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See Our Listings Inside this edition...
Pages 25 - 32

Special Feature



James Lucas,
New Athens City
Councilmember,
District 3...

The City of Athens, specifically District 3, has experienced a great deal of loss in the last few years. Two councilmen, Jimmy Gill and Frank Travis...
Page 5

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Wine & Design On County Line: Painting It Forward And More



By Ali Elizabeth Turner

Maria Troupe has worked for a multi-national DOD contractor for aeons, and as someone who once worked for the same company, I will take some space here to thank her for how she looks out for our troops. However, that is not the purpose of this article; rather, it is to tell you her story of diving head first into being a franchisee for a com-

Continued on page 15

Special Feature

Matthew's Summertime In Athens...
In the Veteran's Museum article in last issue of Athens Now, I introduced everyone to our youngest grandson, Matthew, who is spending his summer vacation with us ...
Page 10



Cooking With Anna

Love Always Protects...
With 2022 being already half-way over, I hope you are learning how to love yourself the way God intended through the articles I have been writing...
Page 13



Scooter's Coffee Of Athens: Community Building, One Cup At A Time

By Ali Elizabeth Turner

Scott Morris, the owner of the new Scooter's Coffee drive-thru located next to Hobbs Jewelers on Hwy 72 in Athens, says with a chuckle that he has "been an entrepreneur since age two." He told me that he

Continued on page 17



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Contents

Publisher's Point 3
All Things Soldier 4
Special Feature 5
Calendar Of Events 6
What Makes Ronnie Roll . . . 8
Special Feature 10
Slinkard on Success 11
Clean Green And Beautiful . . 12
Cooking With Anna 13
Health And Fitness 14
Cover Stories 15 & 17
Lifelong Learning 18
Jerry's Journal 19
Dog Barker 20
Mental Health Minute . . . 21
Alternative Approach 22



Publisher's Point

Now That Roe Is In The Rearview Mirror...

It has been one week since the most important Supreme Court decision in my lifetime was made, that of overturning Roe v. Wade and returning that decision making process to the citizens and legislators from each of the 50 states. In the State of Alabama, you can no longer kill your kiddo, period. No more “products of conception” or “just a cluster of cells” arguments. No more of the particularly horrific type of rhetoric that came forth in the legislature during the 2019 debate process of the Alabama Human Life Protection Act, wherein it was said by John Rogers, a Democrat member of the AL State House: “Some kids are unwanted, so you kill them now or kill them later. You bring them into the world unwanted, unloved, then you send them to the electric chair. So, you kill them now, or you kill them later. But the bottom line is that I think we shouldn't be making this decision.” That is the type of pragmatism that is embodied in the sci-fi thriller film, *Minority Report*, wherein people are arrested, tried, and punished before they commit a crime, and it falsely assumes that an unwanted or unloved child will invariably commit a capital crime worthy of death.

Such a statement brings forth images of symbolically stomping on a moral compass and then wondering why it won't help you find true north, or even magnetic north. That being said, it does beg the question of the man or woman in the mirror who would ask, “OK, what are you going to do now that you have ‘gotten

your way’?” What am I getting at? Many years ago, prior to the passage of Roe v Wade, and when I was unashamedly pro-choice, er, pro-death, I thought that pro-life people were all hypocrites. Why? Because there had been a continual stream of propaganda that asserted that a person who felt that abortion was wrong was not about to “get their hands dirty” by supporting anyone in a crisis pregnancy. In other words, you could look down your nose on the girl that had gotten herself “in trouble,” justifiably judge her, and go back to playing Bingo or watching NASCAR or any other stereotypical smear.

How about if we prove them wrong? How about if there is an armada of anti-abortion activists who know how to put their money where their mouth is? First of all, what if those of us who love babies, mamas, papas and families find a way to tap into the love of God for those who think the Constitution says that it's OK to kill the unborn for any reason, and are hollering, “Abort the Court!”? Tough gig, but “love your enemies” is still in the Playbook. What if those of us who believe that life is precious start opening up our homes to those who might need a place to stay while they are figuring out what they are going to do, get on their feet, and decide if they are going to keep their child or give that little one up to a new family? How about if those who gave up on adopting long ago get back in “the game,” as unfortunate as that term may be? What about adopting a child yourself? What about



taking a pregnant mom to her OB exams, or help her figure out her birth plan, or guide her toward eating well and taking care of herself so her baby has the best chance, irrespective if she chooses to keep the child?

But wait, there's more... What about getting involved in ministering to men who had their babies aborted against their will? I have a friend whose children were aborted despite his pleas directed toward the would-be mother that he would be willing to raise the children, and has never gotten over their deaths. When a man cannot defend and protect, it really wrecks them, but that's a story for another day. How many millions of men out there are deeply wounded and without any resources that are custom made to help them heal?

What about parents, grandparents, aunt, uncles, friends, strangers, or as in my case, teachers who helped facilitate an abortion because they honestly thought it would be the lesser of two evils? Doctors or nurses who took years to get their heads around the fact that this was actually a baby that had screamed before laying in pieces for examina-

tion on their surgical table? Who could have anticipated the ripple effect of abortion on demand upon our nation?

Last Saturday I took some teenaged kids that are like grandkids to Kreme Delite to celebrate the overturning of Roe. I looked at them while we had ice cream and said, “You guys, this is a big deal. I am not trying to play the drama card, but 60,000,000 others didn't have the chance to be born, and you did. Make it count.”

It only took close to 50 years to bring us back from the edge of existential madness, but be prepared for the law of unintended consequences to kick in full force as we as a state, and hopefully a culture, go through the messy process of course correction. As of this writing, I have officially unbuttoned my sleeve and have started to roll it up. Care to join me? We have work to do.

Ali Elizabeth Turner

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ASU To Sponsor Veterans' Resource Day On July 19



by Ali Elizabeth Turner

On Tuesday, July 19, Athens State University is going to host an event exclusively geared for veterans of any age with the goal of connecting them with vet friendly resources for careers, education, and community support. The Veterans' Resource Day is the brainchild of Carolyn Carthen, who heads up the Veterans and International Students Support Department for the University. The ASU Advancement Team let her know that there was some grant money available through the Redstone Arsenal Military and Civilians Club to help make the Resource Day happen, and she is gratified that so many businesses and organizations have come on board.

One thing that happens often with people who want to help and honor veterans is that there are resources available that are far-flung, and "the right hand doesn't know what the left hand is doing." Carolyn said, "I am excited that vets will have an opportunity to know what's available. Everything will be under one roof." In addition, she wanted people to understand that Athens State University is what is known as a Purple Heart College. In addition to supporting anyone who served in our military and has benefits which can be applied to secondary education, there are addi-

tional benefits for those who have received Purple Hearts for having been injured in combat. "Purple Heart recipients have to provide proof of having received their medal, and I am proud to say that right now we have two Purple Heart students who are finishing their education."

The focus of the Resource Day is three-fold: college, career, and community. There will be employers who are seeking to hire, career-building experts that can guide vets toward both education and potential employers, and community support personnel and professional counselors who can respectfully help vets who are struggling.

As of this morning, there were 33 organizations that have decided to come and be involved with the Resource Day. A sampling includes: T-Mobile, Turner Industries, Asahi Kasei Plastics, Carpenter Technologies, Amazon, BOCAR, Alliance HR and Waffle House. There are Kids and Kin, Crisis Services of North Alabama, Still Serving Vets,

the Veterans Administration, Disabled American Veterans, Huntsville Vets Association, and several private individuals. Every one of those who will be present have a heart for vets

and their families, and Carolyn is pleased to be the one that is going to be able to facilitate a networking event that has the potential to change lives. If you are a vet, know a vet, are

related to a vet or care about vets, tell a vet and better yet, bring a vet to the Resource Day on July 19. You never know what kind of difference you might make.



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James Lucas, New Athens City Councilmember, District 3

by Ali Elizabeth Turner



The City of Athens, specifically District 3, has experienced a great deal of loss in the last few years. Two councilmen, Jimmy Gill and Frank Travis, served our city, fought cancer fiercely, and then passed on. Jimmy Gill had the distinction of being one of the longest sitting city council men in the history of the State of Alabama. After Jimmy's death, Frank Travis was appointed to take his place. He finished out Jimmy's term, ran unopposed for the District 3 seat, and was a part of the Council, including as president until April 2022. Frank did everything from produce plays to a documentary about Dr. Eric Lincoln. How does a city begin to fill the shoes of deeply loved public servants? -- through interviews, discussions, and prayer. And it is with pleasure that the City of Athens announces that the position has been filled.

Monday night June 27, 2022, our City Council voted to appoint James Lucas to the position left open by Frank's passing. Mr. Lucas will serve through 2025. James has his own record—he has served as a school board member since 1995, the longest in that position. Mayor Ronnie told me that James is someone who always is at meetings and is deeply involved in the community we all love.

