Hazardous Devices School as a Senior Instructor. Through all of it, he taught, and for obvious reasons, took his jobs seriously: if people didn't learn right, they could lose their own lives or get others killed.





# REX DAVIS

## State Board of Education

Paid for entirely by Rex Davis

From 1968 to 1972, Rex thrived in the California public school system because it blended necessary skills with practical application, and by the time he was in the 9th grade, he was attending community college classes in fire science and criminal science. He was a commercial pilot by the time he graduated from high school. He then enlisted in the Army in 1972 and retired as an E-7. He is a proponent of the “voc-tech” approach to holistic education that is what is best for the student, and knows that there are plenty of smart, well-educated kids for whom university is not a good fit.

Close to 30 years ago, Rex and his wife, Rhonda, chose to have her be the breadwinner while he stayed home with their youngest son. That

is when he became intimately involved in education in the public school setting, helped out as a nurse’s assistant, and was the “helpful older neighbor lady.” The combination of his own experience with struggling and then triumphing in school, being an advocate for kids in his son’s class, and going on to be a classroom teacher in the Army caused him to take a hard look at what’s going on in Alabama schools. He has some practical ideas as to what can be done to climb out of the national hole in which we find ourselves.

“The most important thing is discipline,” Rex told the Madison County Republican Women’s Club on Wednesday. “Teachers need to have the final authority in the classroom and to be able to say whether a child should be able to return to a classroom. The first day, the

kids need to be told the rules, need to understand the rules, and be expected to follow the rules.” As a business man, Rex understands that you can’t just keep throwing money at something that isn’t working. If a business is not delivering what it promised to deliver, then there are all kinds of consequences, most of which are economic. He would propose that if a high school issues a diploma to a student, and the student cannot then pass a college entrance exam, that the high school should have to pay for remediation within one year of the student’s high school graduation. Rex added, “In all of the failing elements of public schools, there must be consequences for school failure; taking money seems to be the best punitive solution. Schools should pay for failure.”

Rex supports parent choice in schooling, and that means that the money earmarked for that child should go to a private school, homeschool, charter school, or an excellent public school so that the taxpayer can get their money’s worth -- a well-educated child. He believes that from grades 1-4 there should be a heavy emphasis on reading, and providing free tutoring in reading for all students. “If you can’t read, you can’t learn,” he says. Other subjects certainly are important, but reading is foundational.

Rex understands that teachers are under a heavy administrative burden, and firmly believes it must be quickly lifted. Simply stated, they are there to teach, not manage an ever-burgeoning bureaucratic system. He believes in a return to basics and uses he a term called

“retro-teaching,” or getting back to the methods that have always worked. He believes that state education money should go only to education. If there is a kindergarten class, it needs to be academic.

Finally, Rex believes that there needs to be complete transparency in terms of curriculum, content, text, lesson plans, and methods of instruction. One of the good things that was the result of the COVID lock-down was that parents all over America became aware of what their kids were actually being taught and started to speak up. Rex Davis started doing that nearly three decades ago, and if you want to help him do that for North Alabama, then vote for him to be our District 8 State of Alabama School Board representative.

## Learning As A Lifestyle

# *The Remarkable Inspiration Of The Slavery-To-Freedom Struggle*

by Eric Betts

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



The story of how the American descendants of the enslaved overcame the most hopeless and despairing of conditions to make such significant contributions to the development of the United States of America should be a source of encouragement to people of all backgrounds. Black History month is often mistaken as a period where African Americans become more familiar with their history, however it is a story of our common humanity and what is possible.

We must understand that those who were taken from Africa and placed in chains were mothers, fathers, uncles, aunts, cousins, and people who were admired by their communities. The stereotype that Africans were uncivilized, brutal, and devilish, and thus deserv-

ing of such treatment, and that it was for their own good is one of the greatest misnomers of history used to justify the horrors of the Transatlantic Slave Trade. Those who have studied the true history will learn that these were not illiterate brutes with the inherent ability to tolerate incredible pain. This is not who was enslaved. They were poets, fishermen, inventors, astronomers, seamstresses, architects, brick masons, medical experts, politicians, chiefs, queens, musicians, councilmen and councilwomen, scholars, farmers, athletes, clergypersons, and businesspeople. They were not slaves, nor were they born to be slaves. These were denied their liberty and their self-determination due to greed and avarice and were enslaved. They were ordinary people such as all our families in

America today and were as special as those we admire in our communities. It is not merely a story of Black people's survival, but human survival.

Months of inhumane incarceration within the coastal slave castles of Africa, and many more months aboard a slave ship chained to other human bodies in the bottom of a disease-infested ship through the Middle Passage while maintaining one's self-respect and desire for self-determination is an amazing story of human existence.

That one can endure the nakedness and humiliation of having to stand on an auction block, the loss of children, and the persistent violation of one's own body, and treated as an animal, yet remain unbowed should serve as a reminder that no matter how harshly

you are treated by others, you can remain hopeful and not allow yourself to be defined by others inability to see your value. Maintaining their dignity and honor while forced onto labor camps where animals were treated more humanely is almost miraculous.

