

July 07 - July 20, 2023

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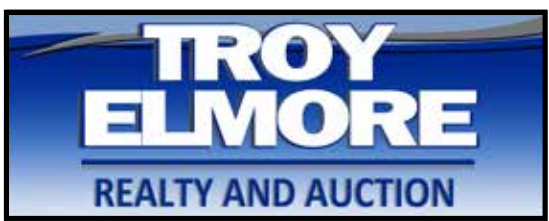


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See Our Listings Inside this edition...  
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### Special Feature



**Athens Athletics:  
Celebrating 20 Years  
Of "Covering All The  
Bases" ...**  
Athens Athletics, located  
at 701 US-31 S in  
Athens, was started after  
Randy McKinney had  
worked at Steelcase for  
two decades...  
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## Save The Date, July 21: The Buday's Art Open House Will Be At Frame Gallery Of Athens

By Ali Elizabeth Turner

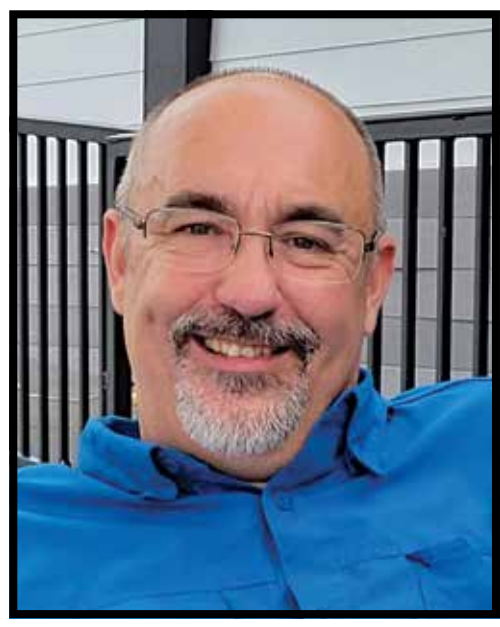
On Friday, July 21, Frame Gallery of Athens is going to host another open house for a local artist; actually, this time it is a husband-and-wife team, Mike and Karrie Buday. The Budays moved here a year ago from

Continued on page 15



### Special Feature

**Athens-Limestone Tourism  
To Host SUPERHERO DAY  
- Saturday, September 9,  
2023...**  
Established in 2011, Eli's  
Block Party, an all-  
volunteer 501(c)(3)  
established by Kristie  
Williams, hosted North  
Alabama's first...  
**Page 7**



## What Are Embalmers Encountering?

By John Horton

Richard Hirschman is an embalmer in south Alabama. He served in the military from 1987 to 1997 and has been an embalmer for some 22 years. In his work he has averaged between 100-600 bodies per year. In other words, he has embalmed thousands of bodies, and is clearly not a novice. The process of embalming involves injecting fluid into bodies with the resultant forcing out of the blood of the deceased.

Continued on page 17

### What Makes Ronnie Roll



**In Memory  
Of Helen  
Greenhaw...**  
Helen was a  
lady who was  
always "full of  
steam" for our  
community...  
**Page 8**



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**Publisher's Point**

***Sound Of Freedom - "God's Children Are Not For Sale"***

For weeks now, I have been talking with great anticipation about the recently-released film, *Sound of Freedom* in just about any way that I can to just about anyone who will listen. I have written about it in this column (see *Spreading The Sound Of Freedom*, May 19, 2023,); I have talked about it on my radio show (*The TN Valley Spotlight* on Mondays on WKAC 1080 AM); at my BNI group, Limestone Leaders; on Phil Williams' show, *Right Side Radio*; on Facebook; and most importantly, on "Facelook," meaning eyeball-to-eyeball with real live human beings. I have done something I have never done, and that is watch the various versions of the trailers at least 50 times,

conservatively. I have also spent hours watching interviews with the principal players in this remarkable story; Tim Ballard, the one whose team rescued the kids in the film; Jim Caviezel, who plays Tim Ballard; Eduardo Verástegui, the producer; and Alejandro Monteverde, the award-winning director.

I went with three teenagers to see it on July 3, and afterwards they were uncharacteristically quiet, except for the 15-year-old who said, "That was a great movie, and I want to see it again." I am not sure what was going on in their minds, but I said to one, "Look out for your friends, and don't go it alone." I received a nod. That's okay. I believe that an important set of seeds were plant-

ed, and harvests take time. Around the country, some theatre patrons have stood to their feet and given a three-minute standing-O, and others reportedly have been as quiet as church mice. Mel Gibson, when he saw it, told Jim Caviezel that he was "stunned," and has put out a very strong 21-second call-to-action to go see it. He says, "One of the most disturbing problems in our world today is human trafficking, and particularly the trafficking of children. Now, the first step in eradicating this crime is awareness. Go see *Sound of Freedom*."

I echo the sentiments of Mr. Gibson. I could tell by the quality of the trailers that the film was going to be impressive

simply from the standpoint of being a cinematic work of art, and on that level, it more than delivers. I learned recently that in the movie world, amongst movie-makers, that there is a difference between a movie and a film. A movie is something like *Night At The Museum*, and a film is something along the lines of *Lord of the Rings*, *To Kill A Mockingbird*, or *Schindler's List*. But think of this: *Schindler's List* was made when WWII and the SS were safely in our rear-view mirror, yet imagine making *Schindler's List* while Nazi Germany was still fully in power! That is essentially what these brave warriors have done, and the very least we can do is back them as well as join them.

Let us fight with our wallets, with our mouths, with our hearts, and on our knees. And, let us demonstrate categorically that "God's children are not for sale." Go see *Sound of Freedom*, and join the movement!

*Ali Elizabeth Turner*

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# Justice For A 100-Year-Old Soldier

by Ali Elizabeth Turner



In 1945, Harvey Drahos was 22 years old and was severely wounded in the Battle of Okinawa. Sensing that death was near, he made a deal with God that if he survived, he would dedicate his life to helping people. And, the man who turned 100 in January of this year has done just that.

In spite of dealing with PTSD, in an era when the condition was little understood, along with brain damage and shrapnel damage in his wrist, Harvey Drahos has never been awarded the Purple Heart he so richly deserves. He turned 100 years old this past January, and would like to have his Purple Heart before he passes.

So, what is standing in the way? Well, for openers there was a fire years ago that destroyed the records of what happened to him in Japan. He was mistakenly listed in his discharge papers as having served in the 90th Regiment, when in fact he served in the 96th. He was told by an employee at the Army that he was going to have to find another way to prove where he served and what happened.

So far, Mr. Drahos has appealed to "the powers that be" a total of eight times

to set the record straight, and to date has not been successful. In addition, several veteran's organizations, senators, and representatives have endeavored to get Harvey his "heart," and he is still waiting.

Enter members of his community near Olympia, WA, including a woman by the name of Karen Schoessel, who had the pleasure of first meeting Harvey at a Kiwanis Club meeting on Valentine's Day. They became friends and she became aware of his situation. His generosity and acts of service to the members of Kiwanis were well-known throughout the group, and one day, when a scheduled speaker didn't show, Harvey got up and extemporaneously began to tell his story, his accomplishments, and the situation with the Purple Heart.

Karen Schoessel knew that her goal was to get Harvey his medal before he turned 100, and is determined to see it through. Now there is a young YouTuber by the name of Risi Sharma, who has made it his life's work to preserve the stories of WWII vets. Risi had never been to Olympia in his trek about America filming veterans, but heard Harvey's story and knew that between



Battle of Okinawa Veteran, Harvey Drehas



the age of the man, and the power of his story, he needed to get involved.

Risi made sure that he captured Harvey's statements, which will con-

tinue to inspire us long after Drahos is gone, and irrespective of whether he ever receives the medal he deserves: "I feel my story could tell the younger people that if they have

a goal in mind and dedicate themselves, they can do those things," Drahos said. "You've got to enjoy each day, what you're doing. Keep your mind positive, and absolutely make your own decision relative to you and your future." In this season of celebrating our nation's birthday, let us remember that the Greatest Generation has justly earned the title, and let us pray that Harvey Drahos is not awarded his medals posthumously.



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# Athens Athletics: Celebrating 20 Years Of “Covering All The Bases”

by Ali Elizabeth Turner

Athens Athletics, located at 701 US-31 S in Athens, was started after Randy McKinney had worked at Steelcase for two decades. He had always longed to own his own business, and strongly considered going into construction or just sporting goods. Instead, Randy put himself through a crash course on how to produce T-shirts, and it was a brutal learning curve. However, he prevailed, the shop has thrived, and the last twenty years have literally flown by as he has served the people of Athens-Limestone County. The official opening of Athens Athletics was June 1, 2003, and the shop has been “pedal to the metal” ever since.

For their 20th anniversary, Athens Athletics is going to have a customer appreciation day that will feature food, fun, fellowship and a free T-shirt. The “big doin’s” are going to be on Friday, July 21, and you are invited.

When you come into the shop, you’ll readily see that Randy loves baseball. There are old posters of Lou Gehrig and Babe Ruth on the walls, and one of the things Randy enjoys doing when he actual-



Amanda Marks



Karen Owens



Mariah Owens



Randy McKinney

ly gets a well-deserved break is travel to baseball stadiums all over the country. He and his family are down to under 10 that are still on their “to-visit” list, and his favorites so far have been Wrigley Stadium and Fenway Park. Randy spent several years on local teams playing slow pitch, and his three sons love the sport as well. He also enjoys the beaches of Alabama because that is where he can just “chill and not do nothing.”