Mr. Lucas attended Pine Ridge School in Tanner, and graduated from Trinity High School. After graduation, he was drafted and served in the US Army and was stationed in Germany. He served as an artillery unit's crew leader. After honorably serving, he earned an A.A. degree from Alverson Draughon Business College in Business Administration. James went on to work on Redstone Arsenal for Radio Corporation of America (RCA), and also worked for 31 years for Amoco Chemical.

James Lucas began to serve the Athens City Schools as a board member in 1995. He has been both vice-president and president of the board, and was designated a Master School Board Honor Roll member. Mr. Lucas was additionally honored with being chosen as part of the All-State School Board in 2015.

Holly Hollman, Communications Specialist for the City of Athens, said this about James: "He actively attends community events and is well known throughout our community. We look forward to working with Councilman Lucas in this new role."

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.

Red, White & Boom: Let Freedom Ring July 4th

Athens Fireworks Show At the Athens Stadium. 100 U.S. Highway 31N in Athens. 8:30pm. No stadium seating. Viewable from adjacent properties including Central Church of Christ, Athens Shopping Center, Athens High School, and Swan Creek Park. Please respect private property and traffic right of way. Enjoy the firework show after dark (approximately 8:30PM) provided by Athens-Limestone County Tourism, Athens Gas Department - An 811, Call Before You Dig Partner, and Limestone County Commission. Tune into WSLV 96.5 or 105.1 for the simulcast music.

Fourth of July with Cultivate Church Athens July 4

6pm-7:30pm. Cultivate Church Athens. Athens Plaza, 100 U.S. Highway 31 in Athens. Cultivate invites you to join them during the Red, White & Boom Fireworks Show for free hotdogs, cotton candy and soft drinks starting at 6PM. cultivateathens.org

Athens Lions Club Kiddie Carnival 2022 July 7 – 9

6:30pm – 9:30pm. The Carnival has 10 rides that are best suited for kids ages 2-10 years. Free admission to the carnival and

each ride is just a 50¢ ticket. They have bingo and delicious concessions on-site such as hamburgers, hot dogs, chicken sandwiches, chicken fries, funnel cakes, bottled water, and soft drinks. Also served are cotton candy, sno cones, and other crowd favorites. The Athens Lions Club property is located at 309 E Forrest St. in Athens, AL, it's across from the former Athens Elementary School. Free parking!

Food Truck Saturday July 9th

11am - 4pm. Corner of Ardmore Avenue & Main Street, Ardmore, AL.

Gettin' Dirty at the Library July 12

Limestone County Master Gardeners are offering a free presentation on "Out of this World Gardening" July 12th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. Cindy Upton, a NASA engineer, will share with us the art of gardening in space.

Inspirations - Southern Gospel Singing July 14

Berea Baptist Church will host the Inspirations for a southern gospel singing on Thursday, July 14 at 7PM. The church is located at 16779 Lucas Ferry Rd, Athens, AL 35611. Free admission, a love offering will be received. Info, call Gary Wilson, 256-497-9763

Singing on the Square July 15

7pm - 9pm. Singing on the Square with TomCat and Bark the Dawg. Concert begins at 7pm till 9pm on the Courthouse Steps at the Downtown Square.

Mud Volleyball For A Cure July 16

9am - 4pm. Registration is open for the County for a Cure Relay for Life Team's Mud Volleyball Tournament. The tournament will begin at 9 a.m. on Saturday, July 16, 2022, at Swan Creek Park on U.S. 31 in Athens. All proceeds from this tournament will benefit the American Cancer Society. Not only will the winner of the tournament take home the prized "Golden Pig Trophy" they will also take-home prize money. Teams can register online at www.active.com or by calling 256-214-0041. Registration for the tournament will end July 7, 2022. Those teams that are registered by June 26, 2022, will receive a free t-shirt. All teams must have a minimum of eight players with two females on the playing court during play. The cost to play is \$20 a player.

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What Makes Ronnie Roll

Independence Day-More Than Grillin' And Gettin' Together

by Ali Elizabeth Turner



We were both on the fly and there was so much to talk about. Singin' On The Square/ Fridays After Five had been a smashing success. "I have never seen anything like it. People dancing in the street, and when it was all over, people just stayed and talked. Juice, the band, was so good. They have been around for a long time. Even though it was so hot out, no one wanted to leave," Mayor Ronnie told me about his time there, and how much he enjoyed the evening.

Our sister city, Stonehaven, Scotland, was sending people to come and "twin" with the people of Athens and celebrate the 4th of July. Speaking of the 4th of July, the City of Athens and Limestone County

along with other government entities will be working together to bring us a fine fireworks display at the Athens Middle School Stadium beginning at dark. "It's something that is more than grillin' and gettin' together," said the mayor. He then added, "It needs to be revered. We are blessed to be in the best nation in the world. But, don't think that something like what is going on in Ukraine could never happen here." I nodded.

"In other news," we said, chuckling, there was a lot of good stuff, including a nod to the fact that the City was getting close to making a decision with regard to filling the vacancy left by Frank Travis. It was announced later in the



The 2022 Kiddie Carnival is back in full swing

week that James Lucas had been appointed by the City Council. There was the announcement of several retail commercial projects that are going to be built. They are 5 Below, Old Navy, Ross, TJ Maxx and Ulta. The new Publix shopping center is going to open up mid-July. We both had driven by the

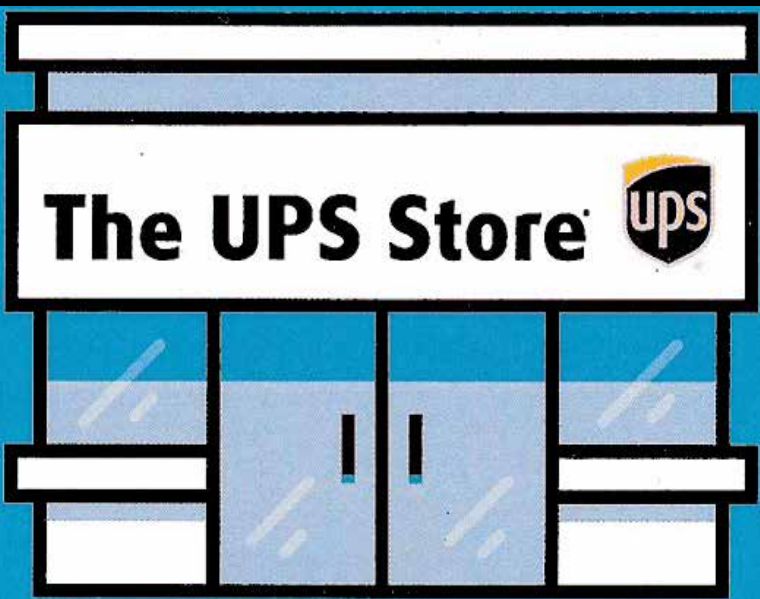
Publix parking lot the morning we spoke, and there were so many cars in the parking lot that we were afraid we had somehow missed the grand-opening.

Blue Cross/ Blue Shield is going to make an outdoor work-out facility, and the early planning stages of Miracle Field, which is the accessible

playground for disabled kids are in the works. "Miracle Field is like All Kidz on steroids," said the mayor. More parking is going to be needed outside the new Rec Center because of how we are growing. Speaking of growing, there is a sport that is growing, and it's called pickleball. Pickleball was invented in 1965 in Washington State, and has become so popular that some of the tennis courts at Big Spring Park are going to be painted with the regulation pickleball court size in order to accommodate the passionate players of the sport.

And lastly, the Lions Club has kicked off the 54th Kiddie Carnival. There was a time out during COVID, but not only is it back in full swing, but there are ten students who have been given a scholarship of \$1,000 each for college. We had much to celebrate, so we did, and then it was time to pray, so we did. And then it was time for Ronnie to roll.





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Matthew's Summertime In Athens

by Yvonne Dempsey



In the Veteran's Museum article in last issue of Athens Now, I introduced everyone to our youngest grandson, Matthew, who is spending his summer vacation with us. His father, our Marine son Joshua, is stationed at Fort Leonard Wood and is extremely busy with his job; Matthew's mother, Megan, is in nursing school which has her busy and stressed also. In need of someone to watch Matthew, Joshua asked us to help. Of course, we said we'd love to do so, although it has been quite a while since we've had a young child in our care for long. So, I thought back to when our boys were 9 years old, and I made a mental list of activities for the summer.

All of you parents, grandparents, and anyone facing long summer days with kids know that it is not always easy to keep them active, entertained, or from just being "bored" (I know you've all heard the incessant whining, "I'm bored," at some point). I was determined not to hear this and vowed to give Matthew a good, fun summer.

Well, as an avid reader, I always took my kids to the library and they participated in the available summer programs. It's the first thing I thought about for Matthew. He has been enjoying the Athens Library summer program on Tuesday mornings. Matthew has made new friends, painted, built a Lego pirate ship, and has had loads of creative fun. He has already read several library books and is really into "graphic" novels. These are books written and illustrated in comic book format. Many kids love them and so do I be-

cause even kids who say that they don't like to read, or have a problem with reading comprehension, do better having the pictures to help them.

