

January 21 - February 03, 2022

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The Athens UPS Store: *Building The Community Through Giving Great Books And Customer Service*

By Ali Elizabeth Turner

Jason Santo and Bridgette Brown bravely served our country and built successful careers in the US Army. They have been stationed all over the world, including Korea, Iraq, and Afghani-

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What Makes Ronnie Roll

MLK Day Parade And Holiday Program 2022...
We met after the 2022 Martin Luther King Day Parade and holiday program, and it had been a wonderful morning. For the past 17 years, this has been a tradition in our community...
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From The Vets' Museum

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Larry Edward Burlingame was born May 12, 1946, in Des Moines, Iowa. Through the years, he has lived in...
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The Chamber Of Commerce And Small Business Development Center Team Up For A 2022 Roadmap To Success

By Ali Elizabeth Turner

Recently, I had a truly encouraging conversation with Pammie Jimmar, the new president of our Greater Limestone County Chamber of Commerce, and to say that I am personally jazzed about what is going to be coming our way starting in February is an understatement. The Chamber, Athens State University, UAH, and the Small Business Development Centers (part of the Small Bu-

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Publisher's Point

Dr. Temple Grandin - "Do Not Baby"

On January 13, Athens State University invited Dr. Temple Grandin to speak as part of their year-long bicentennial celebration of the founding of the university in 1822. Her admonition to the audience was fitting and timely: "Do not baby your kids!"

Dr. Grandin could deservedly be nicknamed, "Triumphant Temple," and at 75 is the best-known autistic person on the planet. She is funny, direct, well-spoken, hard-hitting, and has a tough time making eye contact. However, she has no problem making an impact, and her work in animal science is legendary.

Temple is a professor at Colorado State University. She has invented livestock-handling, stress-reducing equipment that is used all over the country, and she showed us her original drawings of

her equipment ideas made long before they became standard. She travels the world lecturing on livestock and autism, and is the author of several books. The titles include: Make Us Human; The Way I See It: A Personal Look At Autism And Asperger's; Animals In Translation; Thinking In Pictures; and Emergence: Labeled Autistic. She also is the subject of a biopic made in 2010 entitled simply, Temple Grandin. The movie won 7 Emmy Awards, a Golden Globe Award, and stars Claire Danes as Temple, David Straithern as Temple's high school science teacher, and Julia Ormond as Temple's mother. I found it noteworthy that Temple was highly pleased with the movie as to its accuracy, and I purchased the DVD.

Temple thinks literally and in pictures. For ex-

ample, if someone were to say, "It's a miracle," the first image that comes to her is Christ walking on water. It was going from pictures to words that was the great challenge, and now she has no problem communicating.

Temple was quick to point out that it was her mother, teacher, and others who believed in her and worked with her to draw her out and develop her remarkable skills. She also in no uncertain terms told parents and autistic kids present in the audience that they needed to put away their highly addictive electronic devices and get outside. She is concerned that skills are being lost that are crucial to the autistic child's survival, let alone success. They need things like woodshop, auto shop, animal husbandry, outdoor skills, getting sunshine, eating real

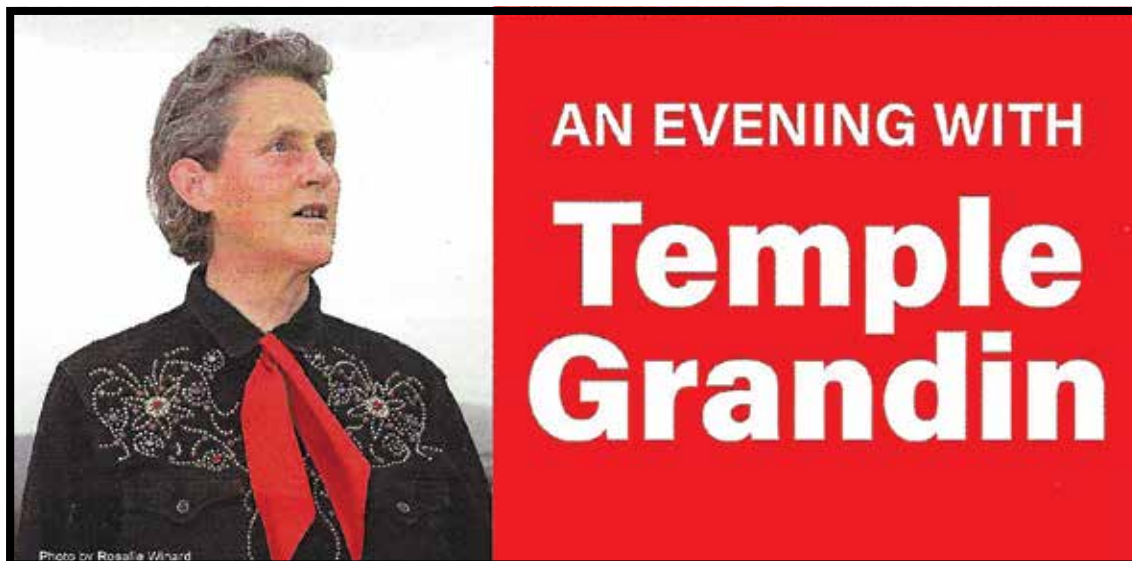
food, and having a job.

The behavior of "helicopter parents," those that hover and continually make excuses for their children, alarms Temple, and she flat out told a college-age autistic kid from the audience that he had no reason to not have a job. She also said that most autistic kids these days dream of being a great video game designer, and statistically, that will rarely happen. She believes in the precision and attention to detail that is often the ensign of an autistic person, and readily acknowledged that here in North Alabama, autistic engineers were a huge reason why we were able to put men on the moon.

Temple is a fan of autistic kids making a portfolio of their work in order to get jobs. She calls it "coming in the back door," and it worked well in her life. It was a memorable evening, and I thank ASU for bringing her here. If people really listened, they learned something and were changed for the better.

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Charles McGee And The Four Ps

by Ali Elizabeth Turner



Brigadier General Charles McGee, one of the original Tuskegee Airmen has just “flown his last flight.” On January 16, he passed away peacefully in his bed, and was found with his hand on his heart and a smile on his face. I will never forget the night he was promoted at the State of the Union Address by then-President Trump to the rank he so greatly deserved. The place went wild, and the grand old man, who flew more than 409 missions from WWII to Vietnam saluted his CNC and smiled a humble grin that was totally endearing. He had turned 100 years old just the month before, and on the day of the address, the president pinned his stars on his lapels in a ceremony in the Oval Office. He looked smart in his Air Force dress blues, and was flanked by his great-grandson, Iain Lamphier. Iain has always dreamed of going into space, wants to attend the Air Force Academy, has his eye on joining the Space Force, and was honored alongside his great-grandfather. President Trump quoted Iain as saying, “Most people want to look up

at space; I want to look down on the world.”

General McGee left an extensive progeny, including great-great grandchildren, and a lasting legacy. While candid about the racism he encountered as he served our country, he also refused to be a victim. When he would speak, he talked about his secrets to success, which he referred to as the 4 Ps—Perceive, Prepare, Perform, and Persevere. “I grew up learning that you treated others like you wanted to be treated.” The general was one who did not tolerate self-pity or victimization. He would tell other military pilots and service members, “Don’t let the circumstances be an excuse for not achieving.”

It especially affected me that Charles McGee spoke of maintaining patriotism in the face of racism. “We could have gone off in the corner with our head bowed—that’s not the American Way,” he adjoined. As part of his centenarian celebration, Charles was invited to fly a plane dripping with technology that had not even been dreamed of in 1942 when he joined the



Tuskegee Airmen. When the Japanese attacked Pearl Harbor, they did so on Charles’ 22nd birthday. At the time, he was studying at the University of Illinois at Champaign Urbana. His major was engineering, and he also drilled with the ROTC and the Pershing Rifles.

Charles was the son of an African Methodist Episcopal minister by the name of Lewis Allen, who served as a chaplain in WWI and also at



the Battle of the Bulge in WWII. His grandfather was a slave. The countless times that he was

asked what it was like to fight for a country that at the time of the beginning of his service was segregated, he would say with trademark modesty, “Well, fortunately, I didn’t think about that, that much.” I think it’s safe to say that now he doesn’t have to think of it at all. Rest in peace, Sir, and thank you from all Americans for your exemplary spirit and service.