Athens Athletics specializes in several types of sporting goods and T-shirts. They are well-known for their timeliness as well as quality, and can produce shirts that have up to six colors, which (thankfully) rarely happens.

He is able to do one shirt clear up to thousands, and I know for a fact that he has also graciously come to the rescue of others that are technically competitors when there have been equipment issues.

Randy is a longtime member of the Limestone Leaders Business Network International chapter, and has given several presentations explaining how he does what he does. I have taken more than one tour of his shop, and am impressed with the care he puts into everything he and his team create. I have also heard several testimonies of how he came to the rescue of people who have been given a deadline for “custom merch” that seemed impossible. For over ten years, Athens Athletics has been one of my favorite Athens Now clients, and I am personally looking forward to ten more!

While T-shirts for everything from teams, businesses, causes, or family reunions are the mainstay of Athens Athletics, they offer several other services as well. One of their most popular is custom embroidery. Randy showed me the computer-driven machine that produces and em-

broiders the logos for shirts, jackets, hats, and more, and he has made several custom hats for my husband. Randy especially loves doing the embroidery, but doesn’t get to do it as much as he would like because of the demands of producing T-shirts. The shop also has an engraving machine that can do wood, metal YETI-style cups, and plastic. You can see a local example of the wood laser-craft work on the wall of Frame Gallery Off The Square on Marion Street, and they can engrave all manner of trophies which can be seen throughout the shop. “If it can be decorated, we’ll decorate it,” he says.

Another custom personalized product offered by Athens Athletics is what is called sublimation. An example of sublimation is a shiny front license plate with names, dates, and hearts, which would make a great anniversary gift. Sublimated items are created by a heat process where the design materials actually go into the metal and bond with it. The result makes the colors bright for years, and they stay free of rust and corrosion.

One of the things that turned out to be a blessing for Athens Athletics during COVID was the fact that they are a U-Haul rental franchise, (which early in 2020 was deemed an “essential business”) so they didn’t have to shut down. I can tell you that we have used their U-Haul services to go pick up people and their stuff more than once, and they have always treated us like VIPs.

I asked Randy why I should come to Athens Athletics for all my U-Haul, T-shirt, embroidery, sporting goods, laser and sublimation needs. His answer was simple: “We have always tried to make the customer number one, and we want people to leave here satisfied.” I can say from experience that this is what they do, and I invite you to come and celebrate twenty years with them on Friday, July 21!

## Athens Athletics

701 US-31 S,  
Athens, AL 35611  
(256) 232-6038

Hours:  
Monday-Friday 9-5,  
Saturday 9-12

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# Calendar of Events

## **Athens Lions Club Kiddie Carnival!** **June 22 - July 29**

We have rides for kids along with great concessions and bingo! The rides are small ferris wheel, rocket ships, small swings, carousel, cars, train, roller coaster, parachutes, large swings and the scrambler. Concessions available include hamburgers, hot dogs, chicken sandwiches, french fries and cokes. Also available are the crowd favorites of cotton candy, snow cones and funnel cakes. Our concessions are very reasonably priced and each of the rides is just one ticket, which is 50 cents, with free admission. The Kiddie Carnival has provided family fun for kids and their families for several generations. The Athens Lions Club Kiddie Carnival is in Athens at 309 E Forrest Street. More information is available at our Facebook page:  
Athens Lions Club Kiddie Carnival

## **Servsafe Training For Hospitality Staff** **July 10**

At Athens State Center for Lifelong Learning. 121 S. Marion St. Athens. Courses include study guide, instructions and exam. Sign up today. Athens.EDU/CLL or 256.233.8260.

## **Alabama Master Gardeners** **Growing Shiitake Mushrooms** **July 11**

Rhonda Britton, Horticulturist and former Alabama Cooperative Extension System (ACES) agent with the Home Grounds team will walk through the steps necessary for growing shiitake mushrooms in your backyard! 11:00 AM-12:00 PM at the Athens Limestone Public Library on Jefferson Street in Athens. Rhonda says that with time and a little patience, shiitake (She-TAH-key) mushrooms are an excellent choice for growing fresh mushrooms. They are good to eat and provide a wonderful source of protein, vitamins B and D, and trace minerals too.

## **Senior Lunch Matinee Series** **Third Thursdays Monthly**

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2023. Public events most often will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: [www.yesterdaysevents.com](http://www.yesterdaysevents.com)  
FB: [www.facebook.com/YesterdaysEventCenter](http://www.facebook.com/YesterdaysEventCenter)

## **Free Prostate Cancer Screenings** **July 11**

10:00am - 4:00pm. Madison County Health Department. 301 Max Luther Drive. N.W. Huntsville, AL 35811. <http://www.UrologyHealthFoundation.org> 256.539.3711

## **Athens-Limestone Tourism Hosts** **Singing In The Park** **July 14**

6:00pm - 8:30pm. Athens-Limestone Tourism has moved its popular Singing on the Square to the family-friendly Athens Big Spring Memorial Park and changed the name to SINGING IN THE PARK. This is the final concert of our Summer Concert Series. The featured artist to be announced! Food Trucks are available from 6:00 pm. Music from 7-8:30. Bring your camp chair or blanket and bring your friends and family for this FREE family-friendly event at The Duck Pond!

## **Trinity Summer Fun Fest** **July 15**

10am - 1pm. Fun for all ages: K-3rd, 4-6th, 7-8th, 9-12th Film Fest & Scavenger Hunt. Arts & Crafts. Canvas Painting. STEM Activities, Family Block Party. Register Now. \$15 per session or \$50 for all sessions, including block party tickets for family. Call 256.777.4613 for more details. Date for the Community Block Party is August 26th from 10-6. Pincham-Lincoln Community Center. 606 Trinity Circle Athens, AL 35611.

## **Silver Sneaker Flex™ Classes**

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## **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.

# Athens-Limestone Tourism To Host SUPERHERO DAY - Saturday, September 9, 2023

by Tina Morrison

Established in 2011, Eli's Block Party, an all-volunteer 501(c)(3) established by Kristie Williams, hosted North Alabama's first Superhero Day at her son Eli's school. The first public event the next year attracted 2500 people. From 2013-2022, Eli's Block Party raised almost \$160,000 which was donated for Pediatric Brain Cancer Research. After a decade, Kristie Williams and her family are passing the "red phone" and entrusting the Athens-Limestone County Tourism Association with this tenured SUPERHERO DAY event. "We are thrilled to announce that Athens-Limestone County Tourism Association is taking ownership of SUPERHERO DAY and will continue to grow it in a direction that blesses the community," said Kristie Williams. "Athens-Limestone Tourism has the experience and resources to take the event to the next level and really grow it."

On Saturday, September 9, 2023, from 10 a.m. - 2 p.m., Athens Big Spring Memorial Park at 100 N. Beaty St. (aka The Duck Pond) will be bursting at the seams like the Incredible Hulk, with SUPERHEROES large and small. Athens-Limestone County Tourism Association states SUPERHERO DAY is right in line with their mission to provide a free, fun, family-friendly event which will draw thousands of visitors and residents to our destination, during a typically slow shoulder season. We will promote overnight

stays and also honor Eli and his family by raising funds and encouraging donations to Eli's Block Party 501(c)(3) for Childhood Cancer.

Tina Morrison, Event Coordinator with Athens-Limestone County Tourism Association says, "The goal for SUPERHERO DAY is to honor this decade-long annual event by preserving it and continuing it. This kids' event, one of its kind in North Alabama, makes a positive change for chil-

dren by providing a fun, free environment for all kids of all economic backgrounds. While having fun, they will also learn the importance of serving in their community, the importance of saving and donating money, and the opportunity to inquire with caring, professional adults about becoming community leaders when they grow up."

The day kicks off at 10 a.m. with the arrival of the SUPERHERO PARADE to Big Spring Park. Im-

mediately following will be a combined Walking Parade of SUPERHEROES and Community Heroes. There will be carnival rides, bouncy houses, giant inflatable slides, and lots of fun games and activities. Thanks to generous sponsorships from The Dekko Foundation, WestRock, Senator Tim Melson and State Representative Ben Harrison, First National Bank, and Adtran, no purchased wristbands will be required. Available for purchase will be face paint-

ing by Let's Face It, and the Food Court will be open 10 a.m.-2 p.m. with premium coffee drinks and food by Park & Perk, Ramona J's, Frosty Pop, SnoBiz, and The Optimist Club. Parking available at Athens State University. For more information, please contact Tina Morrison [Tina@VisitAthensAL.com](mailto:Tina@VisitAthensAL.com) or (256) 232-5411 or check out the SUPERHERO DAY page on our website [www.VisitAthensAL.com](http://www.VisitAthensAL.com) or the Facebook event page: <https://rb.gy/tcmap>



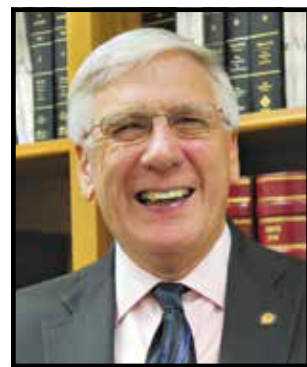
The image is a promotional graphic for Superhero Day. At the top is a red, arched sign with a white dotted border, containing the text "SUPERHERO DAY" in large, yellow, outlined letters. Below this, in smaller white text, it says "A Free Fun Day for All Kids". The sign features a circular logo with the Athens-Limestone County Tourism Association seal. Below the sign, the date "09-09-23" is written in large, yellow, outlined numbers. Underneath the date, the location "ATHENS BIG SPRINGS PARK 10-2" is written in bold, black, sans-serif capital letters. At the bottom, the website "www.VisitAthensAL.com" is written in red, italicized font.