One of the first things Matthew participated in was the kids' fishing rodeo put on by the Limestone County Sportsman's Club. As a member, I was thrilled to see so many families out for the event. Lots of huge fish were caught, some almost as big as the ones who caught them. Matthew caught a couple of small fish but had loads of fun with his Paw Paw. He won a door prize (tackle box), ate hotdogs and chips, and at the end of the event, helped me in the Pepsi wagon. He said, "Maw Maw, I'm gonna do this every summer. It was so much fun!" So I guess we know at least one thing we'll be doing every summer!

Big Spring Park, AKA the Duck Pond, is a place that Matthew has before. I love feeding the ducks as much as he does. He was excited to see some baby ducks and loved having them come right up to him for food. I know we'll be going back several more times before he leaves. Matthew says that it is "a nice place to just be." We topped that day off by going to Sonic for a Sour Patch Slush Float, which is another of Matthew's recommendations. He has had two so far this summer and looks forward to more of them. I, however, choose to pass on it...

Athens offers several great venues for family fun. One enjoyable time we had was at the Friday's After Five concert last weekend. Matthew was excited to go because he is a fan of food trucks and good



Library shark craft



Fun at Cook's Museum



Feeding the baby ducks

music. The band, Juice, was a great one to get the crowd on their feet. After munching on popcorn, Matthew asked if he could get up and dance. I told him to go for it, and he did. He danced for at least an hour and had so much fun. It is heart-warming to see everyone enjoying themselves -- regardless of age, race, gender, mobility, ability -- all were laughing and having fun together. What a wonderful city we live in! Matthew loved it and recommends that everyone get out and experience it. Check out visitathensal.com for info on events such as this.

Because I love museums, especially our Veterans Museum (also highly recommended by Matthew) and I know how kids love nature museums, we decided to take Matthew to Cook's Museum of Natural science in Decatur. Wow! We had not been to the new one but had only visited the original museum when our kids were younger. We were

highly impressed and had such a good time. There is something for everyone. So many exhibits covering everything from outer space (an actual meteorite) to the sea (such as live jellyfish). There are many live sea creatures and land animals; animal and insect exhibits; fun things for kids to do. Matthew loved all of the hands-on exhibits, especially the kinetic sand table where kids can build volcanoes. The rope bridge and tree house were fun, and one of his favorite things was the cave. We built up an appetite, so we got lunch at Nature's Table eatery located in the museum. Matthew recommends the chicken quesadilla, and the smoothies are delicious. And don't forget the gift shop with wonderful stuff for every age. Of course,

Matthew took notes and made a list of birthday and Christmas gifts he wants... just in case we need it!


Well, so far we've gone through June and have all of July for more adventures -- some traveling to do, books to read, crafts to make, and whatever else we can think of. For sure, we are going to the 4th of July fireworks show here in Athens, which is always spectacular. Hope y'all are enjoying your summer...we sure are!

Slinkard On Success

“M” Is For Mission

by D. A. Slinkard

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



For our series on the “ABCs of Slinkard on Success,” we have come to the letter “M” and the word is Mission. What is your mission in life? Can you clearly define what you want to do? Do you know how you want to go about achieving your life results? Have you even thought about it? When I use the word “mission” I am referring to what some would consider a mission statement, and to give an example of this, I looked up Coca Cola’s mission statement and found, “To refresh the world in mind, body, and spirit, to inspire moments of optimism and happiness through our brands and actions, and to create value and make a difference.”

I truly believe it is vitally important for every individual to create their own mission statement when it comes to how they are going to live their life. A personal mission statement is a little bit different from a company mission statement, but the fundamentals are relatively the same for both. I believe we would be hard pressed to find anyone who has taken the time to think about and then write out their personal mission statement. I believe this is because too many people do not want to work for their success, and they want to achieve success through the easy way, but there is no such thing as the easy way.

Too often we look at the finished product and think to ourselves, “That person sure was lucky,” even



though we never take the time to think about the hard work and extra hours these individuals put into practice to be successful. Thomas Jefferson once stated, “I’m a great believer in luck, and I find the harder I work, the more I have of it.” And it seems to me that luck always appears to be against the man who depends upon it. It seems we use the excuse of someone being lucky when we cannot explain the success of those we do not like.

The success in your life – has it been planned or has it been accidental success? I believe there are many people who have some success simply because of chance. These are the people who do not put in the necessary work to achieve success. I do believe that flukes do occasionally happen for people, and it reminds me of the old quote, “Even a blind squirrel finds a nut every once

in a while.”

How does a person write their personal mission statement? It comes down to getting some matters settled such as identifying your core values, identifying your goals, and then taking the time to think about how you want to impact the world around you. This takes a little bit of work, and I believe it is a contributing factor for why many people do not have a personal mission statement. It is much like the onion, in which it requires peeling back the layers and digging deeper to understand more about ourselves.

Take the time now to identify your core values that guide and direct your life. What values are most important to you now, and what values do you think will be important to you down the road? Over the years, my values have changed, but I can tell you I can at least identify what

I believe in. What about you? Have you gotten your values settled or are you tossed to and fro with the blowing of the wind?

The next aspect is to identify your goals and how you plan on achieving these. So often people are too vague when it comes to their goals, and being vague is like not writing anything down at all. Whatever your goals may be, that is great, but what are you going to do to obtain your goals? We tend to overestimate our abilities to get things done, and we underestimate the time it will take to achieve what

we want. We have all been guilty of biting off more than we could chew because we thought a job or task would be easier than what it was.

This year is zooming by and will be over before we know it, but how are you approaching your days? Are you being active in finding success or are you passively living your life? A boat that merely drifts will never go anywhere, and we need to live our life with purpose. What is the mission that would give your life meaning and the purpose to succeed more each day?



Broken Windows, Litter, And Crime

by Tamisha Sales - Executive Director - Keep Athens-Limestone Beautiful



Have you ever stopped to think about how litter possibly relates to crime?

In simple terms, the Broken Windows Theory suggests that litter-free environments encourage proper litter disposal. On the other hand, the presence of disorder (litter, graffiti, overgrown lots, and abandoned buildings) and disorderly behavior (i.e., panhandling) attract criminal behavior and activities. For this reason, police and code enforcement officials target resources to enforce minor offenses, such as littering.

Keep Athens-Limestone Beautiful communicates with local law enforcement the reports of overgrown lots, graffiti, junk cars, and illegal dump sites. Together, the citizens of Athens and Limestone County, law enforcement, and KALB can maintain neighborhood order, prevent more serious crime, and keep Athens and Limestone County beautiful. Therefore, we at KALB would like to extend an invitation to you -- groups and businesses -- to connect with KALB to encourage litter-free environments and safe communities. Connect by:

Reporting Litter and Illegal Dumping Sites

- Visit www.KALBCares.com. Select Litter Control from the menu, then click on Litter and Illegal Reports. Complete the fields and submit. Or call us directly at 256-233-8000 to report litter or illegal dumping sites.

Volunteering

- Volunteer as an individual, group, or business to keep Athens-Limestone beautiful.

- KALB supplies pick-up sticks, buckets, vests, gloves, etc. for cleanups. KALB can also point you in the direction of litter hotspots if you have not already identified a littered location yourself. Call ahead at 256-233-8000 or email the KALB office at KALBCares@gmail.com, and we can have the supplies ready for you to pick up. It is just that easy!

- Be creative with your cleanup. Here are ideas from dosomething.org:

- o *Relay Race Cleanup* -Each team has a bag. The first player collects five pieces of trash, then hands the bag to a teammate. The first team to collect 25 pieces (or whatever goal you set) wins. Another idea: Each leg of the race gets more challenging -- so maybe the first leg is just

You're Invited

Keep Athens-Limestone Beautiful

invites you to a beautiful and safe community by:

- Reporting Litter and Illegal Dumping
- Volunteering
- Becoming a Member or Donating

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running, the second leg is hopping on one foot, and so on.

- o *Collect Against the Clock* - Set a timer and see how much trash you can pick up before the clock runs out. The team or person with the most trash collected wins.

- o *Category Scavenger Hunt Races* - In this relay race, pick up trash in specific categories (maybe five to 10 categories) in a set order. For example, the first category is cigarette butts. Once you collect that, the next level is an alumni-

num can. After that, a piece of paper. The first to pick up those items in that order wins.

Becoming a Member or Donating

- KALB continues to fulfill its mission because of the support received from citizens like you,

who care about our local environment, community wellbeing, and the programs and education KALB provides. To learn more, or become a member, visit www.KALBCares.com and select Donate from the menu.