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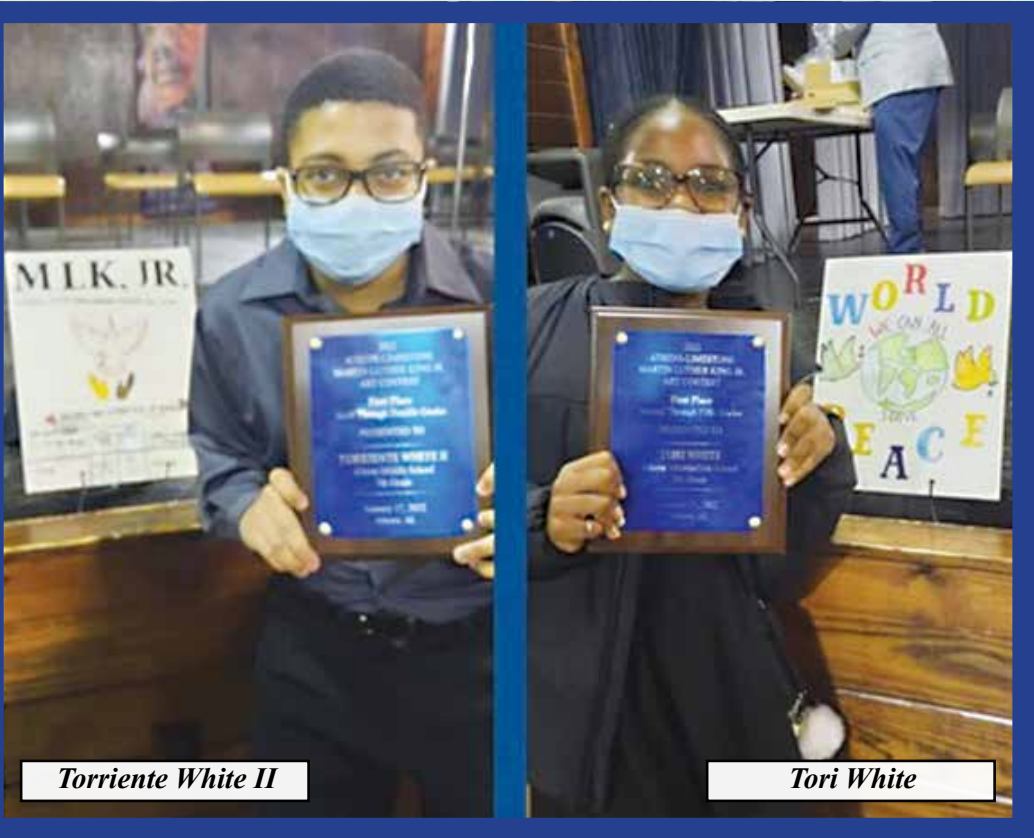
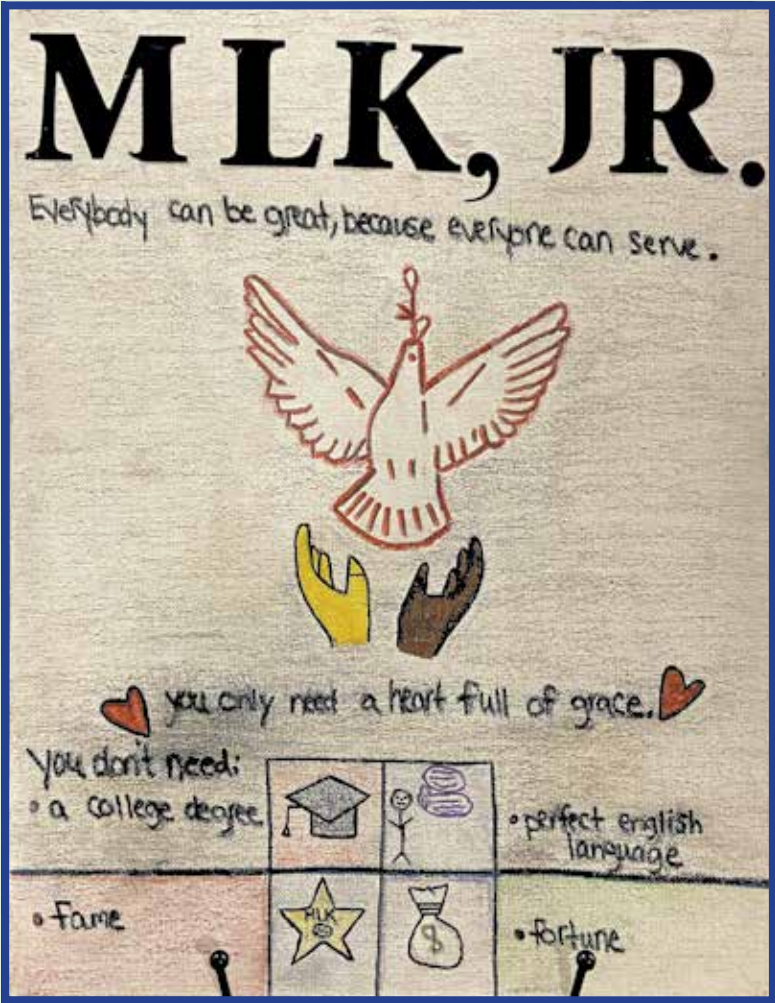
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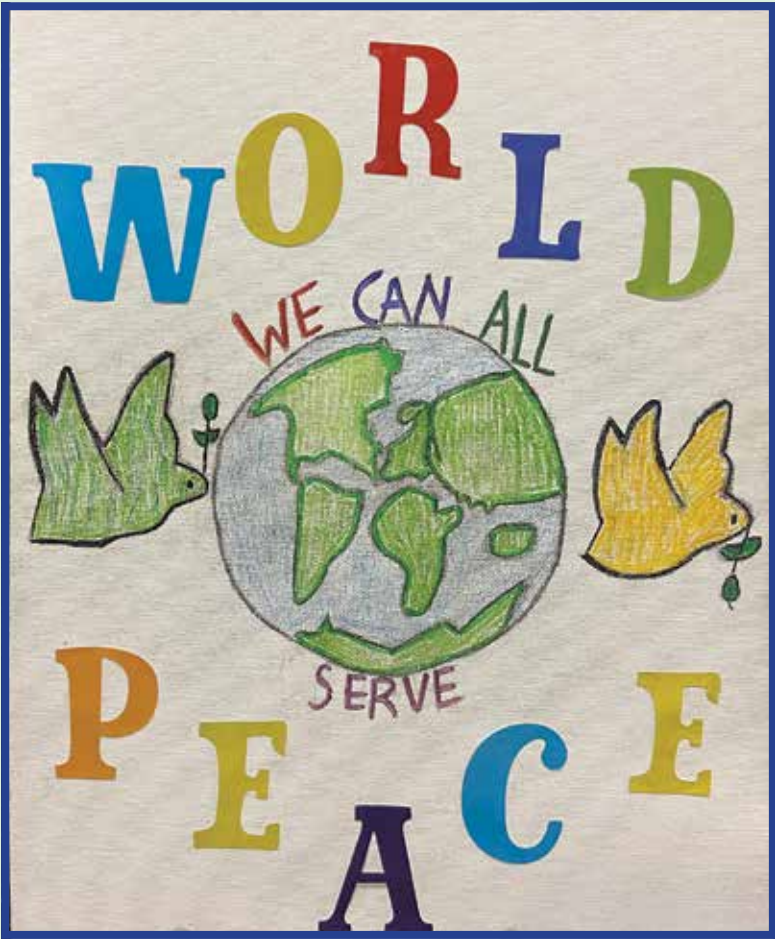


A Selection of Winners From The 2022 NAACP MLK Celebration



Torriente White II

Tori White



Martin Luther King Jr Essay

Easton Gough
Sugar Creek Elementary
9 years old- 4th Grade

“You are not only responsible for what you say, but also for what you do not say”. When I hear this quote I think about somebody mistreating somebody and then when you see it you have to either speak up and say something or just stay right where you are and watch. Dr. Martin Luther King Jr. once said “Our lives begin to end the day we become silent about things that matter”. He is telling us in those instances that we can’t stay quiet, we must speak up and do what is right. Our silence can say just as much as our speaking. For example, When I see kids fighting on the playground, I don’t just sit there, I go over there and tell them to stop and that this isn’t how we treat each other or solve our problems. If they still don’t talk, I use my voice to tell our teachers. We also can’t be silent when it comes to meeting new students at our schools. If no one speaks to them, or if everyone just speaks mean words to them, they will want to go back to their old school. We need to welcome them and not be silent.

Dr. Martin Luther King, Jr said “In the end, we will remember not the words of our enemies, but the silence of our friends”. Have you ever had something happen where someone was being mean to you, but your friends just sat there and didn’t speak up for you. I have, and it made me sad. It made me realize that I don’t ever want to be the person that just sits there and stays silent. When I see something happening to anyone that is not right, I want to make sure that I never let my silence speak for me, I want my words to be heard. Dr. Martin Luther King, Jr. also said that “There comes a time when silence is betrayal”. I would never want to betray anyone. We are all made in the image of God and we should show kindness and love to everyone. We often work hard not to betray people with our words and actions, but we also have to remember that Dr. King taught us that we can betray people with our silence too. Let us all work together to be certain we never betray others at all, but especially not with our silence.

In closing, I want to remind you about a passage from the Bible. Dr. King often used the Bible as a preacher and in his speeches to teach us all how to live. Proverbs 31:8 says “Speak up when you see injustice against others”. So will you join me today in speaking up against injustice everywhere. One of the best ways we can honor the memory of Dr. Martin Luther King, Jr on his holiday is to show others that we will not be silent. We are responsible for what we don’t say, our silence can be a betrayal, and our lives stop having meaning when we become silent about things that matter.

Calendar of Events

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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

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.

Trivia on the Trail Hike January 22

Joe Wheeler State Park. Starting at the Champion Trail near the lodge, 4401 McLean Drive in Rogersville. Starting 12:00PM. Enjoy a guided hike with Park Naturalist Sam Woodruff on the Champion Trail that will be dotted with trivia stations testing your park knowledge. Can't make the guided hike? The trivia portion will be available throughout the day to enjoy. For more information email Samuel.Woodroof@dcnr.alabama.gov

BREZ Band live January 22

Athens Alehouse & Cellar. 111 West Washington Street in Athens. 7:00PM-10:00PM. Grab a seat, grab a drink, grab a char-board and kick back to the music.

2022 Focus on Nature: Photography Weekend January 28 - 30

Joe Wheeler State Park. 4403 McLean Drive in Rogersville,

on the Champion Trail starting at 6:00PM. Enjoy a full weekend of photography fun with field trips to Wheeler Refuge, Wheeler Dam, and inside Joe Wheeler State Park; guest speaker Photographer Rocky Baker and Falconer Matt Whitfield; and all-level photography workshops. Inclusive package plans for weekend available for one-person: \$180.56; couple \$249.00; and suite options, call the lodge to check on package availability: (256) 247-5461 EXT 1. Saturday Day Pass is \$50.00. For more information on the event, email Samuel.Woodroof@dcnr.alabama.gov

Jesse Duplantis Live with Calvary January 30

4839 Calvary Boulevard in Tanner. Starting at 6:00PM. Evangelist and author imparts the message of salvation and life often with tales of his life in Louisiana and humor mingled in. For more information contact the church at 256.355.7440 or www.calvaryassembly.org

Ask A Master Gardener February 1

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

Coffee Call February 5

Alabama Veterans Museum and Archive, 114 West Pryor Street in Athens. 256-771-7578. Veterans of all wars and their families are invited for breakfast and fellowship from 8AM-9:30AM.

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.





New Year Comes With New Opportunities

by Tim Lambert

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

Congratulations to James Clemens athletes--Edgerrin Watson and Keenan Hill who signed football scholarships with UNA while Elizabeth Brooks inked with Huntingdon softball. The esports team also won their first state championship.

Local players were tapped for various All-State football teams. James Clemens' Gio Lopez was a Class 7A first team athlete pick with teammates Dante Snodgrass and Keymari Pittman on the second team offense, Jamal Mayers on second team defense and Edgerrin Watson as honorable mention. Ardmore's Bryce Moore made 5A second team defense. Clements' Brady Moore was 3A honorable mention. Tanner's D'Andre Chandler was on the 2A first team offense while fellow Rattler Skyler Townsend and Ja-keem Fletcher were second team offense and honorable mention respectively. James Clemens' Chad McGehee was also named 7A Coach of the Year.

Basketball highlights:

ABS VB 44,
Vinemont 37
ABS VB 43,
J.B. Pennington 40 (OT)
ABS VG 46,
St. Bernard 12
ABS VB 81,
Alabama School of Cyber
Technology and Engineering 41
ABS VG 67,
Alabama School of Cyber
Technology and Engineering 7
ABS VB 62,
Lindsay Lane 59
ABS VG 53,



James Clemens' Edgerrin Watson and Keenan Hill sign football scholarships with UNA" (Courtesy photos)



Oakwood Academy 19
Ardmore VG 64,
Mae Jemison 46
Ardmore VG 50,
St. John Paul II 42
Ardmore VG 61,
Columbia 60
Athens VB 58,
Bessemer City 38
Athens VG 48,
Bessemer City 13
Athens VB 58,
Central Magnet School
(TN) 56
Athens VG 34,
Madison Academy 31
Clements VB 73,
West Limestone 68
East Limestone VB 67,
Tanner 55
East Limestone VG 54,
Decatur Heritage 35
East Limestone VB 64,
Ardmore 39
East Limestone VG 49,
Ardmore 26
Elkmont VB 58,
Colbert Heights 41
Elkmont VG 64,
Colbert Heights 13
Elkmont VB 68,
Ardmore 37
Elkmont VG 53,

Ardmore 46
Elkmont VB 62,
Lindsay Lane 47
Elkmont VG 58,
Lindsay Lane 25
Elkmont VB 57,
Lawrence County 53
Elkmont VG 56,
Central-Florence 45
Elkmont VG 56,
Colbert Heights 16
Elkmont VG 55,
Clements 31
James Clemens VB 49,
Enterprise 48
James Clemens VB 60,
Mae Jemison 58
James Clemens VB 76,
Florence 71
James Clemens VB 74,
Austin 60
James Clemens VG 49,
Austin 22
Lindsay Lane VG 44,
Oakwood Academy 18
Tanner VG 45,
East Limestone 34
Tanner VB 76,
Tharptown 49
Tanner VG 73,
Tharptown 19
Tanner VB 52,
Clements 50

Tanner VG 54,
Clements 38
Tanner VB 77,
Hatton 68
Lindsay Lane VB 48,
Colbert County 47
West Limestone VG 47,
Clements 41
West Limestone VB 46,
Elkmont 43
West Limestone VG 54,
Elkmont 47
West Limestone VG 50,
Brooks 45
West Limestone VG 54,
West Morgan 38

Announcements:

The West Limestone Baseball and Softball Association will be having spring youth signups Tuesdays and Thursdays from 6 - 8 p.m. and Saturdays from noon until 2 p.m. until February 5 for ages 4-12. The cost is \$20. For more information, see their Facebook page.

The West Limestone

track and field team is having a Boston butt fundraiser through February 17. See a track team member or coach for more information.