# What Makes Ronnie Roll

## *In Memory Of Helen Greenhaw*

by Holly Hollman



Helen was a lady who was always "full of steam" for our community.

That was my first thought as Foundation on Aging Board President Jim Moffatt and Mayor Ronnie Marks unveiled a steam table purchased by the Foundation for the Athens Activity Center in Helen Greenhaw's memory.

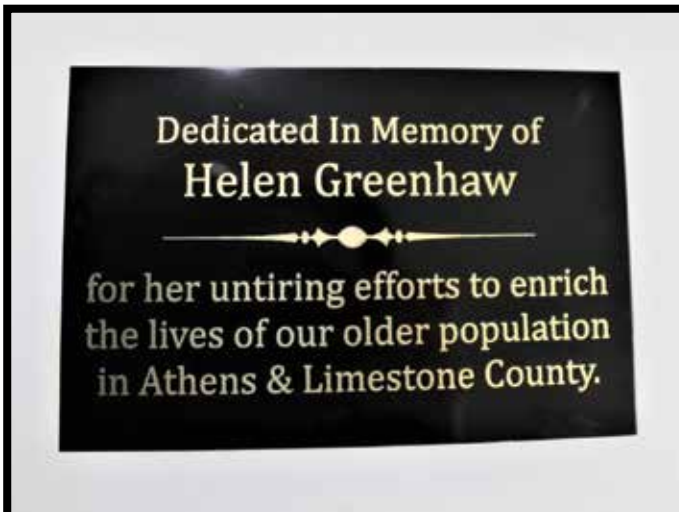
I believe she woke up each morning seeking ways to help someone or give back in the community. Helen's daughters, Sparkle, Summer, and Paige, said the steam table is appropriate because the center will utilize it to serve hot meals to seniors, and service was a priority for their mother.

Helen served on the Foundation on Aging Board and volunteered at the center. She gave of her time and talents in several other areas of the community as well, from Relay for Life to Sports Hall of Fame to the Athens City Schools Foundation. Helen envisioned quality-of-life assets for this community, and she worked to make things happen.

Jim Moffatt said the community owes its thanks to Helen and her husband, the late Jackie Greenhaw, for everything from the table, the ceiling to the floor of the center. He said their work with Poke Sallet Follies and other endeavors kept the center going.

As another tribute to Helen, local artist Karren Middleton painted a garbage can with flowers and Helen's initials. This tickled her daughters, because Helen was known for cleaning up things after events. Many remember seeing her push a garbage can around, picking up trash in an efficient manner.

Hopefully, we'll follow Helen's example and remain "full steam ahead."








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# For The Least Of Them

by Phil Williams



Child trafficking is here. Let that sink in. Child trafficking is right here, in your state, your community, perhaps even your home.

Let there be no illusion that child trafficking is that symptom of third-world, failed states or the storyline for action movies. Just in the past couple of weeks, the Fultondale, Alabama, Police Department, in collaboration with the Alabama-based Covenant Rescue Group, arrested eleven perpetrators in a one-day sting operation. That's eleven men who traveled from all over the region with the intent to pay someone for sex with a child.

There is no greater mission than working to save our precious kids from perpetrators who would seek to do them harm. Kids are our greatest asset entrusted to us by God himself, and we have a duty to provide for, protect, and defend them.

Early in our marriage, I took a job working in an adolescent treatment center with kids who had all manner of problems. There were psychiatric disorders, drug addictions, behavioral problems, and very often there were the after effects of abuse.

Every time I saw what I thought was the upper level of awful, a new kid would come in with new tragedy, and I would have to raise the

awful meter up another notch. To be sure, some of those kids were their own worst enemies, but too often I found that the bulk of the issues those kids faced stemmed from an adult who was partially, if not fully, to blame. Some of their stories are still burned into my mind.

I remember one kid who had done so much acid that he kept seeing things in his peripheral vision that weren't there, well after his detox. Part of his personal history was abuse at the hands of a parent who thought that a good punishment was to put him in the oven and turn it on to teach him a lesson.

I remember a young lady who shined until the day came that she was to leave and return to her parents...the same parents who had used her in satanic rituals when she was small. On the day of her discharge, she put on dark clothes, dark makeup, and left to go back to what she called "that dark world."

By day, I worked with really messed up kids. In the evenings, my wife and I were working with kids as volunteers with YoungLife ministries. At some point, I realized that within our YoungLife kids there were just as many problems as there were in the lives of my treatment center kids. The ones at the treatment center

were the ones who were getting help for it.

We chose then to move to full time ministry with YoungLife and to focus not on healing for kids from the outside in, but the inside out. For the next seven years, we followed that calling with wonderful and often hilarious times.

But even in the midst of all the smiles, there were moments that rattled our cage as kids would let us in on their traumas and troubles. My wife had a young lady tell her about her suicidal thoughts, leaving no choice but to talk to her parents after which the girl wouldn't talk to her again. But she was alive.

I once had kids let me know that they had been getting drunk at a friend's house. It was the friend's mom who supplied the alcohol and partied with them. I confronted it, after which some of those kids wouldn't talk with me. But the drunken parties stopped.

We knew that we had to love them enough to be willing to make them mad at us. We had to love them enough to be willing to go into their situations with every intent to do what it took to get them out.

As significant as those experiences were, they don't hold a candle to the level of depravity, and evil, that is perpetrated on kids every day.

We are in an epidemic of evil.

There are certainly overt attempts to co-opt our kids. But the covert activity must also be addressed, and it has reached levels previously unheard of. Perpetrators have honed the use of social media, online chat rooms, and even video games, to gain access to our kids. It is not enough anymore to simply watch out for the creepy guy who hangs out by the park. Evil finds its way into the house, and in my experience, sometimes the evil is already in the house.

The FBI estimates that at any given time, an estimated 750,000 child predators are online trying to find a way to violate the innocence of our kids.

Operation Underground Railroad, an organization committed to rescuing kids from trafficking, cites a UN study that says that human trafficking is the second largest illicit industry in the U.S., second only to the drug trade.

The National Center for Missing and Exploited Children reports that it received over 19,000 reports of child sex trafficking from all 50 states in the year 2022 alone.

Globally over ten million innocent kids are forced into a desperate existence of pornography, or prostitution, or forced labor. Fulton-

dale PD proved that the problem is not out there, it is here!

Evil does not stop. Evil does not take rest breaks or go on vacation. Evil is at work 24/7 and evil wants our kids. And it is here in our backyard.

Jesus told us in Matthew 25 that "whatever you did for one of the least of these...you did for me." These are our kids. We have to love them enough to be willing to make them mad, or to make ourselves uncomfortable. If we as a society sit idly by and allow perpetrators to operate unabated, then we will have failed as a society.

*Phil Williams is a former state senator, retired Army colonel and combat veteran, and a practicing attorney. He has served with the leadership of the Alabama Policy Institute and currently hosts the conservative news/talkshow Rightside Radio M-F 2-5 p.m. on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM - Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to [www.rightsideradio.org](http://www.rightsideradio.org). The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to [Commentary@1819News.com](mailto:Commentary@1819News.com).*



## Slinkard On Success

# 110% Effort Is A farce

by D. A. Slinkard

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

I hate being lied to, yet we live in a world that is becoming more and more dishonest every day. We do not know whether or not we can believe the news, if it is real news or fake news, and sometimes no news is better than anything out there. I was asked about what lies the world would like us to believe and why I think these lies hurt us. I thought for a moment about this, and I came up with three lies most often used that can lead to a person's demise. These three are as follows: *Give 110% effort; as long as you try; and listen to your heart.* These things sound good, but when you peel back the layers, you see the dishonesty that we fall for.

As for giving 110% effort, this is probably most often quoted by many people. Sadly, this is furthest from the truth. In fact, I would say the people that say they give 110% are the same ones in society who are barely giving 30% of their maximum effort. Yet, here we go asking for people to give their commitment, and they tell us they are 110% committed. Completely asinine. Why? Grab a water bottle and put 110% water in that bottle. You cannot do it, and neither can a person give more than they are capable of giving. The people who use this cute little quote do not

mean it, and they could not even show you what 75% effort looks like. Do not fall for the fake news of 110% effort.

The next lie is what we often hear parents tell kids, "As long as you try..." Who says this? You got it — the parents that have their 30-year-old kid living at home in the basement filled with all the participation trophies they won growing up. We must stop pretending it is okay for people to show up and give any amount of effort. To be successful in life takes more than just putting forth any kind of effort. You need to have the mentality of showing up with the intention of giving everything you have. To use an old sports cliché, you need to leave everything out on the court.