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



Cooking with Anna

Love Always Protects

by Anna Hamilton

With 2022 being already half-way over, I hope you are learning how to love yourself the way God intended through the articles I have been writing. What does being protected mean to you? Webster's Dictionary defines protection as: "To cover or shield from exposure, injury, damage or destruction." How are you shielding yourself? How do you protect yourself from exposure to hateful thoughts, harmful feelings? By filling yourself with the true love of God, you will be able to protect your heart.

We learn from a very young age how to protect ourselves from physical pain. Our parents teach us that if we touch a hot stove we will get burned. If we ride our bikes too fast down a hill, we will fall and scrape our knees. As we get older, we may begin to "test" our physical limits. We may drive a little too fast, knowing that a car wreck can

cause great pain. We may indulge in too much alcohol or for that same matter, too much chocolate cake; knowing full well the bellyache that will follow. As adults, we learn to walk the fine line between protection for our physical bodies and things that can cause us pain. We have learned to navigate the world.

Most of us, however, aren't as equipped to protect our hearts from pain. One of the greatest lies we are told as children is "Sticks and stones may break my bones, but words will never hurt me." As I think back over my 41 years on earth, I can count on one hand the number of times I fell off my bike, or scraped my knee, or cut myself...but words others have spoken to me still cut my heart to this day. Most of them concerned my always being heavier than the other children around me growing up. That feeling of not being good enough or as worthy as

continued on page 23

Baked Zucchini Casserole

Ingredients:

- 1 lb. ground beef
- 2-3 zucchini or yellow squash
- 3 Tbsp onion, chopped
- 2 cups small pasta (elbow or shells work nicely)
- Salt and pepper to taste
- 1 4 oz can chopped green chilis
- ½ cup sour cream
- 1 tsp cilantro chopped (optional)
- 1 cup shredded cheese

Directions:

Cook ground beef with chopped onions over medium heat in skillet until brown, drain.

Cook pasta as directed, drain, and set aside

While beef and pasta are cooking, slice the squash into ¼ inch slices. Sauté squash in butter over medium heat about 5 minutes. Set aside.

In a bowl mix together green chilis, sour cream, and cilantro. Add ground beef, pasta, squash to sour cream mixture and stir together gently until blended.

Pour mixture into a casserole dish and top with cheese. Bake at 350 degrees for 15-20 minutes. Enjoy!



Why Wellness Travel Is The Year's Top Vacation Trend

courtesy BrandPoint content

(BPT) - You're dreaming of a vacation where you can have fun while being healthy. You want to travel somewhere equal parts exciting and relaxing. You want meaningful experiences that inspire you to live your best life. And you are not alone, which is why wellness travel is experiencing huge interest in 2022.

What is wellness travel?

Wellness travel is not a new concept, but it has evolved tremendously over the last several decades. Previously, wellness travel typically meant a spa getaway, and, while spas remain an important part of this travel trend, vacations focused on well-being go beyond massages and facials.

Wellness travel today supports mental and physical health in meaningful ways that can be customized to the traveler. You can visit spas that feature traditional services as well as new options such as hydrotherapy that uses the healing benefits of water and chromotherapy that incorporates the power of light. Other pillars of wellness travel include access to fresh, wholesome foods as well as myriad fitness activities. This may include specialty exercise classes or the opportunity to explore local flora and fauna independently.

Wellness travel destinations are available nationwide and are often located in the beautiful backdrop of nature. This natural setting can inspire

mental and physical well-being, and you may enjoy activities such as guided hikes, outdoor meditation and more.

Why do people choose wellness travel?

The pandemic has changed many people's approach to travel. After shelving vacation plans, today's traveler wants experiences that are meaningful and support their core values. Because wellness travel embodies the idea of proactive health that includes mixes of rest and relaxation with opportunities to learn, grow and try new things, it's often the ideal choice for couples, groups or solo vacationers.

Some people choose wellness travel because they are looking to kickstart a healthy lifestyle. Others are looking to continue their current health jour-

ney and expand their sense of well-being. Many people like that wellness travel destinations are located throughout the United States, so there's no need to travel internationally and have a passport. In fact, you may be surprised how many top-rated wellness travel destinations are located within driving distance or a short flight.

What are wellness immersion retreats?

Wellness immersion retreats are planned events that you can attend where you get access to a variety of health-related activities and amenities designed to inspire you to feel your best. These experiences vary in length, anywhere from a weekend to several weeks.

For example, the one-of-a-kind Kohler Well-Being Experience is a three-day

wellness extravaganza presented by Prevea Health with gifts from lifestyle brand goop. The weekend starting June 24 is packed with curated special events that allow guests to explore everything the luxury Midwest resort offers while gaining a fresh perspective on the world of well-being from influential figures. Dr. Michael Roizen, Anna Kaiser, mindfulness educator Catherine Ekeleme in partnership with goop, and Dr. Bryan Williams join Destination Kohler's own roster of experts from Yoga on the Lake, Bold Cycle, Sports Core, and Kohler Waters Spa for special programming throughout the weekend.

In addition to the Well-Being Experience, Destination Kohler is hosting a new series of Wellness

Immersion Weekends available July 8-10, Sept. 9-11, and Oct. 7-9. These flexible and tailored weekends are specially curated by Kohler's wellness team to offer unique experiences like private yoga Nidra, guided hikes, intention setting and journaling, a custom-blend essential oils class and wellness assessments. Access to a wellness concierge is included to help guests customize their itinerary to explore the resort's full range of offerings.

Wellness travel is appealing to many people because it supports their value of proactive health while providing an inspiring yet relaxing break from routine. This trend is likely to grow, continuing well into the future.





Cover Story

Wine & Design On County Line: Painting It Forward And More

by Ali Elizabeth Turner

continued from page 1

pany whose concept was first showcased on *Shark Tank*. It was founded by a woman named Harriett Mills, was picked up by *Shark* Kevin O’Leary, and ten plus years later, Wine & Design remains in the *Tank’s* Top Ten of successful franchise ventures. We are blessed to have a Wine & Design located at 12060 County Line Rd, Suite G, in Madison’s Publix shopping center, and here is Maria’s story.

Maria was looking for an entrepreneurial opportunity and did a ton of research. She became aware of the *Wine & Design/Shark Tank* story, and after looking into a number of national franchise possibilities, decided that if it was good enough for “Mr. Wonderful,” Kevin O’Leary, it was good enough for her. A number of things intrigued her—the fact that as a franchise owner she did not need to have an art background,

the abundant opportunities to build community through the use of art, being able to give to charitable organizations, helping kids to get their “art buzz” on through art camps, improving the morale of corporations, and more.

The Madison, AL Wine & Design opened in September of 2020, began to build well, and then COVID hit. They never had to close their doors, for which Maria is grateful, and found creative ways to keep going during the pandemic. That included having people pick up supplies and have the classes held virtually, having smaller class sizes, and practicing social distancing. Now that we are post-pandemic and summer is here, Maria is wanting more people to know how Wine & Design works, how it can provide everything from creative education to bridal showers to team building events, and why, from the *Shark Tank* perspective, it is one of their “GOATs,” or

“Greatest Of All Time” investments.

There are over 1500 different proprietary templates available for people to use to help guide them through their painting process. Sometimes a theme is selected for a class, or for Open Studio, a person can choose their own. The artist on duty will draw just a few sketches on the canvas, and then help people select paint and teach some strokes. Most paintings are completed in just one session. Maria will be the first to tell you she does not consider herself to be all that artistically inclined, but upon showing me some of the pieces she had done, I beg to differ. There is also a DIY night where you can paint wine bottles, glasses, acrylic pours, and other items with a design of your own, or with a little help. There is also an opportunity to make your own “chunky blanket,” which is woven together with soft, giant loops, and Wine & Design has been known to help get

those creations to people who are undergoing chemotherapy. This past year, Wine & Design partnered with other businesses and gave blankets to Clearview Cancer Center.

One of the most successful aspects of Wine & Design’s services is team building. A friend of Maria’s who owns a Wine & Design in the Seattle area regularly puts on events for Microsoft that have upwards of 200 attendees each time, and are very popular. It has been shown that when people create together and support each other in the process, there is a deepening of team spirit and an increase in morale and productivity. “We can go to your place of business to do events; you don’t have to come to us,” she told me. Some of the most successful team-building events are with businesses or organizations that are not thought of traditionally as being all that “art-oriented,” and Maria gets great satisfaction in seeing

people break through when they paint something about which they are pleased. She knows from experience how meaningful it can be.

Sometimes, people will come to Wine & Design for a first date or a date night change-up from “dinner-and-a-movie.” People come for baby showers, birthday parties, bridal showers, or just by themselves. There really is something for everyone. Some people come over and over again to get instruction and to improve their skills, others just for the fun of it along with the satisfaction of experiencing the creative process and make something that reminds them of a good time.

Whatever your reason, it’s your time for Wine & Design. Call, go online, or stop by the shop and book your session today. This is your chance to sign up, show up, sip up, and paint!