If human beings can survive the forced labor camps, the Black codes, chain gangs and the Jim Crow era, there is hope for all no matter how humble your beginnings. That such a history could produce Harriet Tubman, Fredrick Douglass, Sojourner Truth, Ida B. Wells, Elizabeth Freeman, Mary McCloud Bethune, George Washington Carver, Booker T. Washington, Charles Drew, Fred Shuttlesworth, Ruby Bridges, and Fannie Lou Hamer is a testament to the resiliency

of the human spirit.

Generations of witnessing one's parents being rejected, mistreated, scandalized, mishandled, undervalued, blackballed, underappreciated, and dehumanized and still maintain one's own pride and dignity is a remarkable story that should be acknowledged. Not believing that you are inferior when everything in your world says that you are is a testament to the transcendence of the human spirit that is fully aware of its value and will not be denied its dignity. The fact that those who have never experienced freedom, have the inner instinct within them that says I deserve better, and I was born to be free is a stunning story of humanity.

Black history is a reminder to all, that when your social environment gives you the cold shoulder, belittles you, goes out of the way to exclude you, and refuses to believe in you, you can overcome amazing odds by believing in yourself.

If the Harriets can survive the irons and the Sojourners the chains, you also can survive whatever you are facing. No group of people should have to endure such hardships in order to demonstrate the capabilities and the resilience of the downtrodden, but nonetheless such history allows us to do what Dr. Martin Luther King Jr stated -- we can out of the mountain of despair carve out a stone of hope.



# February Is Full Of Heart!

by Jackie Warner

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



The remembrance of African-American History is honored during the month of February reflecting and understanding African-American society's practices, history, and values. Since 1976, every U.S. president has designated February as Black History Month and endorsed a specific theme. This year in 2022, the Black History Month theme is Black Health and Wellness. The association for the study of African-American Life and History stated, "We are trying to encourage African Americans to be aware of the history of Black health and wellness and also see it in a more holistic perspective. Let's



look at the history of African-American healthcare in this country and see what has been done in the past and, indeed, how we can, in the present, prepare ourselves so that we won't be the victims of pandemics such as this one."

Also, during this month, the American Heart Association

shares its GO RED for Women to remind us to be heart healthy! African-American adults are more likely to be diagnosed with **coronary heart disease**, and they are more likely to die from heart disease.

Let's love on ourselves more because we all deserve better mental and physical wellness for the mind, body and



soul.

Add spice -- not salt -- to your life! Season foods with herbs and spices like garlic, black pepper, oregano, and onion instead of salt. Choose to eat more fruits and vegetables instead of salty snacks.

Take out your personal cells, whether it's an Android or an iPhone, to start monitoring your health and wellness, checking out the following app tools -- No Facebook needed!

1. Medisafe is one of the best apps for adults to help them keep track of the number of pills they've taken and also great for keeping track of your blood pressure and glucose.

2. MyFitnessPal is great for taking charge of their fitness journey. It helps users lose weight, tone up, get healthy, change their habits, or start a new

diet.

3. MightyHealth - This app offers low-impact exercises that are easy on your joints and heart-healthy nutrition plans. Doctors and trainers back this app, which makes it easier for you to reach your goals in a safe and effective way.

4. Healthy Minds Program - This app wants to help you develop the skills for a healthy mind by strengthening mental focus, decreasing stress, and growing resilience, compassion, and better immune health.

*Until Next Time,  
Be Sincere, Kind and Intentional*

Email: [thebridge.us@gmail.com](mailto:thebridge.us@gmail.com)

Check out upcoming events:  
Website:

<http://thebridge-us.yolasite.com/>



# Heart To Heart

by Deb Kitchenmaster



I quote a woman by the name of Kate McGahan: "I can feel your heartbeat. It's the same as mine. I am part of you. Neither one alone but together we can strengthen the pulse of the world."

In the book of Proverbs 4:23 it says, "Above all else, guard your heart, for EVERYTHING you do flows from it." God's greatest command to us is to "love the Lord your God with all your heart and with all your soul and with your entire mind." Jesus said, "Don't let your hearts be troubled. Trust in God, and trust also in me. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

People, we are at a crucial time in history. We

need each other, and we need to connect with each other just as you connect with a horse when you are riding. Unity with each other and unity with a horse releases a power that there are no words to express, but the experience says it all. And no one can take that from you whether people agree with you or not.

When we dismount from the rhythm of grace, our feet walk down various paths. When we travel down paths of righteousness, our heart is strengthened with joy, peace, and love. When we choose to disconnect from these paths, our hearts can become troubled, afraid, greedy, hard, and full of all kinds of unrighteousness.

We are witnessing a peaceful movement in Canada called FREEDOM CONVOY in protest to people's CHOIC-

ES being taken away from them. Let us unify in prayer to God for their protection, provision, voices to be heard and understood, favor, and that light would shine bright in this darkness. After all our Creator's first words were, "LET THERE BE LIGHT." Thank you.