Sadly, we do not know what it means to give maximum effort because we have raised an entire generation of kids who are satisfied with getting a participation ribbon. As a kid, I wanted to be the best; I would not settle for anything less. And as an adult, not much has changed. I still want to be the best at what I do. If it is playing sports, I want to be the best. If it is doing my job, I want to be the best. We need not settle, and we need to raise up a generation that does not settle for just any kind of effort.

The third and final lie I oftentimes hear is to lis-

ten to your heart and you will never go wrong. Sadly, I have been guilty of telling this lie. It was not until I started reading my King James Bible that I realized what God says about listening to the heart. Did you know the Bible tells us the heart is deceitful above all things and desperately wicked? I will never forget the first time I read this Scripture, and I felt ashamed. I had been telling the same lie that had been passed down to me from whomever, but

I wish I would have been wise enough to have known the truth.

If you tell a lie with enough conviction and tell it often enough, this lie will eventually become the truth. This has happened to the world we live in. As a society, the lies we told ourselves have now become the truth. We, as a country, are headed down a slippery slope, and we need to get ourselves back on track. The greatest country known to man is the United States of Ameri-

ca, and we need to live our lives as such.

We have people who are ashamed to be Americans, and yet here we are celebrating the independence of our country. Freedom is not free, and I hope after reading this you will take the time to reflect upon some things. Examine the lies we easily believe; open your Bible and get closer to God's Word; and the next time you see a U.S. soldier, thank them for their service. God bless the U.S.A.



## Clean, Green And Beautiful

# Empresses Of Dirt

by Claire Tribble - Executive Director, Keep Athens-Limestone Beautiful



Have you ever noticed the beautiful flowerpots around downtown Athens or the gorgeous hanging pots around the Courthouse? What about the Welcome to Athens signs on highways 72 and 31? The beautiful entrances to Roselawn Cemetery? If you haven't, you should look next time you pass by. They all add an extra bit of charm to Athens.

The Athens-Limestone Beautification Board (ALBB), currently led by Ann Entrekin, is responsible for these extra touches for everyone, even passersby to enjoy. The Beautification Board is made up of volunteers from all over Limestone County. They are a mix of men and women who have come together with one goal in mind -- to beautify. They have been in existence as a division of Keep Athens-Limestone Beautiful since 1981. They spearhead many projects that help add a little something extra to Limestone County.

The beautiful, color-filled pots that are placed around the Square and side streets are the results of many hours of work and beads of sweat by the volunteer members of the Beautification Board. They take the time each spring and fall to fill the pots with seasonal plantings for the downtown patrons to enjoy. The memorial benches that are around downtown are also courtesy of the ALBB. They provide the hanging baskets that surround the Limestone County Courthouse. They maintain the entrances to Rose-lawn Cemetery -- a touch of beauty in a final trek. They also provide the Christmas



*Earth Day giveaway*



*Barbara Newman at KALB's Earth Day Expo*

wreaths and garlands at the Old Town Cemetery on Washington Street every year. It's the heartfelt gestures such as these that give our city a touch of class.

The Beautification Board is responsible for the Beautification Award signs in front of businesses throughout the county. They spend the time each spring to call for the nomination of businesses, and many, many hours judging them against a longstanding list of criteria. They do this hoping to encourage all businesses in Limestone to take great pride in the spaces they fill. They judge on a variety of categories -- design, construction, planting maintenance, and litter control. So when you see a Beautification Award sign, know that the business put in many hours of hard work to earn it.



*Andrea Beasley and Crista Green planting spring pots downtown*

Every year at our Earth Day Expo, the members of the Beautification Board have a booth. They spend hours digging up plants from their own yards to hand out to the public. They provide some plants they have purchased as well. They do this all for free in an effort to encourage more people to beautify, starting



*Gayle Black and Kathy Powell planting spring pots downtown*



*Crista Green, Kathy Powell, Andrea Beasley, Gayle Black at Earth Day*

at home! This year, they provided a full, colorful, and beautiful (and highly sought after) hanging basket that was given away as a door prize!

If you think you may be interested in joining the Athens-Limestone Beautification Board, send us a message (Facebook or

KALBCares@gmail.com), or give us a call at 256-233-8000. We would love to meet you and learn more about your interests and ideas! They also graciously accept donations for those who lack the time or green-thumb.



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



Cooking with Anna

## *Little Miss Perfect*

by Anna Hamilton

*In the second grade, I started taking piano lessons. I had to practice for at least 30 minutes every single day. Most people have heard, “Practice makes perfect,” but my mother would always say, “Perfect practice makes perfect performance.” Just practicing wasn’t good enough; I had to practice it perfectly. What was the point of practice if you weren’t going to do it correctly.*

*Perfection for everyone looks differently. For me, perfection means everything you do, everything in your life, the way others perceive you, every single tiny thing about you is “on point” all the time. Perfection is exhausting. Perfection is an absolute untruth. No one*

*continued on page 23*

# *Strawberry Peach Crisp*

### ***Ingredients:***

#### ***Topping:***

*½ cup old fashioned oats*

*½ cup brown sugar*

*2/3 cup flour*

*1/3 cup butter, melted*

*½ tsp. cinnamon*

#### ***Fruit:***

*2 ½ cups peaches, peeled and sliced*

*1 cup strawberries, sliced*

#### ***Syrup:***

*¼ cup brown sugar*

*3 tsp cornstarch*

*1/3 cup water*

*1/8 tsp. salt*

*½ tsp. vanilla extract*

### ***Directions:***

*Mix the oatmeal, brown sugar, flour, cinnamon, and butter just until the mixture is crumbly. Spread half of the mixture into the bottom of a 9x9 pan.*



*Top the crust with the diced peaches and strawberries.*

*Cook brown sugar, cornstarch, salt and water in a small saucepan over medium-high heat just until thickened.*

*Stir in the vanilla and pour the syrup over the fruit.*

*Sprinkle the remainder of the topping mixture over the fruit.*

*Bake at 350 degrees for 30-40 minutes.*

# American Farm Heritage Days Moves To Limestone County Sheriff's Arena

by Tina Morrison, Tourism Athens

One of North Alabama's largest antique engine and tractor shows returns to Athens next month in celebration of rural American farming heritage. Set for August 4-5, 2023, the 31st annual Piney Chapel American Farm Heritage Days combines antique farm equipment and old-fashioned concessions with live music and family-friendly fun and games, taking visitors back to the "good ol' days."

Presented by the Piney Chapel Antique Engine and Tractor Association (PCAETA), the Piney Chapel American Farm Heritage Days is considered one of the best antique engine shows in Alabama offering festivalgoers a chance to see an array of farm equipment, including gasoline and steam engines in action; horse-drawn equipment; antique tractors, cars, and trucks;

and other farming collectibles.

The two-day event also offers a variety of flea market, parts, and handmade craft vendors and old-fashioned concessions. Other activities for families to enjoy include wheat threshing exhibits, tractor slow races, a skillet throw contest for ladies, and pedal pull for the kids.

A tractor parade ride is planned for Friday, Aug. 4, departing the Limestone County Sheriff's Arena at 10 a.m. Spectators can catch a glimpse of the 25-mile parade along Easter Ferry Road, Morris Road, Hwy 127, Hays Mill Road, Edgewood Road, and Elm St. The 40-60 tractors also drive down a portion of the Richard Martin Rails to Trails in Elkmont, Alabama, after their lunch in Elkmont, provided by the Limestone County Cattleman's Association.



On Friday, August 4, back at the Sheriff's Arena, don't miss the fish fry at 5 p.m. and live music featuring Daniel Jones and Houston Ridge Bluegrass Band at 5:30 p.m.

Gates open at 7 a.m. on Friday and Saturday and full concessions are available. The event takes place at 18032 Buck Island Road, Ath-



ens, AL. Admission is \$5 per person and free for children 12 years old and under. Parking is free. Bring your golf cart or UTV for only \$5 registration.

Teresa Todd, Athens Limestone County Tourism president says, "This event is one of the longest-running events in Limestone County, Alabama, and we are so happy that it has moved to a larger location where they can continue to grow it every year. The number of residents and out-of-town guests that attend this event definitely has a positive economic impact on our

area during the otherwise slower month of August. We are proud to promote this event which represents "What You Love About the South."

For more information, or to be a vendor, call Justin Romine at 256-762-2739, Allen Dement at 256-431-0619, or Eli Wallace at 256-497-1264 or visit the Piney Chapel Antique Engine Tractor Association Facebook page. For more information about the Athens-Limestone County Tourism Association, please go to our website [www.VisitAthensAL.com](http://www.VisitAthensAL.com) or contact us at (256) 232-5411.



# Save The Date, July 21: The Buday's Art Open House Will Be At Frame Gallery Of Athens

by Ali Elizabeth Turner

*continued from page 1*

Illinois, and continue to be amazed at the kindness of Athenians, as well the residents of Killen where they live. They are people of deep faith, and feel that this is “where they are supposed to be.” It doesn’t hurt that their dear friends, Jim and Jeanine Farej, experienced the same warm welcome when they moved from Illinois to be near family, and suggested the Budays consider Alabama for their retirement years. Mike is a first-generation American, and his family is originally from Budapest, Hungary. His name actually means “man from Buda.” His grandfather and his father came over in the early 20th century, and several years later the rest of the family was able to join them. Mike’s mom came over from Ireland. The entire family was involved in art, from illustrating the cover of *Esquire* magazine to painting signs free hand. However, they all had to work, and so art was not a full-time vocation. Nonetheless, it was their chief love.