Youth baseball registration will be going on at the Athens Recreation Center through February 10 for ages 5-12. Softball registration will go through February 15. The cost for each is \$70. Soccer registration for ages 5-14 runs through February 20 and costs \$40. Archery registration for ages 8 and up is \$30 and will continue from February 1 through 28. For more information, call 233-8740.

The West Limestone Wildcat Diamond Club will host their first annual sporting clay tournament on April 29 at Old South Clays on Wooley Springs Road in Athens. Proceeds will benefit the West Limestone High School baseball and softball programs. For more information, call 425-8521.



MLK Day Parade And Holiday Program 2022

by Ali Elizabeth Turner

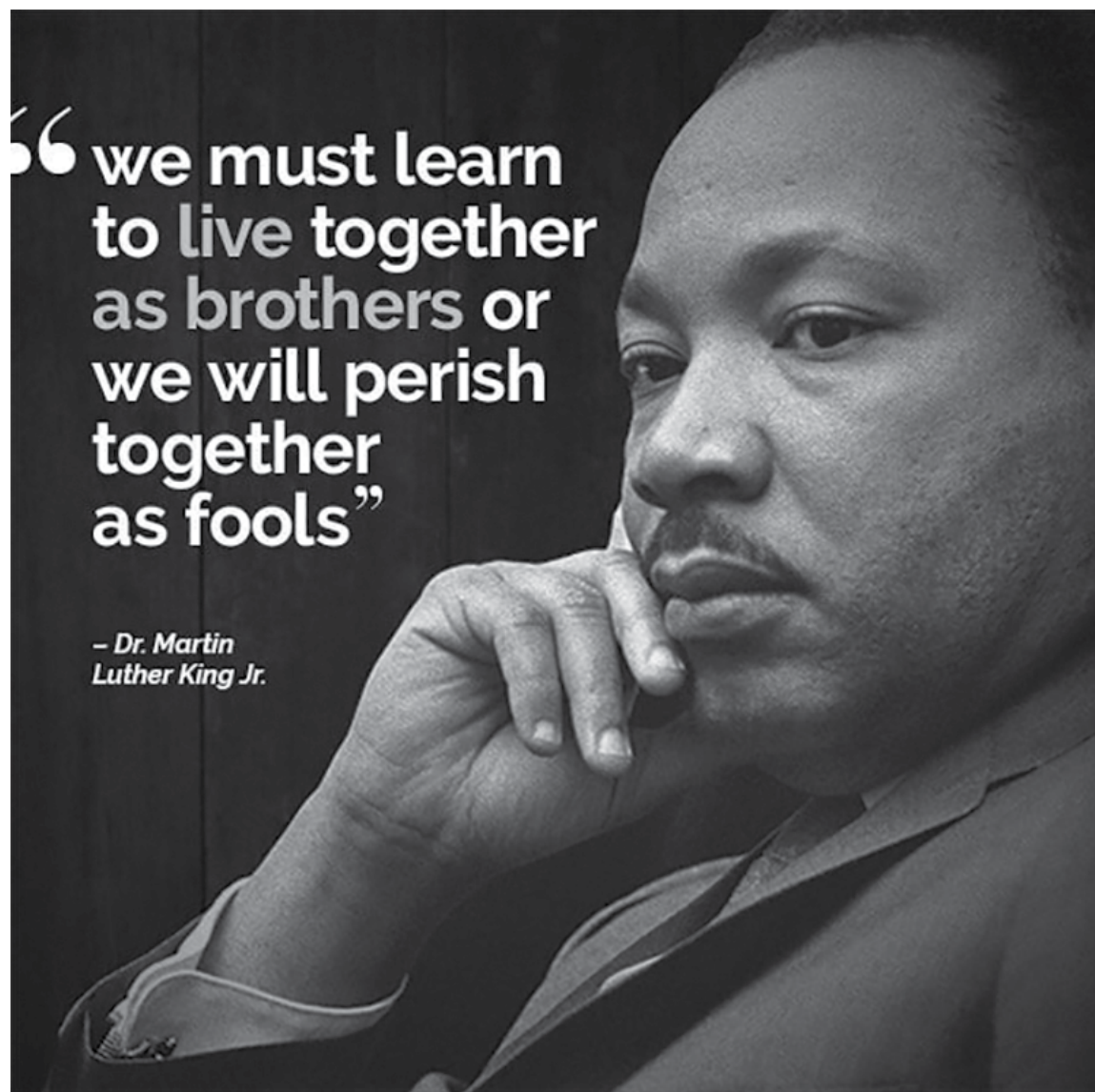


We met after the 2022 Martin Luther King Day Parade and holiday program, and it had been a wonderful morning. For the past 17 years, this has been a tradition in our community, and the best part is hearing the students reading the winning essays and seeing the winning art work. “Some kids have a hard time putting things into words, but if they are given a chance to do the art first and then tell you about it, then all of it comes together; you can see what they are trying to say,” said the mayor. “We had a lot of debate about whether or not to have it this year, and I am so glad we did,” added Mayor Ronnie. The parade started out in front of the statue of Judge Horton, went around the courthouse, and ended up at the Alabama Museum’s event venue.

In the spirit of Martin Luther King’s dream, black folks, white folks and brown folks all participated. Kathleen Phra-

mar knocked the national anthem out of the park and got cheered, as did Elaine Rugless for her rendition of “Lift Every Voice And Sing.” Rev. Keith Shoulders, who is Baptist, opened us up in prayer, and retired Pastor Roy Rugless, who is Seventh Day Adventist, closed us out. The Athens High School JROTC marched the colors in the parade and presented them at the celebration. Black and white vets saluted crisply, and we were all reminded of the service of those who have made and kept us free. Benard Simelton, who served in the United States Air Force as a Lt. Colonel, is the on the National Board of Directors of the NAACP, and directs the organization’s Alabama chapter, gave the acknowledgements.

Limestone County Chair Collin Daly told us how he still listens to King’s speeches at the office, and the effect they have had on his life “to this day.” Wilbur Woodruff



spoke about the power of love, a value from which MLK never strayed, even though it became an unpopular position to hold. Mayor Marks in

his address quoted Dr. King’s thoughts on the importance of education for all: “The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education.”

I asked the mayor what was his greatest take away, besides everything that has already been mentioned. He thought for a moment, and then said, “I am so glad that these kids and their parents are invested in the community. You can tell they care about it. The

students talked about not being silent, and the need to fight for justice, and against injustice. They really do understand the importance of all of it.”

We talked a bit about what has been affectionately (or at times, not-so-affectionately) called “Chicken Park,” and there’s new hope for it moving forward as businesses see the value for our whole community and choosing to invest in it. The mayor needed to get going. So we prayed, and then it was time for Ronnie to roll.



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From the Alabama Veterans' Museum

Meet US Navy Storekeeper (SK2) Larry Burlingame

by Sandra Thompson, Director, Alabama Veterans' Museum

Larry Edward Burlingame was born May 12, 1946, in Des Moines, Iowa. Through the years, he has lived in Cincinnati, Ohio and Nashville, Tennessee. He moved to Athens, in 1962 after his father decided to open his own Western Auto store. Larry went to Athens High School and graduated in 1964. After graduation and during the Vietnam War, he decided to join the Navy rather than be drafted into another branch. Following in his father's footsteps, who was also a storekeeper in the Navy during WWII, he became a commissary storekeeper. Storekeepers (SK) are the Navy's supply clerks. They see that needed supplies are available, including everything from clothing and machine parts to forms and food. Larry was assigned to work with the cooks.

After boot camp at Great Lakes, IL, Larry spent two weeks on the USS Lexington CV-16 in Pensacola, Florida. The USS Lexington (CV/CVA/CVS/CVT/AVT-16), nicknamed "The Blue Ghost," is an Essex-class aircraft carrier built during World War II for the United States Navy. Originally intended to be named Cabot, the new aircraft carrier was renamed while under construction to commemorate the recently-lost USS Lexington (CV-2), becoming the fifth U.S.

Navy ship to bear the name in honor of the Battle of Lexington.

After two weeks on the Lexington, Larry spent 30 days at Charleston, SC, waiting on orders for USS Observation Island (AG-154). Observation Island was home ported in Port Canaveral, FL, and made the first at-sea launch of a Polaris missile. Designated UGM-27, the missile was successfully launched from Observation Island on August 27. Following this milestone, Observation Island returned to Norfolk Naval Shipyard for installation of a fire control system to enable her to launch more sophisticated guided versions of new generation Polaris missiles. She also received a new launcher, the developmental prototype of those installed in the FBM submarines.

This work was completed in January 1960 and Observation Island returned to Port Canaveral to continue Polaris test launch operations. After a total of six launchings, the ship commenced support of Polaris launchings from FBM submarines. She provided optical and electronic data gathering services, and acted as communications relay station between submerged submarines and the supervisor of range operations at the Cape. The first successful fully guided Polaris missile launching from a submerged submarine took place 20 July 1960 from



George Washington (SSBN-598). Through October, Observation Island also supported launches from Patrick Henry (SSBN-599). The ship went into dry dock in Portsmouth, VA, where Larry lived until discharged. Larry had two deployments to Pearl Harbor, Hawaii. On one deployment, the ship was rerouted to Bangor, Washington, to pick up missiles. Some planes could not fly to the ship because of Vietnam War.

After his enlistment was up in May of 1972, Larry returned to Athens to work with his father at Western Auto until 1990. In 1991, he went to work as the parts and service director at Champion Chevrolet; although "retired," he still works there part time.



Larry is a Lifetime Member of the Vietnam Veterans Association, a member of the American Legion and also serves on the Limestone County Veterans Honor Guard. He has been a member of the Honor Guard for 6 years. The Honor Guard averages about 70 veterans' funerals a year. Larry also volunteers at the Veterans Museum on Thursdays; he has been doing this for over a year. He attended Coffee Call many times and wanted to volunteer when he retired and had some time to give. He thinks our community does a great job recognizing our veterans, and is honored to serve with the Veterans Honor Guard who provides a much-deserved tribute to veterans for their service to our country. "The Honor Guard

is a great group of men and women, from all branches and ranks of service."

Larry has been married to the lovely Kay Holland Burlingame for 54 years. Kay is a lifelong resident of Limestone County. They have two children, Tammie Brand and husband, Mike, who live in Athens and Susie Rowland and husband, Kevin, who live in Birmingham. They also have four grandchildren: Braxton Brand and wife, Jana, who live in Auburn, where Braxton attends pharmacy school; Drew Rowland, who is a student at Mississippi State; Clark Brand, who is a student at Calhoun Automotive Technology; and Riley Kate Rowland, who is a student at Oak Mountain High School.



Slinkard On Success

B Is For Battlefield

by D. A. Slinkard

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

This is the second article for 2022 and I want to remind the reader, we will be going through the alphabet when it comes to the topics this year. We are going to truly be looking at the ABCs of Slinkard on Success for this entire year. The first article was “A for Attitude” and this topic is “B for Battlefield” of the mind. This is more of an accurate statement than most people realize, especially as life tends to be 10% of what happens to us and 90% of how we handle it.

The battlefield of the mind is an important aspect of our lives we must learn how to handle, and must learn how to control. I do believe attitude is important, however, you must learn how to control your mindset to have a great attitude. Most people living their everyday lives have not been able to master this concept, therefore, life can be a little difficult at times to deal with. The question becomes -- How does a person master their mindset? How can a person go from out-of-control to in-control with their line of thinking?

The truth is to have success, it will take work and a lot of work. If it was easy being able to control our thoughts, everyone would be walking around thinking positive. Everyone would be living their best life ever, but this is not the case. It is easier to think negative than what it is to think positive. Thinking positive takes a lot of hard work that most people are not willing to put the time into. It

is just easier to be negative. It is easier to be destructive with our attitudes, therefore, most people never can pull themselves up by their attitude.