Research show a horse's heart rate variability (HRV) rhythms, although somewhat slower than human HRV rhythms, oscillate with a similar frequency range (0.01 to 0.4 Hz), indicating that the same instrument setting can be used to accurately measure HRV in both human and horses. Research also shows how people and animals affect each other. Dr. Rolin McCarty says, "It appears that there is a type of communication occurring between people above and beyond body language or verbal communica-

tion. I believe we'll see in future research studies that we are affecting each other's moods and attitudes both positively and negatively by the electromagnetic field we radiate." Unity! Oneness! Together!

Electro probes connected to both human and pet showed that when the human petted/groomed and emotionally bonded, the heart of the person and the pet started to synchronize and then match each other. By monitoring the change in the heart rhythm patterns, emotions can readily be distinguished. When an emotion, such as sadness, fear, anger or frustration, is experienced, heart rhythms become more erratic and imbalanced. Joy, appreciation, and love produce ordered, balanced, heart rhythm patterns. Regular rhythms appeared in the human's HRV when they were sending emotions

of appreciation and care toward the horse. One research study showed that it does not matter if the horse already knew the human or not. The person's HRV was more important than whether they had a relationship with the horse. That meant that when a horse interacted with an unknown human, the horse's stress level was entirely dependent on the stress level of the human. Horses function in NOW time zone.

Consider the UNFORCED rhythms of God's grace (for be grace you are saved, healed, delivered, and made whole). Guard your heart simply means to remain or abide in PEACE (Shalom). Know your frame (boundaries) and there remain.

Whether connected to a horse or not, the end result is to RECEIVE unconditional LOVE so that each time and every time becomes a defibrillator that jump starts the very core of your being (heart) into righteousness, truth, and a voice (not an echo) to be heard on this earth for such a time as this.

AND THE BEAT GOES ON....

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# Working With Imagery: Manipulation And Rescripting Techniques

by Lisa Philippart,  
*Licensed Professional Counselor*



*“The use of mental imagery is one of the strongest and most effective strategies for making something (positive) happen for you.”*

- Wayne W. Dyer

In my previous article, I shared a broad overview of what it looks like to work with therapeutic imagery to reduce distress by changing the toxic meaning of an image. Two of four imagery techniques will be addressed in this article: Imagery Manipulation and Imagery Rescripting.

Imagery manipulation is utilized to reduce the distress and “realness” of an image. Imagine putting the disturbing image on a screen (TV, computer, or movie.) Consider using your safe place as a base to watch...using an observer’s perspective. In other words, see yourself sitting and watching the uncomfortable image or event on the screen. With your imaginary remote controller, experiment with making the image smaller or more distant, turning it into black and white, removing the sound, or pausing the image. Try fast forwarding the image to a time when you feel safe again. Try adding or changing the soundtrack, fading in or out, or moving the image around, until your pain is

tolerable. Imagine a plate or sheet of strong clear plastic as protection, and put it between your face and the screen. Take an observer’s perspective within the image...for example, as a bird looking down, or as someone else uninvolved with the incident.

Another way to manipulate imagery is to change the elements of the image itself. For example, you can change the faces of the characters, making them look silly or powerless. Or you can change the characters’ expressions or body parts. For example, make someone weak with spindly arms, or with Mickey Mouse ears, or a Pinocchio nose. You can also change the size of the characters (the child or adult you) to look stronger and bad characters to look weaker. One goal of imagery manipulation is learning to see troubling images (mental events), rather than as reality. The second goal is to allow us to move closer to the image with compassion, allowing it into our awareness, rather than pushing it away and trying to avoid it. And lastly, imagery manipulation helps us to learn to use mindfulness (being fully present in the moment) with imagery, which can be used for any image, rather than only for traumatic images.

Imagery rescripting involves changing the memory (rescripting



the image) by coming up with a more positive or acceptable outcome, which therefore reduces the distress and beliefs associated with the image. The mental imagery must be envisioned, so the scenario can be subsequently worked through with an awareness of how to respond at each stage, and if anything unexpected comes up. Some questions to ask yourself beforehand include: How can I now make sense of all this? What does this mean to me now? What does this say about me and about others? What would I like to have happen? What needs to happen in order to change the way I think and feel about it now? How do things look now from an adult perspective? If I could go back and speak to myself at that time, what would I say? Who could I bring in to help me?

The best part of imagery rescripting is that there

are numerous positive outcomes for a previously unsettling event. You can change the ending! You can enter the scenario as a healthy adult (particularly with childhood trauma) to help nurture, protect, or confront. You could bring in other characters (real or imagined) who are likely to be helpful...family members, respected friends, or imaginary superheroes. You might punish the perpetrator, by involving crime fighting agencies. And finally, you may bring in other objects that might change the outcome such as a cell phone, personal alarm, or pepper spray. I

encourage you to use the present tense as you rewrite the imagery event. You have control over how this scenario plays out.

In my next article we will wrap up this series on working with imagery by discussing compassionate nurturing imagery and imagery rehearsal.