As for Mike, his intention was to be

a full-time artist, and majored in art when he began college in 1966, but like his father and grandfather before him had to let art take second place. He was involved in the founding of a successful advertising firm by the name of Omni Marketing and Advertising. In his spare time, Mike began to study abstract expressionism, and, as he says, “found solace and freedom in art.” In particular, he was influenced by the works of an artist by the name of Rothko, who was also a European immigrant who hailed from Latvia. Mike’s early works draw inspiration from Rothko as well as Willem de Kooning, who came to the States from the Netherlands. Mike also loves to do watercolors. Now, lest you think that the type of art that is produced by Mr. Buday is the kind that inspires the common response of “my three-year-old grandson can do better than that,” (or, by contrast, what Mike calls the “snooty response,”) instead what he likes to do is hide shapes in his paintings and then let the observer discover

what may be in there. Sometimes the images overlap, sometimes new objects are discovered, as was the case when he showed me a painting of his own that he loves and will never sell. Others had seen a wolf, a horse, birds, and even an airplane. I discovered another horse up in the right-hand corner, and it looked somewhat like the equine logo of Tri-star Film productions that runs into the center of the screen during the opening credits.

All of Mike’s works are based in nature, whether they are watercolors or acrylic paintings, and he also uses what is known as the drip technique made famous by Jackson Pollock. This inspires the necessity of seeing things from a different perspective and to either be a touch more light-hearted or pensive in the process of experiencing the painting.

Karrie Buday loves to do collages, including ones that use layers of textiles and fabric to create what I call a “soft reality.” Mike says that he does his best work when Karrie is around, and one of the first things that they did when they moved here was to build a good-sized studio -- 26’ by 14’. They had



retired smack dab in the middle of COVID, and having the opportunity to be creative on a full-time basis during the pandemic served as a form of art therapy that was most helpful in getting through uncertain times.

Mike made a real point, when he and Karrie were on the *Tennessee Valley Spotlight Radio Show* recently of encouraging people to go on an artistic adventure. “Just get started,” he said and added, “Go ahead and experiment. Have fun with it!”

For the open house that will be at Frame Gallery, both Mike’s work as well as Karrie’s will be for sale, and they will be the featured artists

for the months of July and August. Karrie also makes greeting cards, and Mike is sure that she will sell out. More than 30 examples of Mike’s work will be on display for the Frame Gallery, and Mike and Karrie’s fond hope is that you will come on July 21 to observe and enjoy the work of creative people who have fallen in love with Alabama the Beautiful.

## Open House

Frame Gallery

July 21 • 5pm-8pm

125 North Marion Street

Athens, AL 35611

Phone: 630/301-8515

Instagram:

Mike.buday.paints

Email:

mikejbuday@gmail.com



# **BRAD STOVALL'S AUTO BODY**

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# **Tennessee Valley Spotlight**

**Mondays at 10am  
1080 AM WKAC**



# What Are Embalmers Encountering?

by John Horton

continued from page 1

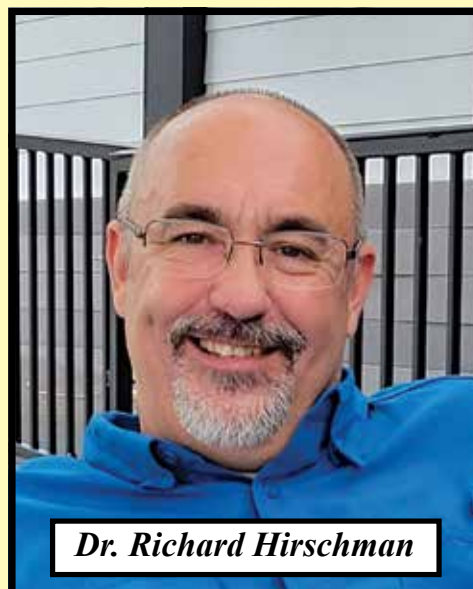
Around the middle of 2021, Hirschman started noticing something he had never seen before -- white fibrous rubbery structures located in peoples' veins and arteries. It was so unusual that it took a little time for Richard to mentally process what he was seeing.

Around September of 2021, Richard began documenting the number of bodies that had these structures. What he found was shocking. Around 40-60% of the bodies he embalmed had these mysterious structures in them.

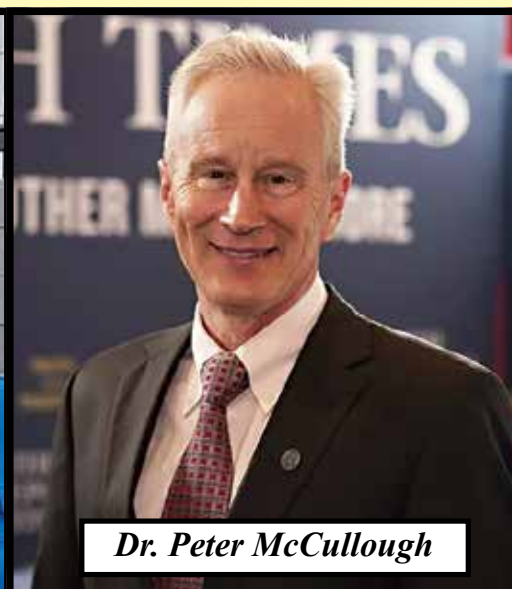
Here is a brief description of the structures: They range in size from about the size of a thread to close to the thickness of a finger and to nearly **3 feet long**. The number of structures per body ranged from just a few to several, with some having branch-like systems coming out of the main "trunk." It is important to keep in mind that these were structures that came out, and a reasonable expectation would be that there would be more that were not seen, since he wasn't flushing every blood vessel.

Freelance data analyst Tom Haviland did an informal survey involving over 100 embalmers, and roughly 70% are seeing these novel structures. <https://rumble.com/v270qwu-major-tom-haviland-shock-data-7-out-of-10-embalmers-confirm-huge-strange-cl.html>

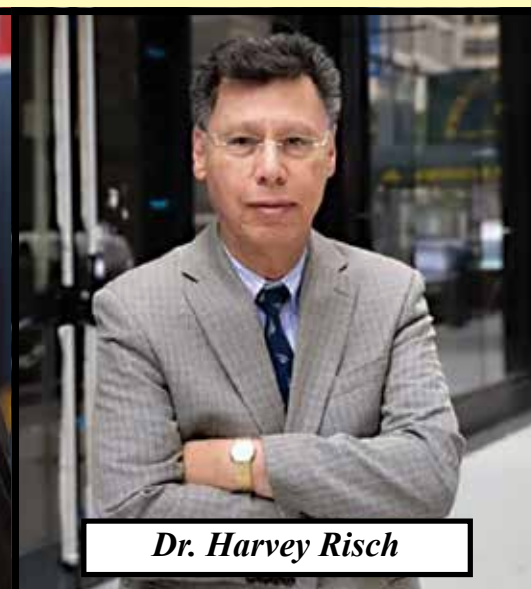
Wallace Hooker, the former president of the Indiana Funeral Directors Association asked a group of about 100 embalmers



Dr. Richard Hirschman



Dr. Peter McCullough



Dr. Harvey Risch

who were attending a conference, "How many of you have seen these white fibrous structures in your work?" Some 95 of 100 embalmers in the room raised their hands. Then he asked, "How many of you saw these before 2021?" Not a single hand was raised.

<https://rumble.com/v1ylrky-all-100-embalmers-at-wallace-hookers-lecture-admitted-to-seeing-the-white-f.html>

An embalmer in Canada called Richard and thanked him profusely for helping her. She went on to explain that she was having trouble processing what she was seeing until she heard about him. She was discovering the exact same structures in the bodies she was embalming.

Richard has also noticed a change in peoples' blood since then. Before 2021, he would find blood clots in some 15% of all bodies. After early 2021, he began finding clots in 85% of the bodies. He also noted that "the blood has changed... it is different...thicker... there are coffee ground sort of particles in it." This "stickier" blood continues to be found to this day.

Author and public speaker

Edward Dowd in his book, *Cause Unknown: The Epidemic of Sudden Deaths in 2021 & 2022*, says that beginning in the middle of 2021 on into 2022, the USA statistically had more unexpected deaths among young people than in ALL of the Vietnam War. (By the way, has your health care provider ever told you that the Pfizer Phase 3 trial results showed 23% more people died in the vaccinated group over the unvaccinated group in Pfizer's own randomized controlled trial? My understanding is that the *FDA went to court to prevent the release of those and other pertinent data.*)

<https://childrenshealthdefense.org/defender/chd-tv-rfk-jr-defender-blackrock-edward-dowd-fda-cover-up/>

Cardiologist and epidemiologist Dr. Peter McCullough, M.D., said in his testimony before the Pennsylvania legislature, "There were before COVID about 29 cardiac arrests per year in [these] sport leagues. Since the vaccines, we see 283 per year." That's about a ten-fold increase. My assumption based on his quote is that this began in 2021.

<https://www.youtube.com/watch?v=XoMAR9rOCrk>

Are you aware of any of this? Why not? How can you explain the widespread, well-documented presence of blood clots from a number of sources and not a scintilla of curiosity for a whole year after this was put out in the public domain? Furthermore, the refusal of the medical community at large to even discuss these phenomena is concerning -- and that is putting it as gently as possible. Are they afraid, and if so, why?