To change your mind from thinking negative to being able to have a positive outlook, you are going to want to train yourself to recognize when your thinking grows more negative. It will take concentrated efforts to realize when you go from thinking positive to thinking negative simply because we often do not even give it a second thought when our thinking goes dark. We just think this is a way of life and as I have already written – it is much easier to think negatively than what it is to think positive. You will want to focus in on something that brings happiness in your life. Take the time right now and think about what brings

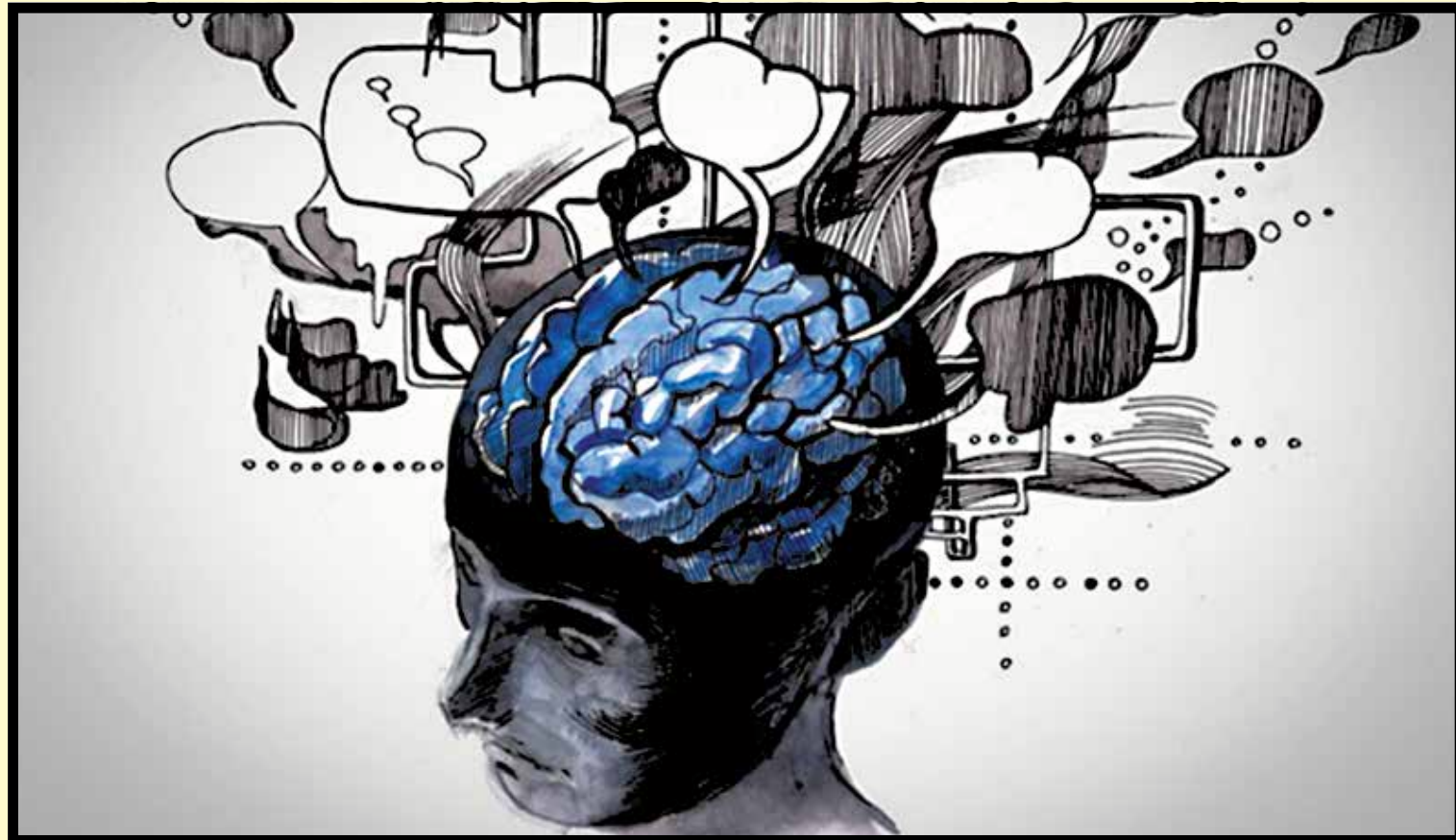
joy into your heart? Is it a family member? A spouse? A child? Grandchild? Activity? Whatever it may be – the next time you start to go negative, I want you to immediately focus in on the thing or person that brings joy into your life.

It may sound crazy, but this is going to take work. The next time you get stressed out, start thinking about the things that bring joy into your life. Remember, the entire purpose of this mental exercise is to change your way of thinking. In changing your way of thinking, you will also be able to change the direction and course of your life. You will find this is much harder than what most people realize and chances are you will not be very good at changing your thought patterns – in the beginning at least. However, the more you

do this exercise, the more you will be able to control your thoughts, and you will be able to realize when a thought pattern is about to change negatively in your life and be able to head it off.

If it sounds psychological – it is. We are all going to have bad things happen in our lives; it is inevitable. There are going to be things happening that we cannot control. However, you must realize you will always have the ability to be in control of yourself. Life is truly about the way we respond to the events happening around us. Will we allow the negativity to change our attitude? Will we allow the event to alter the course of our day? Life is about perspective and which perspective you have been taking? Is the glass half empty or is it half full? I believe our approach and our attitude about life

dictates more of what happens in our life than what we realize. We become the thoughts that we think and there is a battle going on, and it is in the mindset. How will you prepare for the battle?



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Rita Aaron,
Owner



Clean, Green And Beautiful

Reduce, Reuse, Recycle, **RESPECT**

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

When it comes to recycling, most people have heard of the three R's: reduce, reuse, recycle. But there is a very important fourth R that everyone needs to remember: RESPECT.

The Athens-Limestone Recycling Center is an important part of the Keep Athens-Limestone Beautiful organization. Over the last few months, we have written articles discussing how to recycle correctly at our center, and listing the items that we accept at our facility and at our community collection centers (trailers) that are located at different county schools.

There are many people in our community who do a great job of recycling correctly. They remove all trash from their recycling and sort their items properly, placing them in the correct bins. They educate themselves on the items that are recyclable at our center and those items that are not. By recycling correctly, they are showing respect to our hard work-

ing staff.

An important fact that many people may not realize is that most of the items that come into our center to be recycled must be handled and/or sorted by staff members. Unfortunately, there is a great deal of trash mixed in with the recyclables that are received. This trash must be sorted out and disposed of by staff members, taking valuable employee time and effort to clean up after those who are careless or not recycling correctly. This also results in disposal fees as the dumpster fills up and is serviced. As a non-profit, every penny counts, and that money could be used for more important things.

Here is a list of items that ARE NOT recyclable at our center OR the community collection centers:

- NO swimming pools or pool items
- NO child riding toys or any molded plastic (Only container plastics #1, #2, and #5 are accepted.)
- NO lawn furniture



Boots, ceramics, a broom head and other trash that had to be sorted out of recyclable items and thrown into the trash.



More trash that had to be sorted out of recyclables. Light bulbs, refrigerator glass, etc. are NOT recyclable at our center. Please STOP placing these items in with your recycling.

- NO medical waste, urine soaked pads, or diapers (remember: hand sorted! Gross!!)
- NO kitchen or bathroom trash
- NO yard trash or grass clippings
- NO mattresses or household furnishings (including light fixtures)
- NO household hazardous waste (save that for our upcoming collection in March!)
- NO Styrofoam (remove from cardboard boxes and place Styrofoam in the trash BEFORE recycling)

cling)

- NO window glass, door glass, etc. (glass bottles and jars ONLY)

For a list of items currently accepted by the Athens-Limestone Recycling Center please visit our website at KALBCares.com and under the Recycling tab click Athens-Limestone Recycling Center Services and Information.

The Recycling Center is currently extremely short staffed, even though the services they provide have basically returned to normal after being shut down due to

the pandemic. We are asking that residents please do your best to recycle correctly, remove all trash from your recycling, and sort the items into the correct bins. This will go a long way in helping the employees do their job more efficiently. What a great way to show RESPECT to those hard working staff members! And if you see them, please let them know how much you appreciate them and the services that are offered.

RECYCLING UPDATE:

EFFECTIVE IMMEDIATELY! Due to lack of workers and lack of space to store materials while workers are unavailable, the community collection centers located at the schools will be removed and GLASS and PLASTIC will NO LONGER be accepted at the Lucas Ferry Location.



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



Cooking with Anna

Love Is Patient

by Anna Hamilton

If you read my article last issue, you know that I am focusing on learning to love myself this year. It is something that I have struggled with my entire life and am having to learn how to take care of myself at 41 years old. These first 3 weeks of the year have not been easy. Old habits of self-sabotage have tried to make an appearance almost every day. I truly did not realize just how awful I am to myself.

I am going to focus on a different aspect of 1 Corinthians 13 in each article this year and put each of those into practice in my own life. This week I am focusing on patience. Love is patient! I feel like I am a pretty patient person. I give others time to be the best version of themselves. I am patient with our crazy papillon puppy, I am patient with my nieces and nephews, but I am not patient with myself.

Forcing myself to break down God's definition of love,

verse by verse, is forcing me to take a hard look at myself. Overall, in my life, I am not patient with myself. I expect myself to learn new tasks quickly and to be the absolute best at it. I am extremely competitive and do not like to lose, at anything. Just ask my husband what happens when we play Mario Kart.

When it comes to my physical body and appearance, I expect results immediately. I have one salad and expect to wake up the next day with 20 lbs. gone. I understand that's not how it works, but I am an overachiever, I should be able to handle 20 lbs. in a day right? Wrong! Oh, so wrong. So, when I go to the doctor and they do my weigh-in, I always expect to have lost weight. However, this is not always the case; sometimes that number goes up. My heart just breaks, and I feel as if my entire body is weighted down. There have been many times that I could not stop the tears from streaming down my face. And in that moment, I hate myself. My inner voice tells me that I should just give up, that I will never be able to have control of the number on the scale, that I cannot do it. I have zero patience, zero tolerance for myself and failure.

continued on page 23

Italian Skillet Casserole

Ingredients:

1 lb. chicken breast, diced
3 cups diced zucchini
1 small onion, diced
1 small green bell pepper, diced
1 jar low-sugar pasta sauce (I love Rao's brand)
1 small jar diced black olives (my hubby doesn't like olives, so I leave these out)
1 small package of turkey pepperoni
1 tsp garlic powder
1 tsp Italian seasoning
Salt and pepper to taste
1 ½ cup mozzarella cheese
Parmesan cheese

Directions:

Sauté chicken and zucchini in olive oil until cooked through. Add onion and bell pepper and continue to cook until vegetables are soft.

Once chicken is cooked through and veggies are soft, add black olives, pasta sauce, pepperoni, and seasonings. Stir to combine.

Top with mozzarella cheese and Parmesan. Place a lid on skillet to allow cheese to melt. Once cheese is melted, enjoy!



Mindset Is Everything

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

The new year is here and it is time to get serious about what really makes a difference. We tend to focus on things such as the number on the scale, what size our clothes are, our job title, our physical abilities, our various possessions, and on the list goes... but the controlling factor of all this is often overlooked. The mind is the key to ANYTHING you decide to do and the success or failure which follows. If the mind is not in a good state, there is a trickle effect which cannot be stopped. Your mindset is everything; it is the control center of life.

The real key to living a healthy life is maintaining a healthy and positive mindset. You can still attempt and even accomplish what you set out to do, but there will always be something that happens which affects the process or outcome in a negative way.

When you decide on a clean, all-natural, whole-food based approach to life you have to adjust your mind, not just what you are putting in your mouth. Yes, there is an education side to this when it comes to the actual food, but that is not what I am speaking of; I am talking about your emotions when it comes to food.

You cannot be successful in changing your eating lifestyle if you feel like it is torture. If you cringe at the thought of the healthy foods you need to be eating and feel like you are being punished by not eating the junk, then you will ultimately fail. No one will live in perpetual "torture" by choice, not to mention for the time you do stick to it you will be miserable and in a constant bad mood. The goal of weight loss may be achieved, but more than likely will not last and have some other negative cost in your life.