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

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## The Alternative Approach

# The Silica Secret

by Roy Williams

In the Bible we learn that God created man from the dust of the earth. Ever wondered what dust actually is? After talking to a natural medicine expert, I learned that dust is a mineral called silica.

Silica is one of the trace minerals that is in sand, crystals, and some foods such as brown rice, cabbage, whole wheat, and one of the best sources for consumption is sugar cane. At one time the state with the least cavities, tooth loss, receding gums, and gum disease was Hawaii. In fact, gum disease, and tooth decay were so non-existent that there was practically no dentist in that state.

What was the secret? Almost the entire population chewed on sugar cane, which is very high in silica. Unfortunately, when it comes to the foods that are high in silica, such as those mentioned above, the absorption rate is so small that you would have to eat those foods with at least two meals every day just to get the amount your body requires. As a result, almost every American is deficient.

What does a silica deficiency look like? There are eleven levels of deficiency. A zero means you have no

deficiency at all. Level 1 – 5 deficiencies can cause hair loss, weak or brittle fingernails, and thinning of the skin to receding gums, tooth decay, varicose veins, spider veins, joint tenderness, and arthritis. Levels 6 - 11 your health is severely compromised, which may include irregular heartbeat, extreme fatigue, cognitive disorders, and autoimmune issues including psoriasis, Crohn's, rheumatoid arthritis, and even Hashimoto disease.

In order to help address a silica deficiency, some people choose supplements like horsetail. The problem is absorption. Most studies show that only about one percent of any of those supplements are actually utilized by the human body. That means you would have to take 100 tablets or capsules to absorb just one.

Back in 1958, a company called Positive Power Nutritionals developed a liquid called Super Silica that when added to water delivers 60 times more silica at a cellular level than any other silica product on the market. After 63 years, Super Silica is still their number one selling product and for good reason.

Drinking at least a half-gallon of water every day is now recognized as a must



do for anyone wishing to maintain hydration, support softer, healthier skin and help with detoxification. Using Super Silica is as simple as putting 12 drops in 16 ounces of clean water four times a day to support better health. It gives your water a really clean refreshing taste, almost like drinking water with a squeeze of lemon added.

Burt Golding has become a regular on our radio show called *Today's Health Update*, which can be heard on WKAC 1080 AM Monday – Friday from 9 to 9:30 a.m. in the Athens area and on WBTG 106.3 FM from noon to 12:30 p.m. in the Shoals. Burt is the go-to man when it comes to Super Silica, with over 20 years' experience. To hear him talk about this life-changing product simply go to [www.nhcherbs.com](http://www.nhcherbs.com) and scroll down to the microphone and click on the

program titled "Silica."

In today's world many people are suffering from Alzheimer's or dementia, bipolar disorder, and other cognitive diseases. One of the problems with brain function is flexibility. As we age and are exposed to heavy metals such as aluminum and unchecked calcium our brain becomes rigid.

Think of a jellyfish swimming in the ocean. It moves and pulsates in order to travel. A healthy brain functions in much the same way. Yes, believe it or not your brain must pulsate in order to function as God intended. Without enough silica, the brain, just like arteries, can become rigid, which leads to many disease related problems.

The same is true of ligaments, tendons, and joints in the body. When those parts of the body become rigid you will experience inflam-

mation and pain called arthritis.

It is now well understood that following the instructions given above, your silica levels will increase fast enough to reverse the deficiency by one level each month. In other words, if you are a level 5 with wrinkles, weak fingernails, and hair loss it may take five months to acquire enough silica to reverse those symptoms.

By supporting your health at a cellular level with Super Silica, you can be confident that your body can and will over time heal itself. To learn more, go by Herbs & More in Athens or NHC Herb Shop in Killen. Super Silica, so easy, and so affordable. Start today for a better tomorrow.

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# Love Does Not Envy

by Anna Hamilton

*continued from page 13*

*forever grateful. Even with all this, I still find myself being envious of others' success. We are working so hard and relying on the Lord's grace to sustain us, while others around us seem to have success rolling in heaps to them without any effort. Then I think about how little we truly know what is going on with others around us. What may appear to be instant success for someone is usually years of hard work, dedication, and tears. It is truly rare that anyone achieves success overnight. I am learning to not look at someone else's success with envy but with admiration of the hard work they have done to achieve their goals. Focusing on our own work, and relying on God's help, will help me not be envious of other's success, but be grateful for the blessings we have been given.*