Wine & Design, Madison

12060 County Line Rd, Suite G • Madison, AL 35756
256-262-4194

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www.wineanddesign.com/madison-al

Facebook:

WND Madison AL
Instagram: WND Madison

Tennessee Valley Spotlight



Mondays at 10am
1080 AM WKAC

Scooter's Coffee Of Athens: Community Building, One Cup At A Time

by Ali Elizabeth Turner



continued from page 1

had been very successful working in the corporate world early in his career but quickly realized corporate life wasn't for him. He's been involved in numerous ventures since those early days, but Scooter's Coffee is by far the one he enjoys most. He loves world-class coffee, and like many folks, hates waiting forever in the car line to get his custom drink.

"When I first began researching the coffee business, I thought about just getting a double-wide, opening a drive-thru that would be called Scott's and getting people what they wanted quickly and with a smile. Then I found out I wasn't the only one who'd had this idea, so instead of a Scott's, we became a Scooter's," he told me. He added, with regard to the founders and the franchise, "I found what I was looking for as a customer, and there was no point in re-inventing the wheel."

Here is a bit of history about the parent company, which is located in Nebraska. In the late '90s, Don and Linda Eckles were living in California, and coffee was the in thing. Of course, coffee houses had been around since forever, but the prevailing thought at the time was that you would go in, sit and sip, and stay for a while. The Eckles decided to open a shop in Bellevue, Nebraska, that would specialize



in quality, quickness, and building strong communities through old-fashioned service where the customer is known and appreciated. "An idea whose time has come...again" has now resulted in more than 450 award-winning franchise outlets nationwide.

I had the privilege of attending the Chamber of Commerce grand opening/ribbon cutting on June 10, and it was hotter than the hinges of Hades outside. No matter, Scott and his crew were cheerful as they gave out samples and waited on the many customers who were taking advantage of the Opening Day-only-1/2-price sale. Later, when I got the chance to interview Scott inside the air-conditioned drive-thru, I was struck by the joy with which he described his crew and customers. "I love my crew and I love my customers," he said, and it is obvious that it's mutual. Here is something else you don't see very often on the side of a drive-thru, let alone talk about, and that are the values held by the cor-

poration. At Scooters, when you pick up your order at the window, you are greeted by what is a good reminder for us all: Integrity, Love, Humility, and Courage.

OK, so how's the food? Hands down, the iced Americano with coconut milk was the best I have ever had, and it wasn't just because I was thirsty. I added the turkey sausage burrito, and was in and out lickety-split. There is a tip box right under the window, and I was thanked for putting something in that they would all share later. Scooter's serves made-from-scratch pastries; smoothies; teas; breakfast burritos and sandwiches; cookies; oatmeal; hot coffee; cold coffee; lattes; specialty espresso items; their signature drink, the Carmelicious; and more.

As far as community building, Scott told me that Scooter's is firmly committed to achieving its mission: "To make a positive impact on every life we touch." And it's clear, Scott has a deep sense of grati-

tude for first responders of all kinds -- military, law enforcement, firefighters, medical personnel, and an often over-looked group, teachers. "We are all about the people that serve us," he told me. They will have days with discounts for each of these groups, and when anyone downloads and orders from the Scooter's app, they can qualify for free drinks.

When I asked Scott about the response Scooter's had received from the community, he said that people had thanked him for coming to Athens. He made a further statement to our community which is, "We're delighted to bring Scooter's Coffee to Athens. We did a soft opening several weeks ago and the people of Athens have received us with open arms and warm hearts. We couldn't be happier with our decision to locate here because for us, although coffee is our business, people are our passion -- just like this great city!" Scott also told me that he

looks forward to going to work every day, which is not something you hear often. I asked if they are hiring, and he said, "Right now we are full, but people are welcome to apply."

Nationally, Scooter's has been the recipient of awards from the coffee industry, the franchise industry, and has garnered local along with national media attention. Come any day between 6 a.m. and 8 p.m. and experience the original promise of the founders: "Amazing People, Amazing Drinks... Amazingly Fast!"[®] *It's the cornerstone of our business, and the commitment we make to every customer, franchisee and employee of Scooter's Coffee.*

**Scooter's
Coffee**

6 a.m.-8 p.m. every day
256-800-1003
547 US Hwy 72
Athens, AL 35611
www.scooterscoffee.com

One Mistake Leaders Make When Building Teams

by Eric Betts

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



In these changing times, when leaders are re-evaluating their strategies and goals, one important aspect to consider is how to calibrate one's team to maximize growth. In other words, this means evaluating each team member to ensure that each person has been placed in the best position which will take the organization to the next level. Oftentimes, this is difficult, because change creates uncertainty and discomfort. However, change and discomfort are a part of both growth and development of both the team members and the organization. Therefore, most leaders avoid change and consequently fail at maximizing the potential of the organization. It is better to make the correct decisions in recruitment placement of potential, than to "upset the apple cart" years down the road.

When recruiting and assigning team members there is one common mistake that leaders make that with careful consideration they might avoid.

Tom Rath and Barry Conchie co-authored a book entitled "Strengths Based Leadership." Tom Rath holds a B.A. in Psychology from the University of Michigan, and a M.S. in Psychology from the University of Pennsylvania. He serves at Gallup, Inc., where he participates as senior scientist, consultant and advisor. Barry Conchie is Founder and President of Conchie

Associates LLC and has more than 30 years of experience in the areas of psychometric assessment, executive coaching, top-level succession planning, individual and team optimization. Their research is studied by executives and organizations around the world. In their book "Strengths Based Leadership," they advise their readers on how to become great leaders, build teams, and convince people to follow. In their consulting business, they warn leaders about two common mistakes that are made when organizing teams. The one mistake involves recruiting people who are carbon copies of themselves.

When leaders recruit for strength, they all too often pick people who act, think, or behave like themselves, albeit unintentionally in most cases. It's an age-old dilemma. How is a company supposed to grow, adapt, and change if a domineering CEO continues to pick people who agree with him and who have a similar background and personality?

This mistake is made because leaders subconsciously and intuitively recruit team members they are most comfortable with. This is likely because leaders fail to recognize the value of strengths versus competency. If they like the person they recruit and the person is also competent, then leaders mistakenly

assume that this is a win-win situation. Additionally, so many wrongly assume that competency equals strength. Just because a person can do something, doesn't mean they should be doing it. Competency only means ability and effectiveness. It is possible that one can be competent in an area that is not necessarily a strength. A strength, according to Rath and Conchie, involves the inner make-up of a person. It includes what he or she is passionate about, what they would enjoy doing, and what energizes them within the organization. Gallup has found that most team-members are out of place within an organization because too much emphasis is given

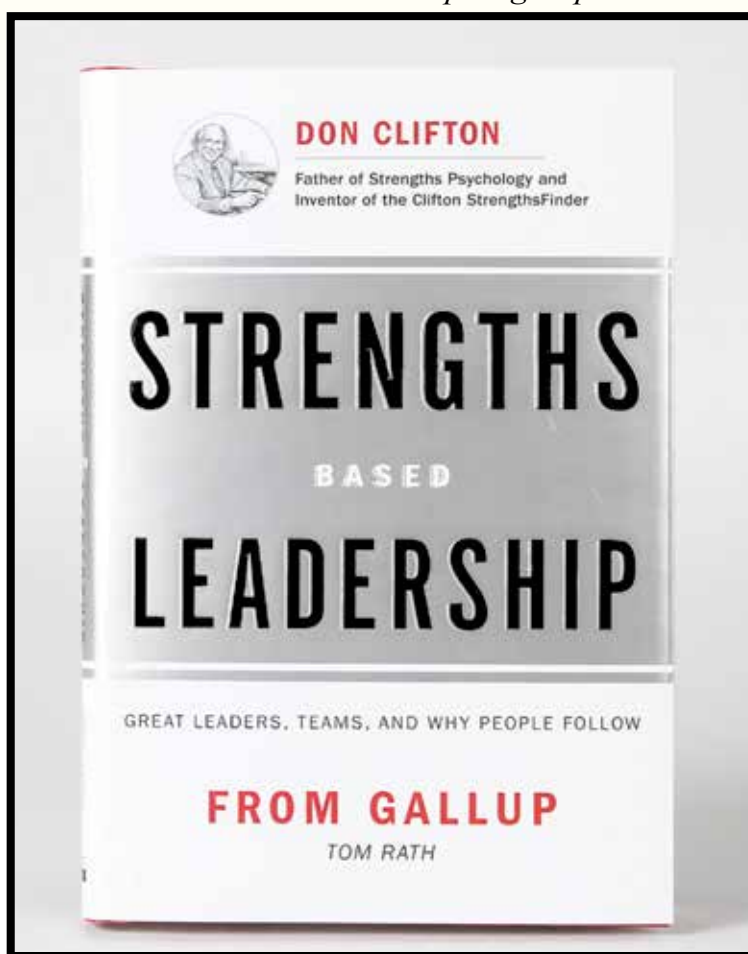
to competency and not enough on strengths. Rath and Conchie explains how this happens:

Effective leaders surround themselves with the right people and build on each person's strengths. Yet in most cases, leadership teams are a product of circumstance more than design. Among the executive teams we have studied, team members were selected or promoted based primarily on knowledge and competence. So, the best salesperson becomes the chief sales manager, even if he is not a great people manager. The smartest person in IT winds up as the CIO. The top financial expert gets promoted to

CFO, and so on.