Your mindset has to be thoughts of, "I am fueling my body so I can achieve my goals of feeling good and looking my best, not treating myself like a trash can, and therefore feeling and looking like one too."

Does this mean that you will always be excited to eat your greens; absolutely not! But because you have your mind set on the ultimate goal, it is worth it, and therefore becomes a habit that rewards you far more than the moments of tasting cake and candy bars. The "cheat" no lon-

ger feels good because your mind knows you do not want to pay the consequences. The confidence and energy that eating well brings becomes far more valuable, so the mind is in a much more positive state which allows you to stay the course.

I also have to say that this applies to exercise as well! You cannot think of it as punishment and expect to make it a lasting part of your life. The mind has to know it is a positive part of living the life you desire.

Do not stress over a few extras here and there, life should be enjoyed, but remember your goals and remember what that healthy eating feels like. Maintain a positive mindset about food! Focus on the energy and confidence you have if you keep things under control, not to mention the wonderful feeling when all your clothes fit, or are too big! Keep all this in mind and you will have a fantastic start to a brand new year focused on positive mindset and an overall healthy lifestyle.



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The Athens UPS Store: *Building The Community Through Giving Great Books And Customer Service*

by Ali Elizabeth Turner

continued from page 1

stan. When the time came for them to retire from the military, they had as one of their top goals to become franchise business owners with a parent company whose focus is both serving the community and “giving back” generously.

They found that “perfect fit” in the form of opening up a UPS store in Athens near Starbucks, in the midst of COVID craziness, and through triumph and tragedy they have stood firm in their resolve to more than meet customer expectations as well as strengthen our community. Every year, the UPS corporation partners with the US Marines/Toys for Tots Literacy Program to get brand new books to kids, especially disadvantaged ones. Franchise owners are given the option to donate a percentage of their daily revenue to the program, as well as have a donation box at the cash register. Put simply, Bridgette and Jason had their world changed through books, and want to pay it forward.

Here’s a bit of background from the Toys For Tots website on the literacy program and its success:

“Developed in 2008 by The UPS Store and Marine Toys for Tots Foundation, the Toys for Tots Literacy Program is designed to offer our nation’s most economically disadvantaged children direct access to books and educational resources to enhance their ability to read. This pro-



Brett Eason (L) and Hope Revlock, (R) part of helpful team of associates at The UPS Store.

gram not only brings the joy of reading to these children, but also serves as an important tool in breaking the cycle of poverty.

Since the program launched in 2008, UPS and The UPS Store network have raised millions of dollars to purchase books for children in need. As a result, the Toys for Tots Literacy Program has distributed nearly 42 million books to children across the United States.”

Recently, Jason let our BNI group know that he was in need of appropriate places such as libraries and schools who could use brand new books, which all happen to be published by Scholastic Books. Scholastic was founded here in the States in 1920, and is the world’s largest publisher and distributor of children’s books. “Miss Ali, help! I have boxes and boxes of these great books, and I need to get them to people who will use them,” Jason said

to me. So, I contacted Jennifer Baxter, the head librarian at the Athens-Limestone Public Library, and her face lit up like a kid on Christmas morning. The library will happily take some, as will Blue Springs Elementary school, and the store is looking to see if the K-12 books can be put to good use by the Boys and Girls Club. If you are willing to help these brand-new books find a great home, please stop by or call the Athens UPS Store and speak with Jason or his helpful crew so they can make that happen. There are plenty of books to go around.

Speaking of a helpful crew, Jason wanted to thank his associates for their hard work during a difficult time. I can say from my experience being in the store numerous times, that they are friendly, helpful, and enjoy what they do. When I interviewed them, they said the thing they enjoy the



most about working at the Athens UPS store is helping people, and it shows. Their backgrounds are widely varied, but one thing they all have in common -- they are passionate about taking care of the customer. Their interests include everything from sociology, painting, and auto mechanics to cardio-thoracic surgery, and they always treat me like a family member. They have also done everything from making copies to sending a package to a friend who lives in New Zealand, and they have done it well.

Jason and Bridgette also wish to take the opportunity to thank the Athens-Limestone County community for all the support, both per-

sonally and in terms of increasing their impact in our area, since they opened in June of 2020. In addition, Jason said, “We want to show our commitment and support for this community through donating these beautiful books.” Stop by the UPS store today and speak with Jason about partnering with Toys for Tots and to help change the lives of K-12 kids. You’ll find there is nothing better than giving back, and you can do so all year long through the Toys for Tots Literacy Program and the Athens UPS Store.

The Athens UPS Store

1260 Hwy 72 E, Ste B, Athens, AL 35611

Phone: 256-444-4044

FAX: 256-444-5055

Hours: M-F 7:30 a.m.-6 p.m., Sat 10 a.m.-4 p.m., Sun 11:30 a.m.-4 p.m.



2022



Reading Challenge

22 BOOKS IN 2022

The goal of this challenge is to encourage our community to read more this year!

Readers who complete the challenge will be entered to win a \$100 gift card.

The drawing will take place 1/6/2023
You must earn the final badge to be considered for the drawing.



How do I sign up?

1. Go to our Beanstack website:

alcpl.beanstack.org

2. Click on "Register an Individual or Family."

3. Fill in your info! Beanstack allows families to be linked together, so all family members can be accessed with one login.



visit alcpl.org for more info

The 'Beanstack Tracker' app is available in your device's app store



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The Chamber Of Commerce And Small Business Development Center Team Up For A 2022 Roadmap To Success

by Ali Elizabeth Turner

continued from page 1

business Administration) are teaming up to help people who range from having a dream or idea for a business and have no idea what to do next, to people like me who have been in business for a while and still have a lot of developing to do. The timing could not be better; everyone knows that Athens-Limestone is on fire with growth, and if ever there was a time to grow well, it's now. And thankfully, help is here, and there is no cost except your time, attention, and application of what you learn.

When I was "tossed into the *Athens Now* pool and told to swim," I had a knot in my stomach that

stayed for years when Publication Week rolled around two times a month. One of the things that helped me keep my sanity more than a decade ago was the set of workshops that was offered by this same team, and I am thrilled that they are back and ready to roll! Speaking candidly, I need to get way better at things like Excel, which workshop, or (as Pammie says is a better term, "business development opportunity") will be offered in the fall, and Pammie is giving me some great contacts to help with learning how to leverage and manage social media.

Here is some of what Pammie told me fuels the fire in her belly to help business people in our area succeed

and have staying power:

"For me, working with businesses for ten years, not having a plan is what cripples businesses that otherwise could have thrived. Business advising is for anyone who is the dreamer, who says, 'I need help getting this idea out of my head and onto paper.' If you do have a plan, get it out, dust it off, and follow it. It is your roadmap to success." If you don't, they will teach you how to form and follow a business plan, and will do so without shaming you.

Another important topic, even for businesses that only have 3 or 4 employees, is Human Resources. There are many new regulations and trends that small and large businesses owners need to be aware of to keep them current and up to date, and this is some of what will be covered in the HR Series. More topics will include but will not be limited to: Starting A Business In Alabama, writing contracts for government jobs, how to use Canva, creating Power Point presentations, crafting a business plan, and other skills needed to succeed. The Chamber is partnering with UAH SBDC and Athens State Center for Lifelong Learning for these presentations, and Pammie noted, "For now, all the sessions will be taught online, and as soon as it is safe to do so, we'll be back in person attending sessions.

For anyone wanting to start or grow a business in Limestone County, UAH SBDC, which is Alabama's leading resource for business and entrepreneurial

assistance will be available with assisting all stages of business development. Classes are beginning in February on the 2nd and 4th Tuesdays from 9 a.m.-2 p.m. by appointment only. All classes and Business Advising is available at no cost.

Pammie Jammam and Andrew Dollar, the Director of the Center for Lifelong Learning are going to be some of the team that will direct the First Annual "Shark Tank" type event that will be in March. It is called the Singing River Trail Launch Tank event, and prizes will include 20K in cash prizes, a 100K credit line, business coaching, and business exposure. Pammie and Andrew will be responsible for the Limestone County part of "the tank," which will also have contestants from Madison, Morgan, Lauderdale, Jackson, Lawrence, and Colbert counties. Even if you don't win the Tank event, what you will learn and how you will grow personally, as well as in your business, will be invaluable.

If you are feeling curious but not confident, you have come to the right place. Pammie told me that she has a deep respect and admiration for people who have

an entrepreneurial mindset and desire, and she is fully convinced that the needed skills for success are something that can be learned and that they work.

"When companies (or individuals) make the decision to be in business, it is a sacrifice. You're doing most of it. You tell yourself, 'This is going to better myself, and grow my client customer base—' I have always admired people who do that," said Pammie.

Now is the time to get the help and direction you need to start or improve your business, and Pammie Jammam and the Chamber of Commerce crew are hoping you'll take them up on their offer to learn and grow well. You literally have nothing to lose.

For more information, go online to <https://www.uah.edu/sbdc>, <https://athensnowal.net/calling-all-entrepreneurs-applications-now-open-for-inaugural-singing-river-trail-launch-tank/> the events tab of <https://www.tourathens.com/>, the Chamber Facebook page, or you can do it the old-fashioned way and call them today at (256) 232-2600.



The Pandemic And The Serenity Prayer

by Eric Betts

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

Each year of our lives is both a milestone of achievement and an opportunity to begin anew. The change of the calendar does not change life's situations nor our approach to them, but it gives us a sense of starting over in a new chapter. We began to re-evaluate how we respond to life's challenges and to make necessary adjustments in order to improve. Oftentimes, the majority commit to starting some project that they desired but failed to initiate in the previous year. Weight loss programs, exercise programs, reading certain books, and quitting smoking are obvious examples.

The past two pandemic years have been mentally and emotionally draining. Many ask the question, "When will it ever end?" When will the various restrictions and constant news surrounding the virus come to an end? How long will we constantly be under the threat of lockdowns, mandates, and requirements? When will we be able to get back to doing the things we love to do? How do I plan or strategize when the markets are constantly shifting as a result of the virus?

Perhaps a year ago, you felt that this would soon end, and could not possibly last two years, yet we are here. You laid aside many plans and resolved to fulfill certain goals once it ended, but it continues into 2022. "How am I to respond?" is the question. Many leaders are on the verge of giving up as it appears that there is no end in sight. It is reported that many educators are retiring due the chaos and lack of predictability. Others be-

gan projects and started in new positions just prior to the pandemic and are tempted to throw in the towel because things are so much different than what was expected when they began. How am I to react or strategize in the new year is the question? One answer is the following: Rather than focusing on what to do or how to plan, focus on how to mentally adjust to the daily realities that one cannot change. There is famous prayer that hangs framed in many offices, which gives leaders a sense of direction in these times. Whether you are a person of faith or not, you can appreciate the expression and mindset of the statement.