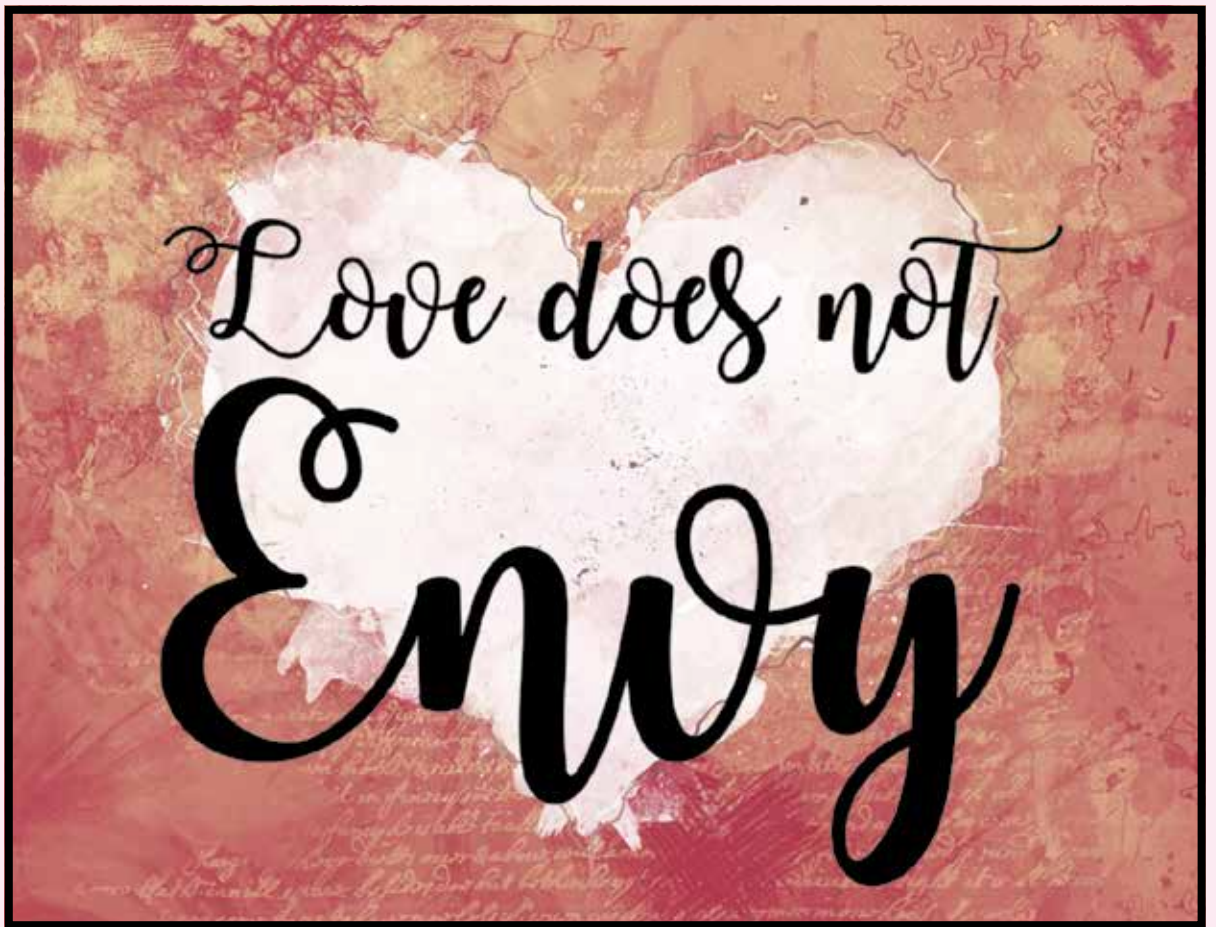
*I had never had a problem getting older and didn't have an issue with my age, until my 35th birthday. Suddenly a flood of emotion hit me, and I felt like a complete failure. It seemed that everyone around me was achieving things that I had always wanted for myself. I had been married for a year at this point, and I fully expected to already be pregnant with our first child. That had not happened; instead, I was trying to come to terms with the fact that I would never be able to get pregnant and have children. I was bitter, I was heartbroken, and I was so defeated. I had painted a picture of my life in my head that by the time I was 35 I would be married with children, living in the perfect house with the white picket fence. Envy flooded my soul, and I was so angry that my 35 didn't look like others' 35. It has taken me a long, long time to come to terms with the fact that it is not God's plan for me to become a mother in the traditional way. I have had to spank my own legs for not being thankful for the blessings God has poured over me. I will be 42 in December, and I am still working with coming to terms that my life will look differently than I imagined it would look like, and that is okay. I have this Bible verse on repeat in my mind -- "Now to him who is able*

*to do immeasurably more than all we ask or imagine, according to his powers that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." Ephesians 3:20-21 God will do more with our lives than we can even ask or imagine. I know he is at work within me, and I am finding comfort in that fact.*

*Love will not envy! Loving yourself does not envy others around you in any way. Falling in love with yourself forces you to look at God's blessings in your life and forces you to be more thankful. Pouring your energy into being thankful will take away the time to be envious. I will choose to be thankful.*

*This week's recipe is a delicious new take of chicken stir-fry. It combines the classic chicken stir-fry with tropical flavors, and it is a crowd pleaser! Grown-ups and children alike, will love it! As always, feel free to use whatever vegetables and proteins work best for your family. Make the recipe yours!*

*"A heart at peace gives life to the body, but envy rots the bones." Proverbs 14:30*



# Take The Long View

by Mae Lewis

Sometimes it's hard to step back and take a long view of circumstances. When life circumstances get you down, and you feel like life is crumbling, take a long view. When it feels like everything you worked for has come crashing down around you, it's easy to get bogged down in the dirt and be blinded by the dust of life. Maybe your spouse left you unexpectedly, or a loved one died, or you were laid off. When tragedy strikes, it is really, REALLY hard to take a long view. Perhaps your circumstances are not tragic; perhaps a friend hurt you with an unkind word, or you lost something important. Big or small, life happens to each of us.