**Final note:**

Recently I had a 4-hour sit-down at Greenbrier Restaurant with Ali Turner and Richard Hirschman (who happened to be passing near my house and graciously agreed to talk). The conversation both created curiosity and was enlightening.

I applaud Richard and the other heroes like Dr. Harvey Risch, Professor Emeritus of Epidemiology from Yale, and Dr. Peter McCullough. I believe they are fighting for our lives and the life of America's health care system. There are many others like them. They have fought this battle because they care for human life and truth in

science, and I want to do my small part in honoring and furthering their work.

My conclusion, from hearing several hours of interviews and having phone conversations with Richard, is consistent with what he says: "I am not a doctor, but I cannot un-see what I am seeing...and I am deeply concerned for humanity based on what I see. I do not know that it is the 'vaccine,' but we have to explore the possibility since the vaccine came out in 2021. Dr Ryan Cole said we cannot solve a problem we refuse to see."

In conclusion, all that I ask is that you ask questions, and apply your God-given discernment regarding what you discover. And, if I am wrong, please show me where I am wrong. Thank you.



# Be A Cycle Breaker

by Eric Betts

Assistant Director, Curtis Coleman Center for Religion Leadership and Culture at Athens State University



When you know better, do better. Within our culture today, we have more information about how our attitudes and decisions affect others. We are also living in changing times, where we are more aware of hurtful and damaging behavior patterns.

Moreover, there are those of us who grew up and were molded by harsh environments and were tested by people who made life difficult. It is true that those harsh environments, challenges, and neglect helped shape you into the solid person you are today. However, because those who mentored or developed you were harsh, rude, mean-spirited, and made things hard on you, doesn't mean that others are getting a pass if you don't treat them the same way. Too many have the attitude that if they could endure verbal abuse or harsh treatment, then certainly others can also. This mindset says, "If I didn't have it easy, then why should I make it easy for others?"

If you were underpaid, it was unethical, and should not become a badge of honor by which you should treat others. If you survived off of less and survived, others do not deserve the same. It may be that you were shunned or excluded from the team, but this negative history should not be a

tool to teach others a lesson. The colloquialism that "hurt people, hurt people" is true indeed. In a lot of cases, hurt is normalized because we grew up or were trained in environments where pain and survival instincts went hand in hand. Because these experiences were our normalized day to day world, we may very well be causing pain to others without realizing it. Additionally, it may be that we have experienced so much pain that we have become numb to it and unconsciously inflict it upon others. Indeed, those experiences were your normal as well as the normal for those in your community circle, but this does not mean it is what is just or right.

Undoubtedly, most people don't go out of their way to hurt others. It is mostly unintentional.

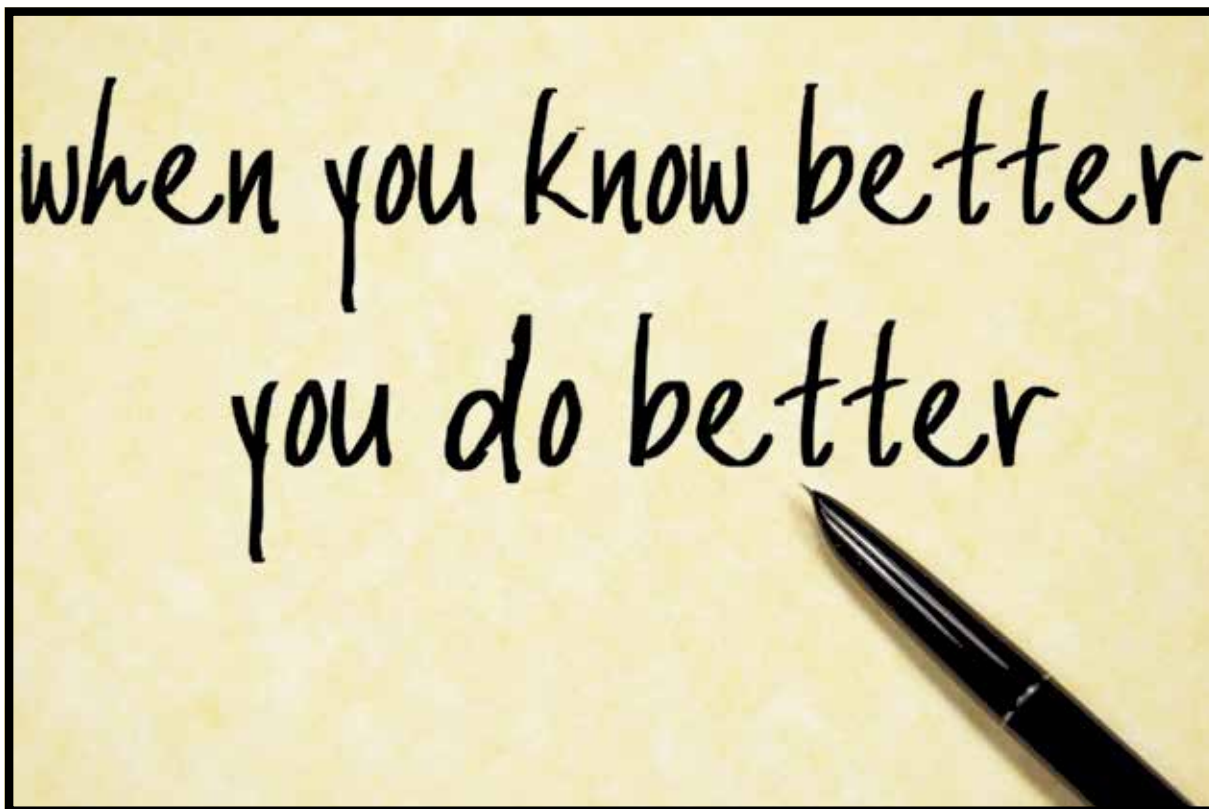
However, the problem is that so many never question their own behaviors and assume that the way we were treated is the template for how to treat others. There are too many leaders who have modeled their own style after those who they observed in their formative years or early in their own careers. Yes, there was much to learn and adopt from them, but there is also much to unlearn and change. There are those who are so accustomed to having leaders who don't listen to "subordinates," that they repeat the same without realizing it. Leaders who have modeled themselves after leaders who lack empathy, oftentimes fail at showing empathy toward the teams they are building. Leaders must not assume that they know exactly how they must

lead based on faulty models, but should constantly question whether it is necessary, proper, equitable, respectful, or fair. How did you feel in your gut when you were treated certain ways? Is it necessary to do the same when relating or interacting with others?

What many fail to realize is that the person they have modeled themselves after, modeled themselves after a leader that preceded them. If that leader after which they have patterned themselves could do things differently, they would. Amazingly, psychologically damaging and demoralizing leadership behaviors are passed down from one generation to the next, and it is thought that this is simply how life is and must be. It is also passed down when one from middle man-

agement elevates to senior management and nothing changes. In such settings, cycles of abuse are perpetuated. The attitude that says, "If I had to endure it, so should you," is not prudent for building teams and communities that are needed to meet the demands of today. That everybody does it this way and has done it that way for years is no longer an acceptable excuse.


This changing world is in need of cycle breakers. If you were treated unfairly, treat others with fairness. If you were overloaded with responsibilities without consideration, be considerate of others and respect their capacity. If you were embarrassed because you were publicly humiliated due to a mistake, be sure to correct the person in private. If while grieving the loss of a loved one and needing another day to collect yourself, this was denied you, be sure to be sensitive and compassionate to those on your team who may need the same. Being a cycle breaker means embracing the good that was modeled before you, and simultaneously becoming the person that you needed that leader to be in your life. It also means creating new templates and new patterns for future leaders to emulate, thus creating a better environment for those they will lead.



# Fun, Fishing And Fear In High Country

by Jerry R. Barksdale

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



Early morning coldness lingered in the high mountain valley slowly giving way to the rising sun. Pat and I had spent the night in a small log cabin on the edge of the Wind River Indian Reservation. The welcomed sun warmed our faces while we watched the Wyoming sky gradually turn turquoise blue. The day held great promise and adventure. After breakfast and camp coffee, we saddled up.

"It's a long ride up there," our outfitter said, gazing west at the Wind River Mountains. Leading a pack horse carrying our camping gear, we rode toward granite peaks that thrust upward over 13,000 feet. Our destination was a mountain lake not far from the Continental Divide said to be teeming with brook trout. I couldn't wait to try out my new fly rod.

Pat, an Arkansas native and former Huntsville surgical nurse, was a single mother of two daughters when I met her following my divorce in 1985. Two years later she said, "Barksdale, I'm the prettiest thing in Southeast Huntsville, maybe Southeast United States, and you need to stop looking around." She was right, of course. A brown-eyed beauty with long raven hair, she was fully equipped with all the accessories that a

man likes. And she had a wicked sense of humor. I took her advice and married her in 1987.

Earlier in the week we had flown to Jackson Hole, rented a car and drove near Dubois, turned onto a dirt road, and bumped across the Indian reservation to a small cabin and corral of horses on the edge of the national forest.