*"God grant me
the serenity
to accept the things I
cannot change,
courage to change
the things I can,
and wisdom to know
the difference.*

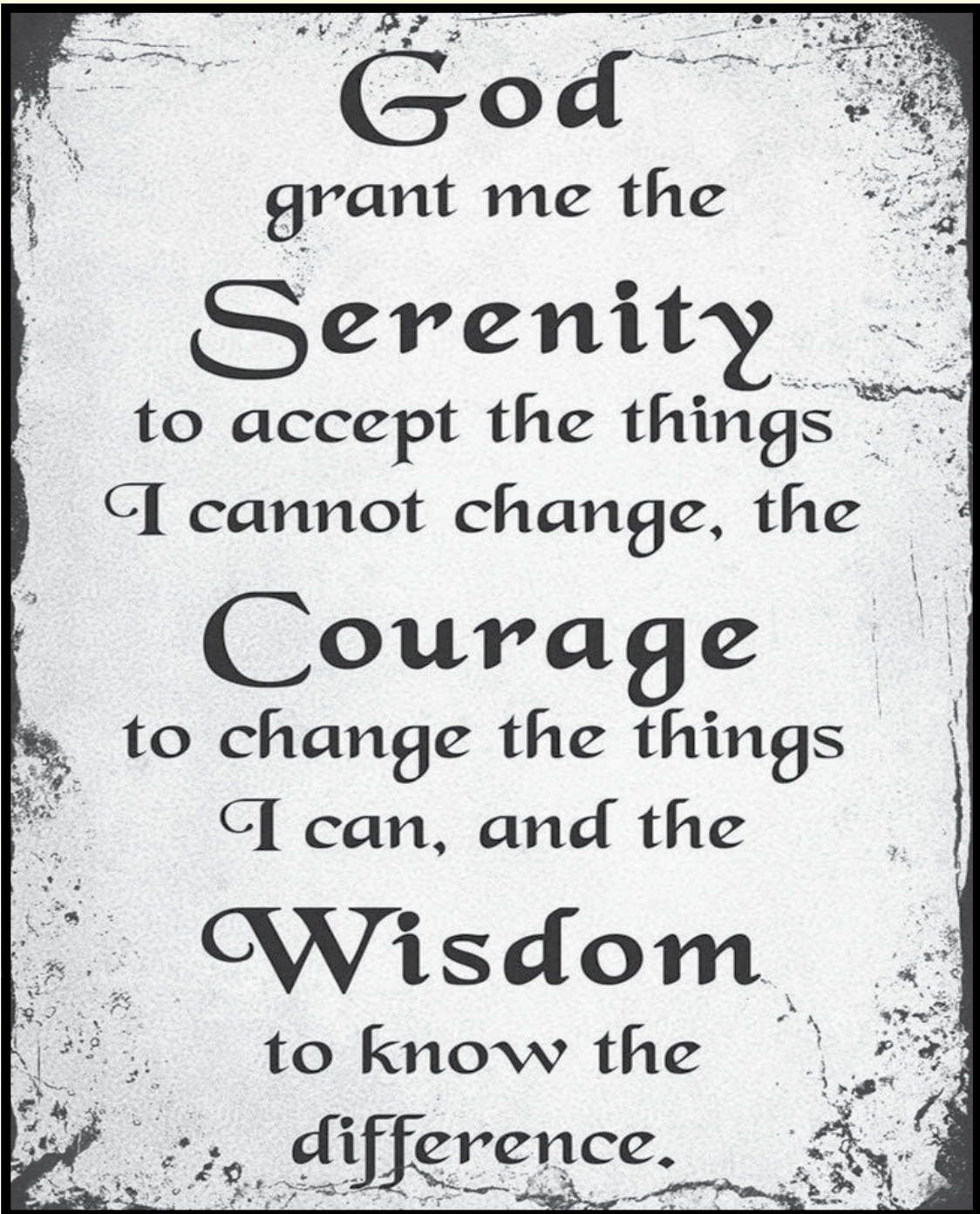
The first thing that leaders must do as they approach the new year is to celebrate their own survival stories during the pandemic. Secondly, it is better to take more time to remember those you have lost during the pandemic and reflect on what they meant to you. It may be necessary to seek grief counseling, even if one has not suffered a loss from a family member or friend. The pandemic and the constant talk of death has an impact on all of us. It may be better to get in touch with one's own emotions rather than looking for ways to get back to being busy again. It is important to resolve those feelings in order to be productive in the future. You will not have to look for busy because

busy will eventually look for you. Get in touch with your mental wellbeing before more is expected from you. Thirdly, follow the guidance in the popular prayer. Personal growth and improvement during this pandemic can be found in embracing the meaning of the words. This means that one needs to cease from Googling, "When will the pandemic end?" Make this your commitment for 2022. We have seen how unreliable

such predictions have been.

The best response to a world which is constantly changing is to learn to be at peace within yourself, whatever occurs. The pandemic is a tremendous example of a circumstance that one does not have control over or can change. In 2022, be at peace with what you cannot change. The growth that is needed in 2022 is in gaining a greater level of wisdom to understand the difference between what

you can and cannot change. Focus less on those things you cannot change in this pandemic environment and focus more keenly and consistently on those things that can be changed by you. Focus on what you can control and everything else will fall in line. Cease the frustration about when will things change back and begin to identify areas where change is personally achievable by you. You will be better for it.





The View From The Bridge

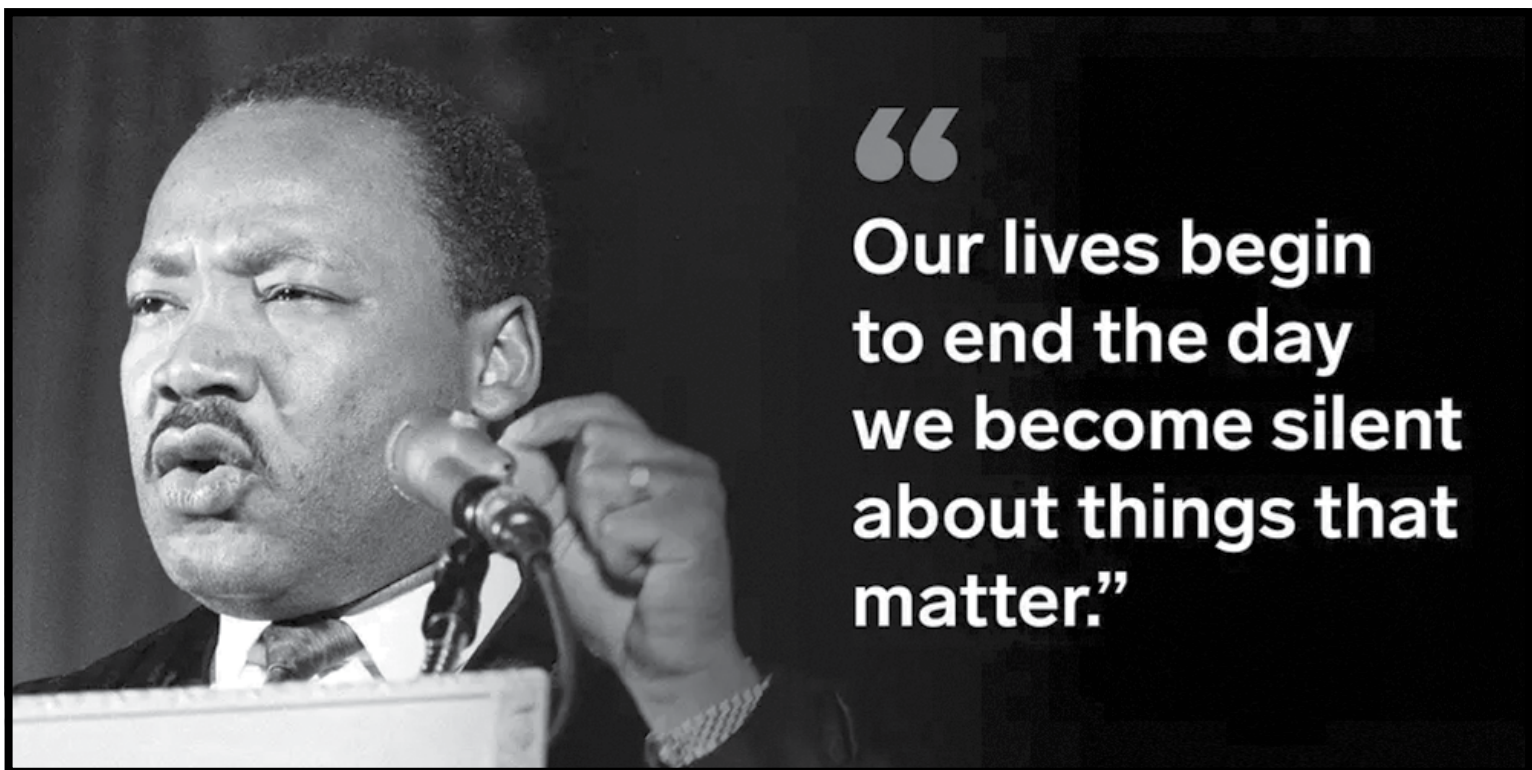
Silence Is A Heavy Burden To Bear!

by Jackie Warner

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

"We can learn to work and speak when we are afraid in the same way we have learned to work and speak when we are tired. For we have been socialized to respect fear more than our own needs for language and definition, and while we wait in silence for that final luxury of fearlessness, the weight of that silence will choke us. The fact that we are here and that I speak these words is an attempt to break that silence and bridge some of those differences between us, for it is not difference which immobilizes us, but silence." – Poet Audre Lorde

"Why are we silent when we could tell people close to us how we really feel? Why are we silent when we could share our common struggles and in so doing, ease the burden of others? Why are we silent in the face of injustice and persecution? In one short word, the answer is fear—fear of rejection, of our own persecution, of saying the wrong thing, of looking stupid, of being human, or of dying...



“
Our lives begin
to end the day
we become silent
about things that
matter.”

Dr. King understood that death would be his 'final silence.' So, he spoke out fiercely, courageously and constantly. To honor him on his birthday, let's all begin to break our own unnecessary silences before it's too late." -- Susan Harmeling, writer

Until Next Time,
Be Sincere, Kind and In-
tentional

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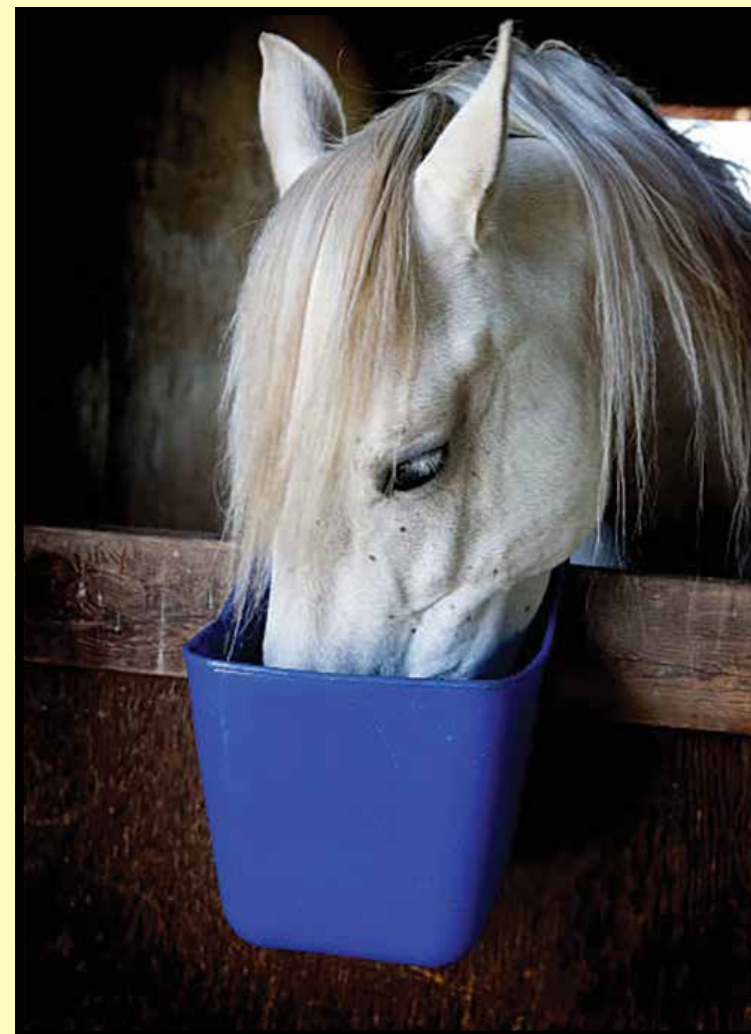
Feed Me

by Deb Kitchenmaster

“Eat like a horse.” That’s a quote expressing someone having a very healthy appetite, eating a lot, or overindulging. What we eat and what our horse eats is important. Let’s talk about both.