When LIFE happens, because it will, take a long view.

Recognize that the dust WILL clear, and the pain WILL lessen. You CAN heal. Take time for self-care. Tomorrow is a new day and every day that you are alive is a day full of hope and second chances. Rest, and when the time is right, begin to rebuild.

When circumstances have upended you, you may find others who are less fortunate than you, or who have suffered greater loss. Help them heal, too. Recognize that your life is part of a greater story than just YOUR circumstances - and God is at work, even amidst the rubble.

One of the lesser known Sunday School Bible stories is the story of the destruction of Jerusalem in 586 BC as told in 2 Kings 25. The Babylonians had invaded Jerusalem and utterly destroyed the holy city and the holy temple.

The Bible says that "you couldn't even tell where one stone had stood upon another." The Israelites were carried off into captivity where they remained for 70 years. During their exile, they could only hope to rebuild their city one day. When they returned over 100 years later to rebuild the city and the temple, they were literally sitting in the rubble of their culture, their families, and their history. Everything had been demolished. But God was still working in their midst. In the events surrounding the exile, we find the stories of Daniel and the lion's den, the three men and the furnace, the story of Queen Esther saving the Jews from destruction - and when the Jews returned to rebuild their holy city, they found a renewed faith and a renewed unity.

Eric Liddell, the famous Scottish Olympian said, "Circumstances may appear to wreck our lives, but God is not helpless among the ruins." Liddell was a man who lived by conviction, and he received international acclaim for his testimony when he refused to race on a Sunday during the 1924 Olympics. He went on to win a gold medal and set a world record. This story is told in the Academy Award winning movie, *Chariots of Fire*. The story it doesn't tell is that after his Olympic fame, he went on to become a missionary in rural China. He married and had three daughters. Liddell was imprisoned by the Japanese in the 1940s where he died in an internment camp. He never met his youngest daughter.

Liddell had a long view of

his life. He knew that no matter the circumstances he faced, God was working on them and through them. Even though he couldn't see the whole picture, he lived his life with complete surrender to his faith and died peacefully. The entire world was impacted by his death, and those who had known him personally in the camp wrote extensively of the influence of his great faith and conviction. He lived every day as a man who was running a race, and fighting a fight, to pull others out of the rubble of their circumstances and help them to rebuild their life.

Serendipitously, the title for *Chariots of Fire* is taken from an 1810 poem written by William Blake:

Bring me my  
Bow of burning gold:

Bring me my  
Arrows of desire:

Bring me my Spear:  
O clouds unfold!

Bring me my  
Chariot of fire!