Stuffed inside two Army duffel bags was a tent, air mattress, sleeping bags, novels, flashlights, and our kitchenware. Mama's old No. 7 blackened cast iron skillet was just the right size for frying brook trout. We had potatoes, Wesson Oil, cornmeal, and plenty of Maxwell House. Coffee, coughing and gurgling in my dented and smoke stained camp pot would bring great joy to our cold mornings. All we needed was good weather, hungry trout, and a little luck.

As we rode toward the high country, the only sound was clanging horse shoes and creaking saddles. As we climbed higher into thin air, the horses blew and caught their breath. We would be dropped off at a lake and picked up several days later. It was grizzly country. No radio, no phone, no problem, I could outrun Pat. I did have a Marine fighting knife for dressing trout and peeling potatoes. If I got in a knife fight with a grizzly, I

wouldn't hesitate to use it. If that didn't work out, I'd put on my glasses. Down South a gentleman never assaults a man wearing glasses. Well, that's what Mama always told me. I wasn't sure grizzlies knew that Southern custom.

"Look!" Pat pointed toward a pinkish red field. As we rode closer, I saw that it was a small glacier inhabited with algae. We began a steep climb around switchbacks. The sorrel mare I rode and the pack horse I led were blowing and snorting. The trail was narrow, a wall of granite on our left and a deep chasm on our right. One slip and airborne! At the bottom of the abyss, I noticed a line of white bones strung out in row. "What's that?" I asked our guide.

"I was hoping that you wouldn't see that," he said. "A cat spooked pack horses that were tied together. One slipped and pulled the others over the edge."

Mid-afternoon, we arrived at a small blue lake and set up camp. When the last clanging horseshoes died out, I realized that we were totally alone.

Pat organized the inside of our tent like it was her kitchen, got a fire going, and made coffee. By late afternoon, I had caught a mess of trout. I chopped off their heads, gutted, and cleaned them; battered them in cornmeal; and dropped

them into the sizzling skillet. We ate them like corn on the cob, washed down with camp coffee. Greasy and delicious. When the sun dropped behind the peaks, coldness came. We sat around the campfire watching as it turned to glowing coals. Pat zipped our sleeping bags together so we could share body heat. About the time I stopped shivering and got warm, my enlarged prostrate grew larger. I had to pee. I crawled out of the bag, unzipped the tent flap, and walked into the freezing night and peed. I was like an icicle. I scrunched close to Pat. She jumped. "Get away!" If we even went to divorce court, I'd remember that. Something was crawling on me. Was it a tick? Then I heard animal sounds nearby. My imagination ran wild. Was it a grizzly snooping around looking for dinner? I finally got warm and was almost asleep when I had to pee again. I crawled out; it was even colder. After crawling out a third time, I remembered the coffee pot. Hmm... The following day wind howled incessantly, and we remained inside the tent, read and slept.

I followed a clear mountain stream that fed the lake and saw trout. I made a few casts and caught my line in a willow bush. As I worked to untangle it, I noticed large paw prints in the soft earth. Bear tracks! No doubt about it. Be-

tween getting up to pee and thinking about a bear eating me, I didn't sleep much that night.

I lay awake thinking about a TV program I'd seen several years earlier where a Department of Interior employee drugged a grizzly for tagging when suddenly the bear woke and mauled him. He drew a 44 Magnum and killed the bear. When and if I ever returned to bear country, I'd be packing a .44.

The following day got real spooky. Three men appeared and set up a camp nearby. They weren't the standard skinny, pig-tailed, trail mix-eating hikers. They looked more like escaped cons. They looked at Pat with interest. I sensed danger. Thereafter, I carried my fighting knife on my belt. I lost interest in fishing. Pat and I were packed and sitting on our duffel bags when we heard horses approaching. It was the outfitter. Thank the Lord.

"Did you guys have a real adventure?" he asked.

"Yep, that's an understatement."

When we returned to Huntsville, I purchased a Smith and Wesson .44 Magnum at Larry's Pistol and Pawn. The next time I went to the mountains I'd be packing it, just in case. I'd also be carrying an empty fruit jar -- my version of a camper's bed pan.

# Offering Training For Kids With Cancer

by Joel Allen



Hello, folks! Some years ago, when I taught basic obedience in a group setting at the Athens Pet Depot, I was at my table taking signups as people came into the store. I noticed this young lady (her name eludes me) walking by my table and my heart instantly melted for her. She was a child battling cancer and it was because of her hair loss that I noticed this. Anyway, I tried not to be nosey but I knew what I felt was God whispering to my heart, "You should offer her free dog training." So, I struck up a conversation with this young lady in front of her parents and asked her how she would feel about taking a course in dog training at no charge. Her eyes lit up at this suggestion, and I said, "If

it is okay with your parents, the class is yours. We will do the classes at your pace." I remember her looking with hopeful anticipation toward her parents. They told her it would be fine and they thanked me. During the following weeks to come, this family attended the training, and seeing that young lady smile was so worth it.

I cannot remember if she attended all the classes I offered her. There was a moment of time where she and her parents did not come to class, and then one day, her parents approached me and told me that she was with the Lord. They thanked me again for what I had done, and as they left, I had to find a quiet place to grieve. She may not have been my child, but she was an angel to me.



It's hard to imagine a family like hers losing their child so young, but it happens.

So, my article title says it all. I have reached out to St. Jude's Hospital but I was told by their

representative that they only have a dog-handler program not a free dog-training program. With this knowledge, I am working on getting a program started. Ever since that young lady came into my life, the seeds to accomplish this were planted, and I have often spoken of doing this over the years. Now, I am planning to give free training to the kids that are battling cancer just to bring some light into their world. I will be teaching basic dog obedience once a week to start and then see where it goes from there. I will also be offering to advise any child and their family should they need a service dog. I finally took that step of faith. I hope they can use me.

Also, I will be seeking sponsors so that I may do this. I know I already have two sponsors to donate for this cause. If anyone reading this article should like to be a sponsor for this program I am creating, please reach out to me by text or voicemail, 256-651-2211. Your support will be greatly appreciated.



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

**Joel Allen**  
256-651-2211

## Mental Health Minute

# *Mental Illness Vs. Personality Disorder*

by Lisa Philippart,  
*Licensed Professional Counselor*



*“Mental health problems don’t define who you are. They are something you experience. You walk in the rain, and you feel the rain, but you are not the rain.”*

*- Matt Haig*

I am often asked to explain the difference between a mental health disorder and a personality disorder. Although they both can determine the actions and reactions of a person, mental health disorders and personality disorders are quite different. Understanding the differences between these disorders can help alleviate stigmas in society and increase awareness about how to help. The National Institute of Mental Health (NIMH) defines mental illness as “a health condition that changes a person’s thinking, feeling, or behavior (or all three) and causes that person distress and difficulty in functioning. Mental health disorders often vary in severity, depending on the person. Some common examples of mental health disorders include: depression, anxiety disorder, bipolar disorder, schizophrenia, attention deficit hyperactivity disorder, and post-traumatic stress disorder.

In some people, their mental illness symptoms are mild and not easily recognized through their behavior or mannerisms. Because a person doesn’t



“look” sick, their symptoms and diagnosis may be belittled or stigmatized. This issue is a cause for concern, especially considering that an estimated 20% of the U.S. population suffers from a mental health disorder. Approximately 5% of adults in the United States suffer from mental health disorders so severe that they can’t function normally in society. For many people, mental illness is passed down genetically, while others are stimulated by their environment. Trauma is a common trigger for mental health disorders, while predetermined genetics can make a person more likely to develop them.

As defined by NIMH, a personality disorder (PD) is “an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the individual’s culture.” Personality disorders

are fairly common, with approximately 9% of U.S. adults having a personality disorder. A personality disorder is often fixed, with consistent challenges or difficulties associated with the disorder. Like mental illness, personality disorders can be minor or severe, and those with PD often do not “look” sick. The main criterion for a personality disorder is that people have a distorted sense of who they are. Some types of personality disorders are: paranoid, schizoid, histrionic, dependent, borderline, and narcissistic.

The extremity of a person’s condition is defined as mild, moderate, or severe. A person with a mild personality disorder may have trouble in certain contexts like self-direction or self-worth, but function well in others. Those with a moderate level of PD symptoms often struggle with identity, sense of self,

the ability to form intimate relationships, or the ability to control impulses. Their most common problems are with personal relationships. People with severe PD symptoms suffer from an acute lack of sense of self. This affects all relationships and impacts all aspects of daily life, including social, occupational, educational, and family. Severe personality disorders are often associated with harm to oneself or others.

People with personality disorders may display certain traits of mental health

disorders, which could lead to a wrong diagnosis and/or wrong treatment. The main difference between personality disorders and mental health disorders lies in the person’s sense of who they are. Those with personality disorders report a loss of “self” that is more severe than those who suffer from mental health disorders.

*Lisa Philippart is a Licensed Professional Counselor, providing mental health services through her own private practice in Madison, Alabama.*

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# The Alternative Approach

## Bowel Health

by Roy Williams

Maintaining a healthy bowel could prove to not only lengthen your life, it could also improve the quality of your life as well. Many health professionals have told us that, "All disease begins in the gut." Improving the health of your gut is not as expensive or as complicated as you may think.

First things first. Why do so many Americans suffer from poor digestion? As I answer that question, you will begin to feel a freedom that comes from knowing that your body, when given the proper nutrients can, in most cases, heal without becoming dependent on the medical profession or the pharmaceutical industry.