Knowledge, competency and likeability are not enough. Correctly synthesizing the strengths and weaknesses within a team means everything. Matching the persons inner make-up and passion with the correct assignment is the clue to next-level growth. The inner make-up of the individual talent should be evaluated. Inner make-up may include traits such as the analytical, futuristic, strategic or learner types. They may also include traits such as maximizer, communication or competition. A person with the traits such as positivity, adaptability and harmonizing have a special place in the organization that cannot be underestimated. Competency is important, but if it the task is draining to the competent individual, they tend to hit a lower ceiling. However, when it is the right person with a particular quirk or trait, combined with energy and passion, the sky is the limit.

So, rather than recruiting individuals who are carbon copies of oneself, study various personality traits, especially those that complementary. Look for vision. Seek out where the energy lies. When this is done, the team will not be cookie cutter of personalities and competencies, but more like an orchestra or a band with different instruments creating a most beautiful sound.



Cotton Bowl Bound In Nana Sue's Land Yacht

by Jerry Barksdale

www.jerrybarksdale.com fb.com/jerry.barksdale.7



The girls were excited. We were going to the 1989 Cotton Bowl in Dallas where the Arkansas Razorbacks would rub the noses of the UCLA Bruins in a mud hole. I'd never attended an out-of-state football game. And I'd never been trapped in a car for 667 miles with three women who were rabid Razorback fans. The bloom of my 15-month marriage to "Arkansas Pat" (not to be confused with my good friend and sometime redhead, "Tanner Pat") was still on the rose. Pat's two daughters, Audra, 21 and Leesa, 17, were two of the finest and prettiest little hellions I ever met. Both had been born in Auburn to parents from Marked Tree, Arkansas, the center of the universe and the largest and most cultured wide speck in the road. In other words, the Paris of Arkansas. They loved Auburn and they loved Arkansas. My point in this: Crossing a rabid Auburn fan with a rabid Arkansas fan is like mating a wild hog with a feral tomcat. Nature never meant it to be.

My experience with girls was limited to my sweet little Shannon who use to climb onto my lap and says things like: "My Daddy is my hero." I didn't know that little girls grew up, drank beer, smoked cigarettes and wrecked

cars. Audra and Leesa are the reason Pat developed her immutable law, "Never give a teenager an equal break." They are always up to something, you bet.

It was decided that we would travel to Dallas in my modest little Ford Escort, a runt of a car I drove from Huntsville to my law office in Athens. "It's gas efficient," I said.

The plan was to drive from Huntsville to Memphis, spend the night with "Nana Sue," the girls' grandmother, then proceed to Dallas. We hadn't gone a block before Audra began slandering my car. "I don't want to ride in a 'box on wheels.'" That's what she called my little car!

The girls hatched a plan to borrow Nana Sue's big land yacht Lincoln Town Car so we could ride to Dallas in style. I smelled trouble. Nana Sue wasn't the grandmotherly type who wore her hair in a bun and baked cookies for neighborhood kids. In earlier years she had partied at Elvis' mansion, operated a liquor store, and had firm opinions about every subject and wasn't hesitant to express them. I was afraid of Nana Sue and answered yes'um and no'mam. She was very particular about her Town Car. When a kitten crawled beneath the hood and took a nap on the fan blade, Nana Sue complained loudly about the blood and cat hair

slung on her car.

We departed for Dallas in Nana Sue's 18-foot, two-ton, 8-cylinder behemoth, blowing out gas, the stereo surround sound blasting, and the girls calling their hogs.

"Wooooeee pig! Soooy!"

Wooooeee pig! Soooy!

Razorbacks – Razorbacks

Soooy!"

In Dallas, we stayed at Loews Anatole, the same hotel where the Razorback team and fans were lodged. An atrium ran from the ground floor to the top. When someone tooted in the lobby, we could hear it on the 15th floor. We all piled into one room. Our single bathroom quickly looked like a Bed, Bath & Beyond. It was crammed with oils, lotions, ointments, sprays, cosmetics, powders, perfume, emollients, rubs, combs, brushes, dryer, tweezers, curlers – a veritable nightmarish hell for a man. I couldn't find space for a toothbrush! And another thing, I discovered women don't use three towels when six are available. They use every one of them and right away.

Leesa saw a candy bar inside a drawer that was fastened with a plastic tie. She threaded her hand inside and pulled out a chocolate bar. "Look what I found," she said and reached for another one.

"I wouldn't do that," Audra said.

"It's complimentary," Leesa said. Then she pulled out cheese. We ate all of the candy and cheese. It sure was delicious. The hotel even provided complimentary wine. We helped ourselves to that, too. Nothing like staying in a classy hotel.

The girls wanted to attend a big New Year's Eve party at the hotel. Leesa was underage, but determined to attend. Pat hatched a plan. I would pretend to be an old, oil-rich Texan escorting his young wife. "Rich Texans have young wives," Pat said. "They won't even notice." Leesa wore a black velvet dress and Pat's mink, and we were ushered in like celebrities. No I.D. check. Even though it has been 28 years, I hope that information never becomes public. A 48-year-old man with a 17-year-old on his arm! Gloria Allred will sue my socks off. I'll be kicked out of the Senior Center.

It was past midnight when we finally got to bed. Then the Razorback fans in the lobby began calling the hogs. "Wooooeee pig! Soooy!" It sounded like they were in bed with us. I finally dozed off around 5 a.m. The Razorbacks got their noses rubbed in a mud hole, a 17-3 loss. I figured they didn't sleep any better than I did. We checked out and

that's when I learned the candy, cheese, and wine weren't complimentary. About \$175, as I remember. I learned that you pay to stay in a classy hotel.

We departed for Memphis in Nana Sue's land yacht; a quiet bunch we were, no blasting stereo and no calling the hogs. I pulled in for gas. "Look! We get a free car wash," Pat said.

"Something tells me we shouldn't do that," Audra said.

"Why not? It's free," Pat said.

"I wouldn't do it, Mama."

The car came out of the wash tunnel, and we tore out for Memphis. "Oh my God!" Audra exclaimed.

The antenna had been pulled out by the roots and it was dragging behind the car and sparking on the pavement.

"Nana Sue isn't going to like this," Leesa said.

And she didn't, she really didn't. I bought a new antenna and had it installed. All in all, including "free" chocolate bars, cheese, wine, and a new antenna, the 1989 Cotton Bowl trip was expensive. We should have gone in my box on wheels. I never borrowed Nana Sue's land yacht again. Years later, when they invited me to accompany them to the Sugar Bowl in New Orleans, I declined.

Becoming An Amputee With A Service Dog

by Joel Allen



Hello, folks! As many have heard, I recently have become a left below-the-knee amputee. This was not an easy choice to make, and I took two months in my final decision to listen to my doctors. This has been life changing for me but not life ending. I asked myself and worried that I would not be able to live a good life, as I saw myself losing mobility and a foot. That is monumental on a huge scale, folks! I thought I would never walk again or do simple things that we all take for granted every day. I even worried whether a service dog or my service dogs would be enough to help me. Then after much thought and prayer, I realized that I was actually ready for this challenge. I have always been thinking ahead, and apparently God prepared my path for me before I even knew myself. The good news is that I will have an artificial foot, and I will begin training with that soon. I have to say that Vanderbilt is a really good place to begin the journey of healing I am on.

In public, when everyone sees me and one of my service dogs, the first thing they notice is my service dog does not pull on the leash, and if they do it is very lightly and quickly halted. I train all my dogs from the beginning of basic obedience to more advanced training not to pull on their leashes. There is always

a “just in case” in the back of my mind, and I always implement a plan for this. These last two weeks have made me see that being physically impaired as I am now, “loose leash” training is always a must.

Another lesson I am grateful that I teach and encourage is “off-leash” commands such as “recall” (a verbal command of calling the dog back and they listen), “stay,” and other commands that can be implemented depending on your needs as someone using a service dog. Most leash laws or ordinances in different states and towns have a clause stating that if the service dog is not leashed to its handler, it must be under verbal control. I have had Houston off leash in the public at times when my mobility caused me not to be able to escort him on leash to relieve himself, and he remained under verbal control even when another dog was barking at him in our area of operation. That is real control when your dog listens even during or after another dog tries to get their attention and they stay focused on where they are supposed to be around their handler.

I was at Vanderbilt recently and used the restroom. When I was done, and Houston stayed next to me the whole time, I dropped his leash so I could wash my hands,



and he stayed where I told him even when someone else walked into the restroom and spoke to him. I would like to say that when training your service dog, distraction training should be implemented so when something like this happens, your dog is prepared and does not become distracted from their mission.