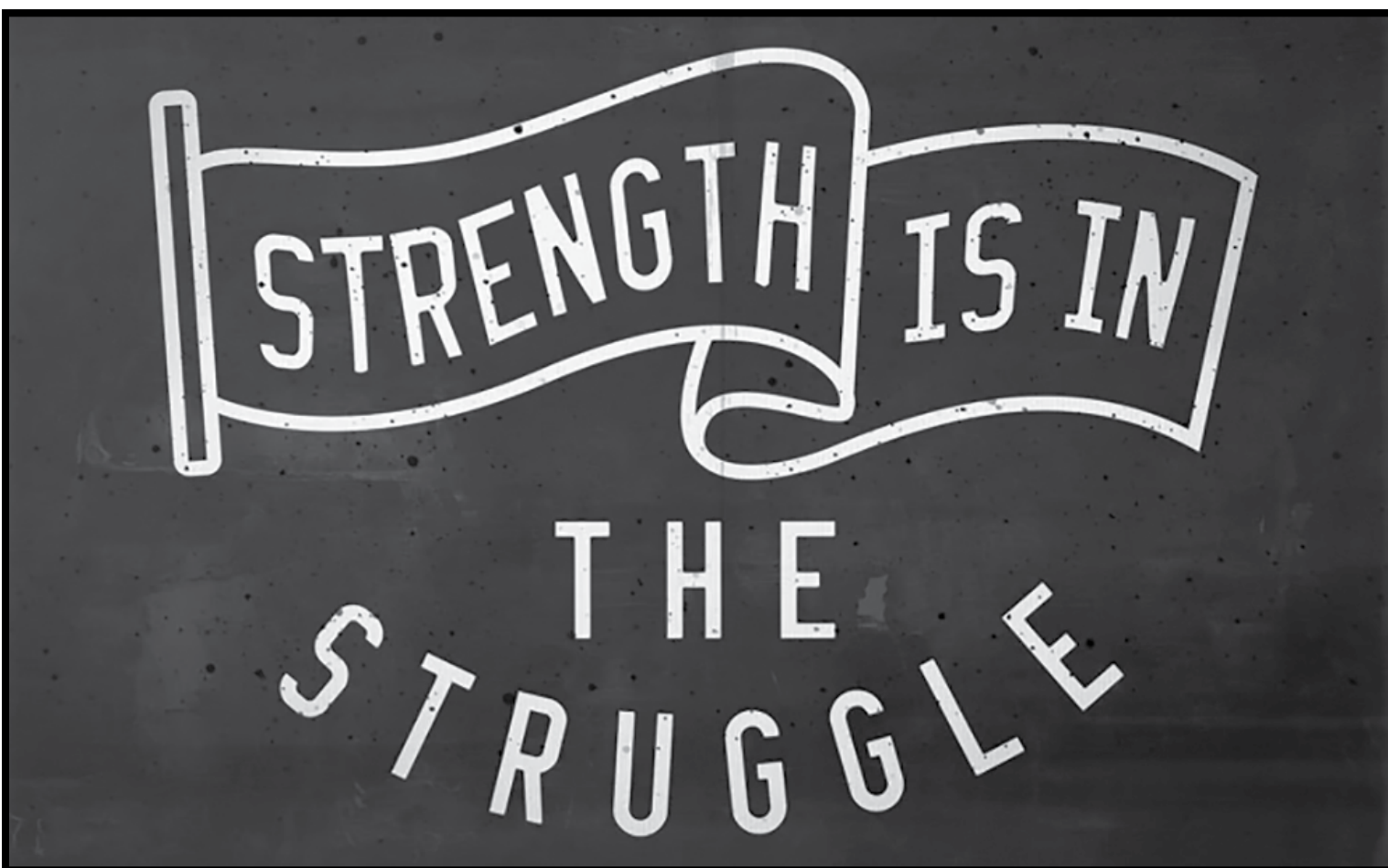
*I will not cease from  
Mental Fight,*

*Nor shall my Sword  
sleep in my hand:*

*Till we have built  
Jerusalem,*

*In England's green &  
pleasant Land.*

Blake's poem speaks to this same unwavering conviction that Liddell shared: that there is a larger aim in life that we must not lose sight of. Even in the midst of life's challenges, we must hold onto the hope that one day, all will be right.





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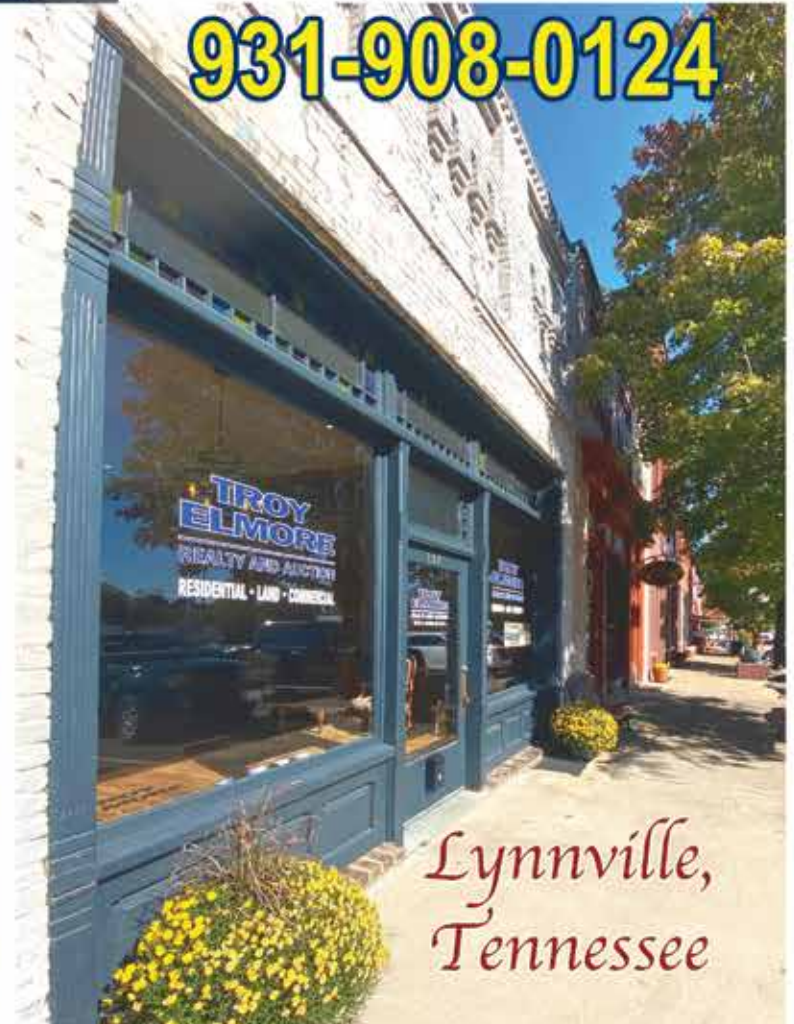
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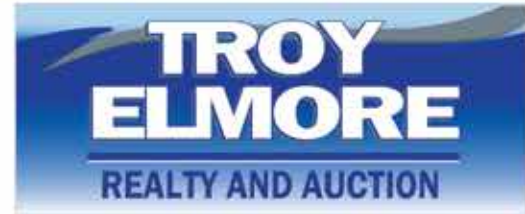
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*“Some people look for a beautiful place. Others make a place beautiful.”*  
 ~Hazrat Inayat Khan