In Psalm 23, the LORD is referred to as our Shepherd. According to the Amplified Bible there are three things our Shepherd is personally involved in. He feeds, guides, and shields us. In Psalm 34:8, it says, “O Taste and see that the LORD is good. Blessed is the man who trusts in Him!” Another morsel of God’s Word is found in Psalm 103:5. I quote, “Praise the LORD, O my soul, and forget not all his benefits. Who forgives all your sins and heals all your diseases; who redeems your life from the pit and crowns you with love and compassion, who satisfies your mouth with good things so that your youth is renewed like the eagle’s.” I had not connected the dots between having my youth renewed with MY MOUTH! Plus the freedom from performance to the process compared to molting. That’s worth chewing on. Pun intended.

What about the horse? Horses are meant to eat roughage. A horse is designed to eat one to two percent of their body weight in roughage every day. The average thousand-pound horse that relies on hay for all their forage will need fifteen to twenty pounds of hay per day. A bale of hay is measured in flakes. A flake



will vary according to the size of the flake and the kind of hay. With the use of a scale, you can weigh the hay to know the portion of a bale your horse needs. Measure your horse’s feed by weight using a kitchen or postal scale or by using a scale you can get at your local feed store.

What about timing? Horses have amazing internal clocks! They can be much better timekeepers than their caregivers. Give yourself a two hour sliding time period. For example: first feeding anytime between 5 to 7 a.m.; second feeding between 4 to 6 p.m. Wait an hour or so after your horse has finished a meal before riding/working him. Wait three hours if

you are planning a strenuous workout. Blood flow is diverted away from the digestion system, so gut movement slows and colic may be a concern. When feeding a horse after riding or ground work, let your horse cool down completely before feeding. Their breathing should be back to normal. No flared nostrils. Your horse should not feel hot or sweaty. I remove all water access until my horse has cooled down.

What about grain? Good quality hay or pasture is sufficient. However, depending on your horse’s age, teeth condition, how you’re working your horse, and the need for supplements in their diet, grain can be added. Remember

the bulk of a horse’s calories should always come from roughage. The racehorse, Secretariat, was known for ingesting 16 quarts of grain per day and 25 pounds of hay! He was a racehorse that was worked daily! The vet made the comment that that was the amount of feed a couple of broodmares would eat daily.

In closing, I want to mention salt and minerals. Providing free-choice loose salt and mineral is a good thing. I say ‘loose’ because the horse’s tongue is not like a cow’s tongue. Their tongue is smooth. A cow’s tongue is scratchy. Cows can work with salt blocks well; horses not so well. Especially when seasons change, you will notice a higher consumption of salt and minerals if they are

available at free choice. Horses will use the free-choice salt and minerals to balance their systems when they need to. I have containers in each stall providing free-choice salt and minerals. In the pasture I provide a ground feeder with loose salt and another one for loose minerals.

YOU ARE WHAT YOU EAT is a book dated back to 1826 about the physiology of taste. Food provides your body and your mind with what you need. Eat well -- both spiritually and physically. And remember, feed your horse.

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Therapy Metaphors -- Part Two

by Lisa Philippart,
Licensed Professional Counselor

*"Everything in life
is a metaphor."*

- Haruki
Murakami

In my last article we discussed the concept of a therapy metaphor. Therapy metaphors use a story or illustration to see alternative ways of looking at something. Often, just seeing something differently can help us to be more objective and hopefully make wiser decisions or act more effectively. Many of these metaphors are from the book, *ACT Made Simple* by Dr. Russ Harris. Here are some more helpful metaphors for your emotional and mental health:

In the **Playground Bully**, imagine your mind as a school playground that is surrounded by a secure high fence. The fence is designed to keep children in and others out. Any bullies in the playground mean that other children can't escape for long. One bully uses verbal abuse... shouting, teasing, and threatening. Since all the children are fenced in together, they all have to learn to accept and be with each other. Likewise, we cannot escape our thoughts. We can't stop them, but maybe we can learn to live with them by seeing them differently. Along comes the bully, who takes on three potential victims, all who react differently.

Victim 1 chooses to believe the bully, reacts automatically and becomes distressed (bully carries on.) Victim 2 challenges the bully by saying, "I'm not stupid. I got 9/10 on my spelling test this morning and you got 4/10 (bully eventually gives up.) Victim 3 looks at the bully (acknowledges the thought), walks away and goes off to play kickball with his friends (dismissing the thought, then changing the focus of attention.)

Metaphors for the Mind --- A Master Storyteller. The world's greatest storytellers just want us to listen, saying whatever they want to say to get our attention. Some stories are true (facts.) Others are opinions, beliefs, ideas, attitudes, assumptions, and judgments. Our brains tell us stories about how we see the world, what we want to do, what we think is right or wrong, fair or unfair, good or bad. Here are some of the stories your mind is telling you:

Radio doom and gloom—Broadcasting a lot of gloom about the past, doom about the future, and dissatisfaction about the present.

The spoiled kid—Making all sorts of demands and throwing tantrums if it doesn't get its way.

The reason-giving machine—Churning out a never-ending list of rea-



sons why you can't and shouldn't change.

The dictator—Constantly ordering you about and telling you what you can and can't do.

The judgment factory—Spending all day long making judgements.

Google Earth and The Helicopter View. Sometimes it's useful to see the bigger picture. When something is distressing us, we are so close to it, involved with it, part of it...it's really hard to stand back from what's happening. It's a bit like Google Earth. We see the close-up view, but everything else is hidden from us. We can zoom out of perspective and see the bigger picture. Some might describe it like having a helicopter view. As the helicopter takes off, getting higher and higher, it sees a bigger picture, and is less involved with the detail

at ground level.

The Plane Crash. In 2009, a plane landed seemingly miraculously on the Hudson River. All 155 people came out alive. What did those 155 people feel as they stood on dry land and realized what they had been through? Did they all have the same reaction? Absolutely not. Many felt distressed and upset...they nearly died. These folks might decide never to fly again, since it is clearly too dangerous. Others felt overwhelming relief and happiness at having sur-

vived. Some decided to live life to the fullest as a result of their experience. There could be 155 different reactions. Same event, different responses. It's not the event that causes our emotions, it's the meaning we give the experience.

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

Boosting – Building – Believing

by Roy Williams

It seems like everything is about COVID, jabs, boosters and fear. Those messages are on every news report, in every newspaper and magazine, on the internet, and even in our conversations. What's really sad is that we are caught up in a cycle of repetitious programing that is designed to instill fear and dependency.

The powers that be -- politicians, government agencies, pharmaceuticals, medical and international organizations such as the CDC, WHO, and many others -- are involved in the programing of their ideas. On top of that, they think that just because they have the name, degree, license, or position, we should simply take their word for it even when the evidence and the science does not back what they are asking us to do.

That's why NEWtritional Health Care has decided that our theme for 2022 is **Boosting, Building and Believing**. Because so many people are scared or confused about the vaccines, COVID, the vari-

ants, and what is safe or best for their health, we have decided to help everyone that wishes to know all their options understand that there are alternatives. What may surprise you is that in most cases, the alternatives are safer, just as or even more effective, and have no side effects. In 2022, you will learn how to protect yourself and those you love without the possibility of doing any damage to your body or your health.

1) **Boosting** your immune system should be first on your list for 2022. Conflicting reports about whether COVID-19 was made in a lab, came from a bat, or is naturally occurring isn't as important as boosting your immune system. When the human immune system is functioning as God designed it to do, your health is protected.

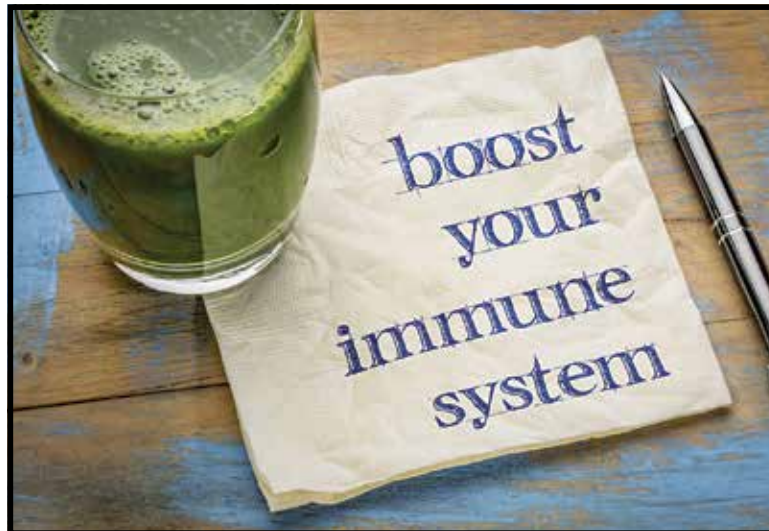
2) **Building** your body at a cellular level is second on the list of importance. Maintaining your health or regaining your health begins at a cellular level. Healthy cells create healthy organs, which in turn creates healthy systems, which

creates a balanced, healthy body.

3) **Believing** that God designed the human body to make corrections and heal is fundamental for maintaining a higher quality of life. It's easy to understand that fact if you have ever cut yourself. The second it happens your brain, through the central nervous system, is immediately notified that your body has been damaged. Even if you ignore it, your immune system is notified and begins the miracle of healing. It will heal provided it has the necessary nutrients.

With those fundamentals in mind, let me explain how the three Bs can help you live a long, healthy life without being so dependent on the medical profession and the pharmaceutical industry. Your immune system is your main defense against all types of dangers. It is so impressive that man cannot come close to replicating what it does, even with the most impressive medications ever produced.

The mainstream media is trying to drive us into a panic over the COVID "plandemic." No, that is not a typo. Trust me when I say, **"the whole scheme is a plan to make everyone dependent on the medical profession and their man-made solutions."** Please, do your own research before putting



yourself and your loved ones in danger by taking an unapproved vaccine that is more likely to kill you than the virus.

Boosting: Thousands of people have decided to protect themselves using all-natural supplements that have, in many cases, centuries of success without any of the dangerous side effects or deaths that the vaccines are causing. IS-3 is just one of those products. The three main ingredients have proven to support your immune system by increasing the natural-Killer T-cell activity while activating your white blood cells (macrophages) that destroy pathogens such as the viruses, bacteria, and many other dangerous invaders such as cancer cells.

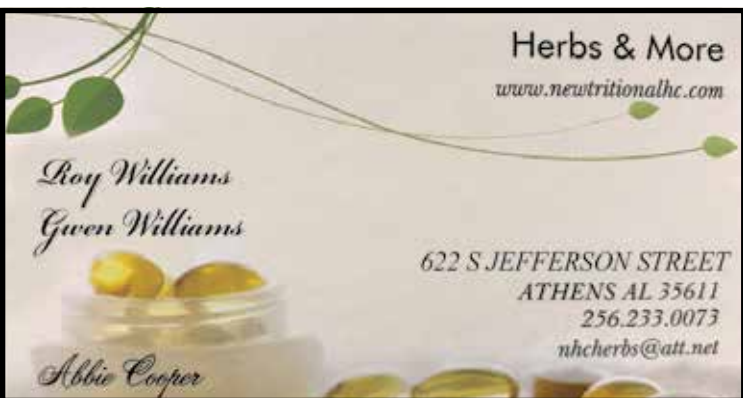
Building: Also important to consider while boosting your immune system is making all the cells of your body stronger by supplementing with the most important vitamins such as Vitamin D-5000, MSM+C and Ultimate Fruit &

Veggie, which contain the nutrients found in 5 servings of raw fruit and vegetables in each daily dose.

Believing: At NEWtritional Health Care LLC, we teach that your body was designed by God with a built-in knowledge to heal. If you supply your body with all the nutrients your body needs, it will repair or replace all the old, damaged, and dying cells with new cells that are equal or even better than the ones being replaced.