Since this new way of life has become ours, I am finding that I really don't have to teach my service dogs much more than they already know. With Houston, I will add to his training soon the ability to lock his body in place to assist me in balance or recovery from a fall should that ever happen.

Some other lessons I would recommend for those like us with mobility issues is the “fetch”

command. What this entails is teaching your service dog to pick up things on command and bring them to their person. There are many techniques that are used for this training, so we will keep it to a list of the possible training ideas. Your service dog can be taught to pick up things dropped so as to prevent a fall, fetch your socks, turn on the lights, and just about anything one can think of to assist when it comes to bringing items of purpose for their wellbeing.

Folks, I have to say that this was not an easy decision for me. Being a bachelor and loving my dogs, I worried that our lives were over, at first. Then, I asked questions and found that I would still be able to live and be me. I found there is life after amputation because it went through

my mind that I would have to give up certain qualities of life. Let me say this to those who are faced with something life changing as I have been, stay positive and focused. Your life is only beginning, not ending. I've been there and I know the choice is ours to make. As one of my favorite movie quotes in Morgan Freeman's voice says, “Get busy living or get busy dying.” I hope that everyone has a good month and stay safe out there, until next month.

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

**Joel Allen
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FODO Continued

by Lisa Philippart,
Licensed Professional Counselor



“Sometimes disappointing other people is the only way you can be yourself.”

- Nitya Prakash

In my last article, we discussed FODO—the Fear Of Disappointing Others. We addressed three ways you can begin to get over your fear of disappointing others. First, consider the costs of your FODO. Second, remember that you are not responsible for other people’s emotions. And third, reframe your fear as uncomfortable, not dangerous. In this article we will continue with three more tips on reducing FODO.

One of the ironic things about FODO is that you’ve probably got a double standard for it when it comes to you versus other people. For example, if a good friend had something important to tell you but was afraid of disappointing you, you would want them to tell you, right? And more than likely, if you even felt disappointed at all, it would probably be way less than what they are imagining, right? So, your standard for other people is different than the one you have for yourself. One way to overcome FODO is to apply the same standard you already apply for other people to yourself. There is a term called



reverse empathy. Typically, empathy means putting ourselves in someone else’s shoes... imagining what life and the world must be like given their own viewpoint and experiences. Reverse empathy means putting yourself in your own shoes when you’ve experienced something similar to what you’re afraid of someone else experiencing. If you are afraid to give a good friend some difficult criticism or feedback and are concerned about disappointing them, think back on a time when a good friend had the courage to be honest with you. Reverse empathy can give you an initial boost of confidence to take action.

If you wanted to run a marathon, you probably wouldn’t just lace up your running shoes and run the 26.2 miles. Similarly, if you have to do something difficult that you’re really afraid might disappoint someone else, wouldn’t it

make sense to work up to it gradually so you can build competence and confidence. Instead of assuming that you need to summon up a massive amount of willpower to combat the FODO, why not try to work up to it by practicing this skill of tolerating fear and being willing to do what’s right. You might practice giving some difficult but constructive feedback to your coworker or ask a friend to role play with you. If you can practice tolerating the fear of disappointing others in small ways, you’ll be that much more confident when you finally decide to accept the big challenge.

Watch out for fake guilt. Fake guilt is when you mistakenly interpret a difficult emotion like sadness or anxiety as guilt. Here’s an example: a good friend gives you an opportunity to invest in his company. You would like to, but you have committed to putting all your extra

money into a savings plan for your children’s college fund. However, you’re struggling to say no because you would feel too guilty rejecting his new venture. Technically speaking, what you are feeling there is not guilt. Guilt is a relatively narrow emotion... meaning it doesn’t happen that often. To feel guilty, you have to have knowingly done something wrong. And in this example, while it might feel sad or disappointing that you can’t invest with your friend, you haven’t knowingly done anything wrong. I believe that we often mislabel sadness or even anxiety as guilt because however bad guilt

feels, it gives us an illusion of control. When you’ve done something wrong, you can usually alleviate that feeling of guilt somewhat by making restitution. Sadness is the result of loss. So rather than experience the pain of loss, we label the feeling “guilt” because it makes us feel a little less vulnerable. (Hat tip to Nick Wignall.)

If you follow my articles, you may have noticed that I did not follow up with part two of Confidence Habits. I had a client ask me to address FODO, and felt it was a good topic to cover as soon as possible. My next article will finish up my suggestions for confidence habits. If you have a mental health topic you would like me to discuss, you can email me at Lisa.P@livinglifecounselingctr.com.

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The Alternative Approach

Saying "No" To Medications

by Roy Williams



*Editor's Note:
Interesting pre-COVID
perspectives that are
always relevant*

When is it okay to say "No" to prescription drugs? As most of you know, America is becoming a sicker and sicker nation. Despite all the "so-called" medical advances, more people are dying from heart disease, diabetes, cancer, and respiratory disorders than ever before in our history.

Many other disorders are becoming epidemic. Autoimmune disorders, arthritis, fibromyalgia, chronic fatigue, allergies, and insulin resistance are up by over 40% compared to just 20 years ago.

To make matters worse for Americans, the cost to treat these disorders has more than doubled in the last 10 years. What will you do when the cost of your family's health care is over half your income? Many experts fear that if something isn't done, that is where we are headed.

The problem with the medications that are being approved today is they are designed to only treat the symptoms

without addressing the cause or curing the disorder. You may be one of those people who have noticed that every time you go to your doctor, all they offer is more prescriptions; and the cost is growing.

On top of that, more Americans are becoming aware of the fact that the side effects of most medications are worse than the disorder they are treating. Most commercials spend more time telling about the possible side effects than is spent on what the drug may do to help.

More people are simply saying no to medications. The truth is that your body knows how to heal. It knows how to make repairs and build new, healthier cells.

What if you were to learn that all disease is preventable and reversible? What would you do if you learned that there was a way to cut your health care cost in half?

That is the future of health care in America. It is undeniable that supporting your health with proper nutrition will reduce your risk of almost all disease. The following is just one example.



Jamie started taking supplements over 10 years ago, but due to injuries in his younger years, the cartilage in Jamie's knee was gone. He was bone on bone and it was preventing him from enjoying many of the important things in his life, such as taking a walk on the beach.

The doctor told Jamie that the only option was a knee replacement; so Jamie scheduled the procedure. After drawing blood, the doctor asked Jamie if he took supplements. Jamie said that he had for years. The doctor said he could tell because his blood profile was much like that of a younger man.

The doctor just gave Jamie proof that taking supplements had made a huge difference in his overall health. About six weeks after the knee replacement surgery, the doctor told Jamie that he was healing faster than normal. Basically, Jamie was healing as fast as

someone much younger. More proof of the power of proper nutrition.

Tens of thousands of people all around the country are getting the same reports. Thousands of people over 60 are reporting better medical reports, less medications, fewer disorders, more energy, less pain and an overall, higher quality of life.

These people all have one thing in common, they are supplementing with high-quality nutrients. We are not talking about extra vitamin C or a one-a-day vitamin. We are talking about people who understand the importance of taking a wide range of vitamins, minerals, antioxidants, anti-inflammatories, and anticarcinogenic nutrients, which include cardiovascular, immune, bone, and joint support.

The future of health care in America is to learn how to support our health so we can avoid the disorders associ-

ated with deficiencies. Stay informed, learn as much as possible and support your over-all health with high quality nutrition. You will find that the cost is miniscule compared to the cost associated with medical procedures and insurance.

To learn even more, let me suggest that you go by Herbs & More store and ask for the MSM+C and Healing CD. It is free and so interesting that most people tell us they have listened to it 10 or 12 times. That CD just may save you from ever having joint replacement surgery and will explain how you can reduce inflammation and pain, slow the aging process, and take your energy back to where it was when you were 10 to 15 years younger. Go get one today. You will be glad you did.

*Your friend in health,
Roy P. Williams*

Herbs & More
www.newnutritionalhc.com

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Gwen Williams
Abbie Cooper

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Cooking with Anna (continued from page 13)

Love Always Protects

by Anna Hamilton

continued from page 13

someone else just because of my physical appearance has been an internal battle for my entire life.

God makes us all equals in Christ. So why in my deepest parts am I still that 8-year-old little girl being told I was just “too big” and being forced on a diet. The feeling of failure, the feeling of not being able to measure up to expectations when the number on the scale went up 3 pounds instead of going down. It is a battle I fight every day. This deep dive into 1 Corinthians has forced me to come face-to-face with demons I have buried deep in my heart, and I am hopeful that the next 40 years of my life will be filled with the happiness and peace we are promised in Christ.