**ANSWER KEY:**

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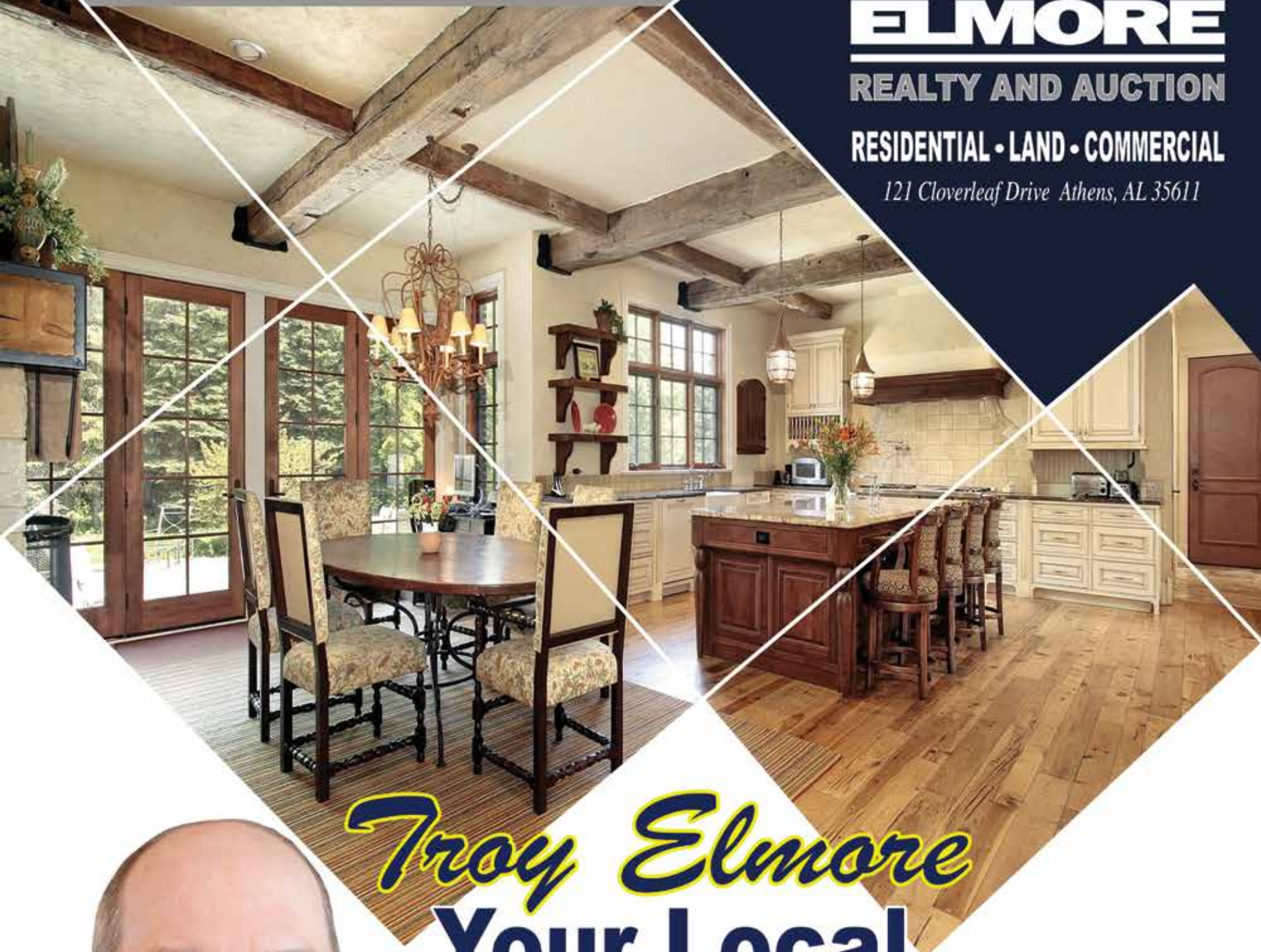
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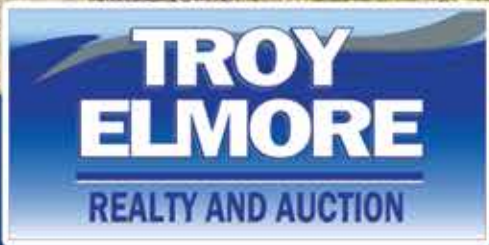


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