At NEWtritional Health Care, our goal has always been to, "Make America Healthy One Person At A Time." The only question left is -- Will you be next? Visit us at NHC Herb Shop in Killen, Herbs & More in Athens, or visit our website at www.nhcherbs.com. You can also order or ask questions by calling 256-757-0660.

*Your Friend in Health,
Roy P Williams*





Cooking with Anna (continued from page 13)

Love Is Patient

by Anna Hamilton

continued from page 13

How do I give myself the gift of patience? How does loving yourself transfer to being patient with yourself? 1 Corinthians 13:4 says, "Love is patient." If I am truly living a Godly life, I will be patient, not just with others but also with myself. I have to re-learn how to approach this journey of health. I will not lose weight every day, but that doesn't mean that I have failed. My body is 41 years old, and it will take time to relearn how to process what food I eat and how to respond to exercise. And that is just fine, I will enjoy the journey and take time to recognize the small changes that will occur.

In order to be patient and loving to myself, I can no longer compare my journey of health to anyone else around me. My journey will not look like anyone else's. God has made each and everyone of us unique for a reason. We all bring something special and different. Being patient with myself will help make those differences shine, and

I need to realize that's a wonderful thing!

Be patient with yourself; I am going to try to be patient with myself too. I am going to give myself the grace to fail and know that it's okay. I think the Lord starts this chapter about love in the Bible with learning to be patient because that is the foundation of how love starts. If you can master being patient with others, with yourself, the rest of the building blocks of love will start to fall into place.

This week's recipe is absolutely delicious! My husband loves Italian flavors, and this is one of his favorites. Not only is it super yummy, but it is also super nutritious. I hope you give it a try and love it as much as we do.

"Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes." Psalm 37:7

"The Lord will fight for you; you need only to be still." Exodus 14:14

Tennessee Valley Spotlight

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Gracious On The Way Down

by Mae Lewis

Al Andrews is not just any counselor. He has a very special niche – specifically, recording artists – and his client list looks like a red-carpet roll call. He counsels artists on the problems that fame and fortune can bring, and he helps his clients stay grounded with wisdom. In a recent interview with Author Donald Miller, Andrews gave a list of "10 Things Powerful People Can Do To Not Screw Up Their Lives."

Even though you or I might not be celebrities, this is a wonderful list of wisdom for anyone who is in a position of authority or working in a creative field. I have summarized it here:

1) Create your own Central Park. Set aside time for rest, recreation, and resto-

ration. Carve out space that contributes to your overall health.

2) Bridge the distance. Help people to see that you are a real person, with failures and flaws. Let down your guard and don't try to always be an amazing, flawless person.

3) Read poetry. Not only is poetry beneficial in helping how you think and in encouraging creativity, it helps you to meditate on deeper matters, matters of the heart that address the whole human being. It helps you to slow down and see things in a new way.

4) Sometimes decline the perks. Powerful people are privileged, and if you aren't careful, you can end up with an attitude of entitlement. Andrews reminds us that it is easy

to turn from "How can I serve you?" to "Do you know who I am?" As a proactive approach to staying humble, you don't have to accept every perk that is offered.

5) Share your platform. Always invite other people to share your audience. This is a good way to promote generosity and to teach yourself not to be possessive.

6) Know your story. Know where you come from and where you are going. If necessary, find counseling for unhealed traumas. If you don't know your story, your story will take you places you never wanted to go.

7) Be sent out and welcomed home. Always have a community of friends that you connect with at home – People who will send

you off when you are traveling, look out for your family when you are gone, and welcome you home when you return. It's important to be connected to a larger community...to "have people." You will be alone at times and you need to know that you have people to come home to.

8) Get help. Don't buy into the lie that you have to be perceived as someone who has it all together. Seek support and embrace the idea that sometimes you need to rely on someone other than yourself. "As leaders, you have your eye on the goal. You're designed to win. But you need to realize you're not designed to get there by yourself. You need someone to help you along."

9) Walk behind. "Leaders are often pushed...

to the front of the line metaphorically or physically." It's okay to let other people walk in front. Take a new position, fall back. Stay humble and allow others to lead. This gives you room to breathe, and it teaches your team how to lead.


And my favorite, which I think sums up many of Andrews' points:

10) Gracious on the way up. Gracious on the way down.

Be kind to everyone you come in contact with. "If you're in a coliseum, be gracious to the person checking hats and coats. If you're at a party, spend some time chatting with the person with the tray of hors d'oeuvres."

Never forget that every person that you meet is just as interesting as you are. If you are gracious all the time, people will remember that, and grace will follow you wherever you go. "And you're going to need it someday."

Life is full of ups and downs, and you will have times in your life that are up and times that are down. "In the everyday world, small kindnesses happen between people all the time. It's only as you rise in power that your world becomes hierarchical." If you live genuinely, humbly, and graciously, and learn to care for yourself as a leader, you will be able to lead from a position of strength and confidence.



It is nice to be important, but
it's more important to be nice.

John Templeton

autodanoy

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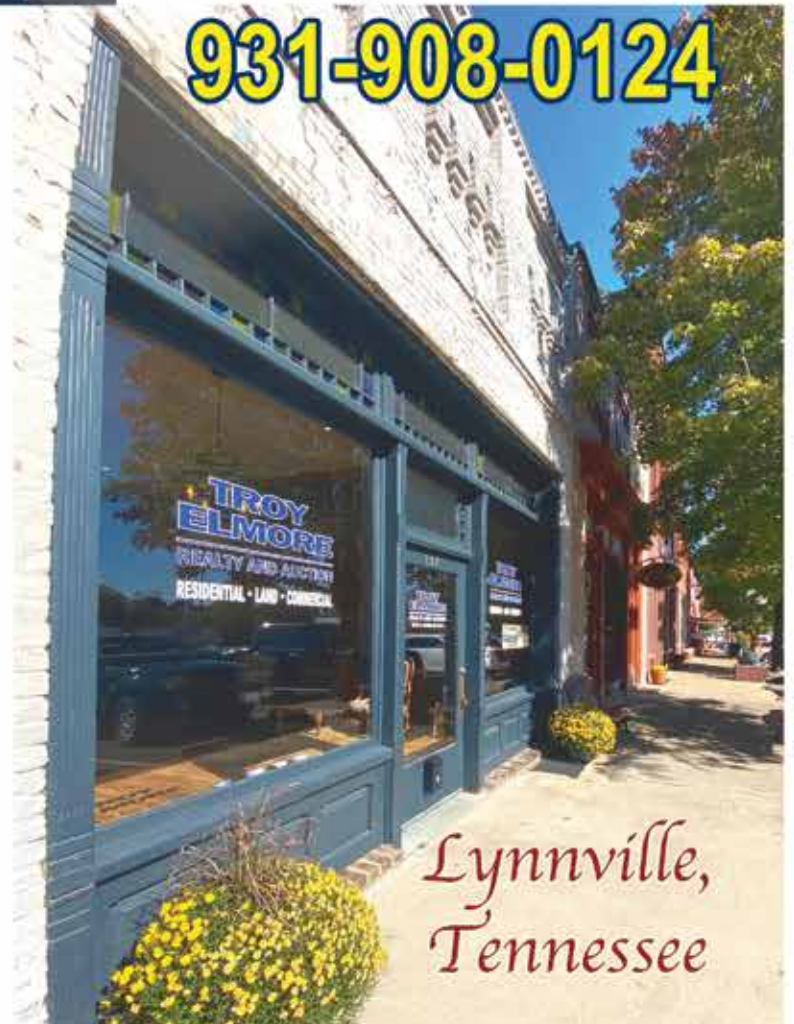
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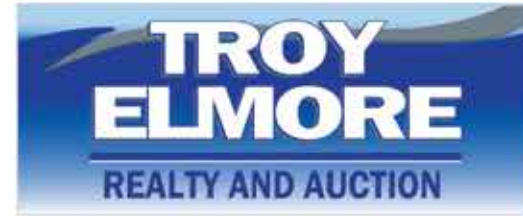
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What ever
makes your soul
happy,
do that.



ANSWER KEY:

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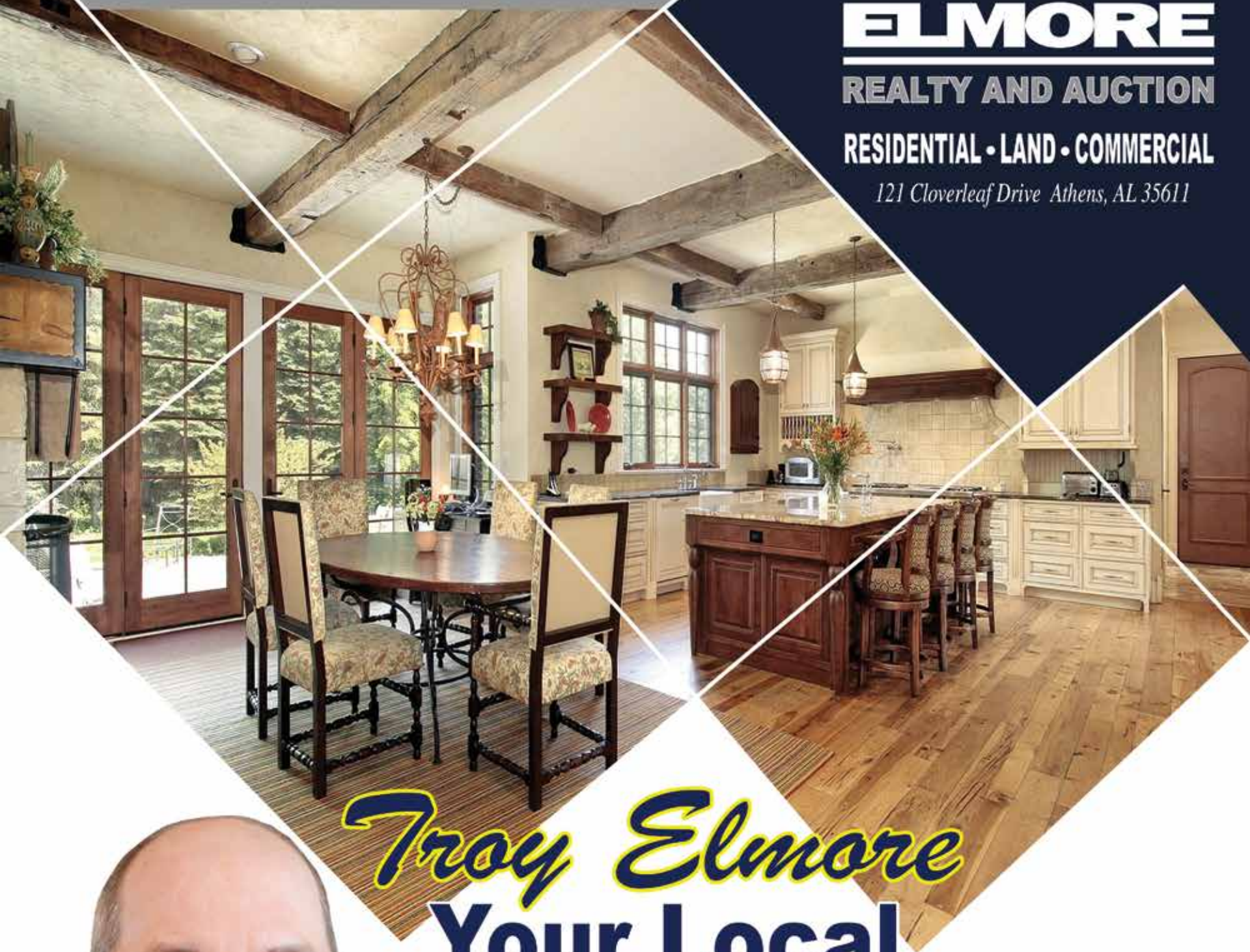


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