God’s soothing words of wisdom are like a sweet oil for my soul. They are slowly healing the deep scars that were formed so many years ago. Proverbs 4 so beautifully describes how wisdom you gain from God will hold and protect your soul. “Take hold of my words with all your heart; keep my commands, and you will live. Get wisdom, get understanding; do not forget my words or turn away from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you.” Proverbs 4:4-6

By reading God’s word and praying for strength and wisdom, we begin to build a protective barrier around our delicate heart. God’s love becomes our love for ourselves, and we learn how to protect our very precious soul. God desires us to be filled with joy. He wants us to stand out from the crowd as a light on a hill. It is a very difficult task to let your light shine if you haven’t learned how to protect your soul.

There is a beautiful song by Keith Green that so eloquently puts into words how our old faith can be made new by God’s beautiful love. It is called, My Eyes Are Dry. There have been so many occasions when I came to a point where no more tears were able to flow from my eyes. I had to learn how to love myself again and learn how to use God’s word and the Spirit to heal me.

My Eyes Are Dry

My eyes are dry

My faith is old

My heart is hard

My prayers are cold

And I know how I ought to be

Alive to You and dead to me

But what can be done

For an old heart like mine

Soften it up

With Oil and Wine

The Oil is you, Your Spirit of Love

Please wash me anew

With the wine of Your Blood.

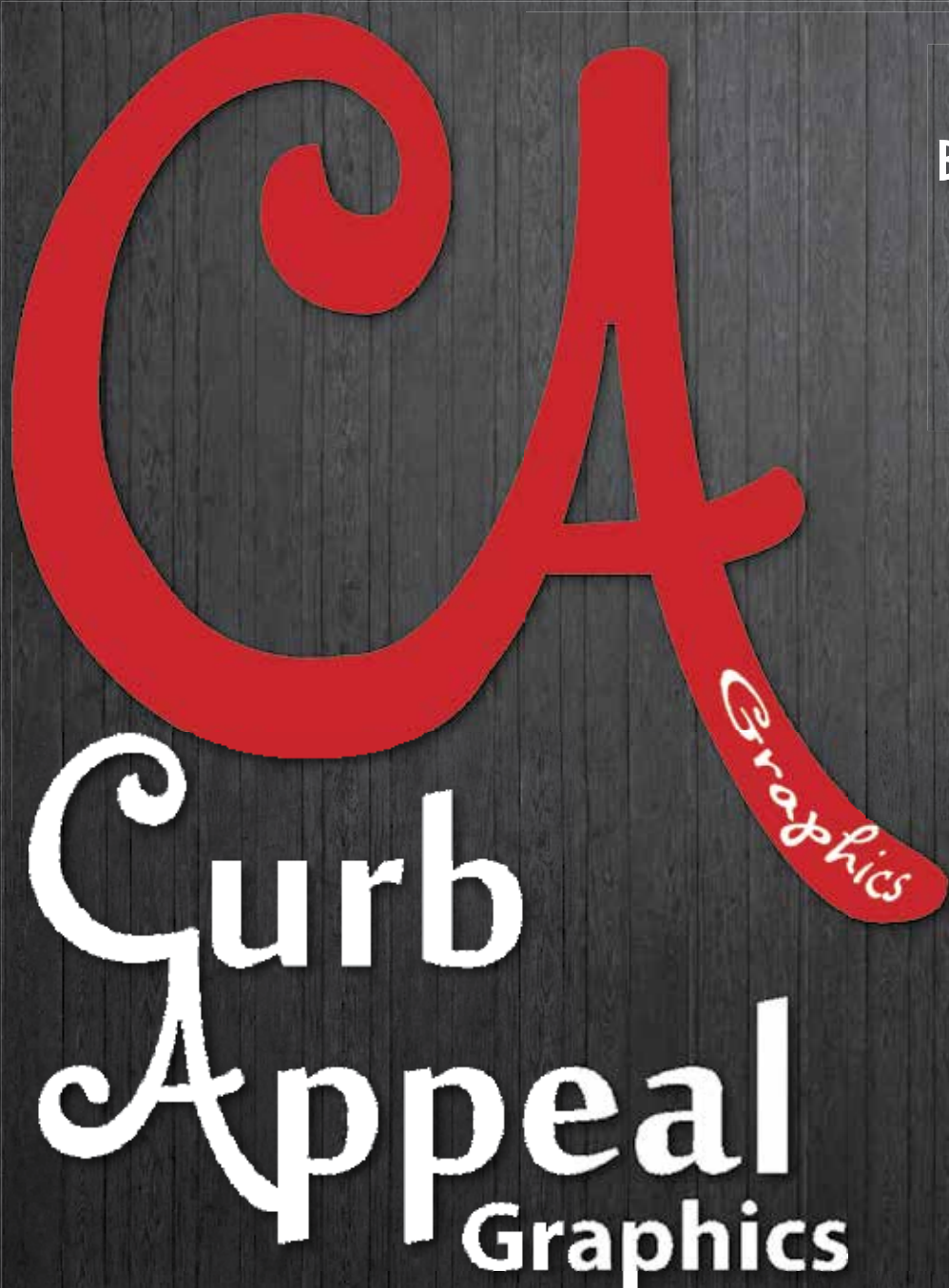
It is such a beautifully simple song that holds so much truth. Use God’s word to learn how to protect your soul. They teach us how to love ourselves and how to use that love as protection for the soul He holds so dear.

This week’s recipe is a super yummy casserole that uses one of my favorite summer vegetables, squash. I love yellow squash, I love zucchini, I love all things squash. If you know anyone who has a garden, I am sure that they have given you plenty of zucchini or squash. I know we have a fridge full right now. It is a delicious way to make sure none of this delicious vegetable goes to waste. This particular recipe has pasta in it, but we leave it out most of the time. And as always, be sure to make this recipe one your family will love. Feel free to replace the ground beef with chicken or turkey. We usually use cheddar cheese, but feel free to use Monterey jack, mozzarella, or whatever your favorite cheese may be. I hope you love this casserole as much as we do!

*“But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.”
Psalms 5:11*

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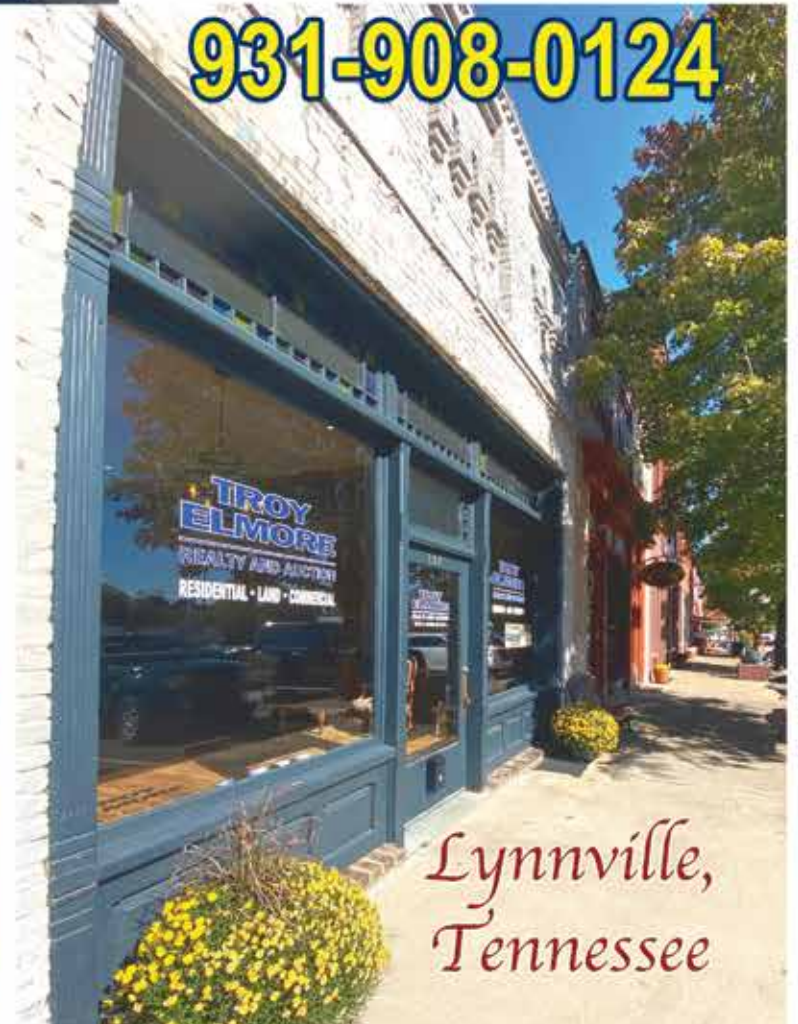
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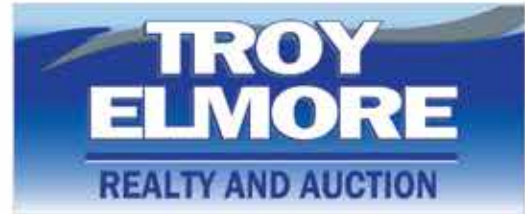
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It always seems impossible until it's done.

~ Nelson Mandela



ANSWER KEY:

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