One of the main reasons for most of the digestive issues in America is that antibiotics are prescribed for almost everything. The American Medical Association and the pharmaceutical industry push antibiotics like a candy store pushes candy. The result can be devastating. The pathogens can become antibiotic resistant, which could result in sickness and death.

The antibiotics also destroy the natural healthy bacteria in our digestive

system, which is up to 80% of our immune system. These beneficial bacteria actually identify and destroy the bad or toxic bacteria that gets into the gut. Once the good bacteria are dead, then the bad bacteria can get a foothold and cause infections such as diverticulitis, ulcers, ulcerative colitis and polyps, which can lead to cancer.

Some of the symptoms of too much antibiotic are gas, bloating, belching, and IBS or irritable bowel syndrome. Over time, a weakened immune system can lead to chronic sinus infections, allergies, pneumonia, cancer, and even auto-immune disorders such as psoriasis, rheumatoid arthritis, Lupus, or Crohn's.

Of course, the sicker the public, the more dependent on the pharmaceutical industry we become. One great example is the COVID-19 virus. Even though 99.6% of the people who contracted it would survive, they used their powerful media to convince us that without a vaccine it would become a pandemic. Fear is their favorite tool.

Because antibiotics compromise our immune system, we are more susceptible to disease. It is a



well-known fact that people who take the most antibiotics also have the most allergies, sinus infections, ulcers, and cancers.

Another cause of digestive disorders can be linked to the amount of sugar Americans consume. On average, Americans consume over 150 pounds of sugar a year compared to only 5 pounds 100 years ago. Consuming too much sugar has been directly linked to many digestive disorders including colitis, ulcers, colon cancers, obesity, and Crohn's.

A lack of fiber in the American diet is another cause of digestive problems. Without enough fiber, fecal matter can cake up on the lining of the small intestine and colon, which can lead to polyps, colitis, growths, cancers, and infections such as diverticulitis. Early symptoms can be gas, bloating, belching, burping, and low bowel cramping.

### Supporting Bowel Health

When it comes to main-

taining bowel health or reversing some of the disorders mentioned above, there are some real giants in the nutritional industry that have absolutely no negative side effects and can be used along with any medications. Many people swear by the positive results.

Most Americans with gas, bloating, belching, burping, low bowel cramping, or IBS should consider taking a high-quality probiotic such as PB-8, which has 7 or 8 strains of beneficial bacteria such as Lactobacillus sporogenes, acidophilus, salivarius, bifidum, longum and rammannosus. A daily dose contains up to 8 billion of the living bacteria. We have so many reports of 90-100% improvement when taken along with a product called Super Enzymes by NOW.

The combination of PB-8 and Super Enzymes can help your gut recover and may even prevent many of the other digestive disorders such as colitis, ulcers, and diverticulitis. Add

some fiber to your diet and drink plenty of water and your digestive system will become healthier and your quality of life will improve.

### Gall Bladder Issues

For those who have had their gall bladder removed, consider taking one Thurston Compound at the end of every meal. Thurston Compound is designed to do what your gall bladder did. Many tell us that it is wonderful to be able to eat the foods they like again.

When it comes to digestive health, we suggest trying it God's way using His creations first. The natural way is safe, effective, inexpensive, and has no negative side effects. To learn more, go by Herbs & More in Athens or NHC Herb shop in Killen or call 256-757-0660. You may also choose to go to our website at [www.nhcherbs.com](http://www.nhcherbs.com).

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Cooking with Anna (continued from page 13)

# Little Miss Perfect

by Anna Hamilton

*on earth, nothing in nature, no job, no situation...absolutely nothing is perfect.*

*There is nothing wrong with trying to be your best self. Trying to better yourself is essential for growth in all areas of your life. I will be 43 this year, and for the first time in my life, I am going to a gym three times a week. I was always told that wasn't for me, that I would be judged and wasn't strong enough to be a "gym" person. But you know what, that was wrong, and I am loving the gym. My trainer is patient and kind, and I feel so strong when I leave, like I can truly accomplish anything. I am far from perfect at the gym, but I am giving it my best and really enjoying the results.*

*I recently read a quote from Jon Acuff that struck me to the core, "Progress is quiet. It whispers. Perfectionism screams failure and hides progress." Perfectionism screams failure and hides progress, wow, I mean wow! Go back and read that again if you need to. I read it at least 10 times. When you are forcing everything to be perfect, you will only focus on all the*

*failures. Being perfect is impossible, and when you are focused on the failures from perfectionism you will never be able to appreciate your progress.*

*So what the scale is up a pound, or even five pounds, you went to the gym three times this week. That alone is a win! Enjoy the quietness of progress. Progress is what it is all about. Keep pushing, keep pressing, keep going.*

*This week's recipe is a yummy summer dessert that is packed with fresh summer fruit. It is the perfect sweet ending to your day.*

*"Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:12-14*

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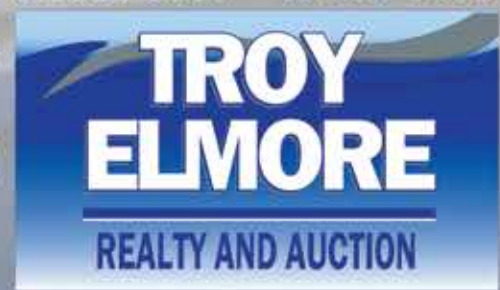
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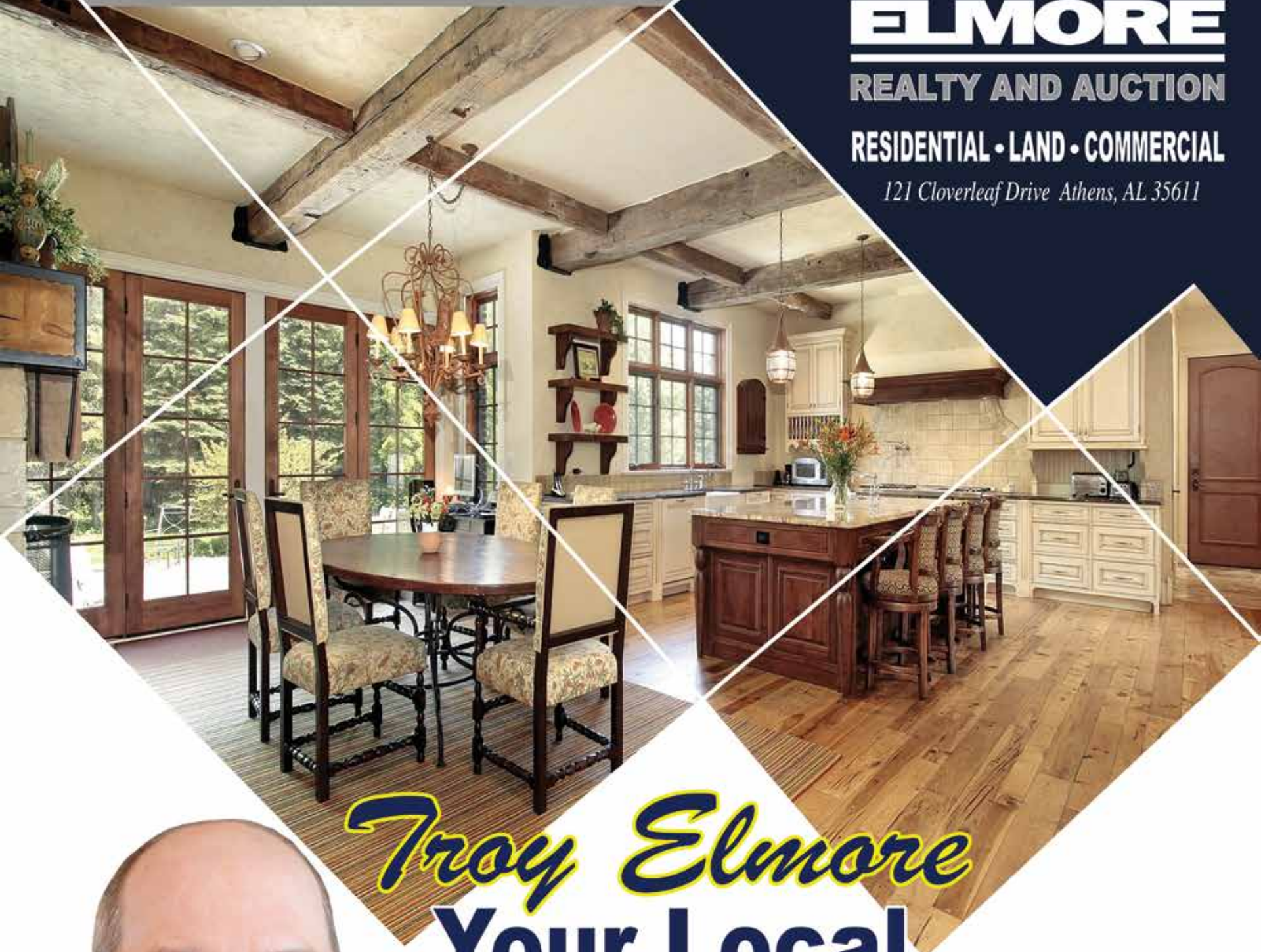
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Intelligence  
without  
ambition  
is a bird  
without wings.

~ Salvador Dali



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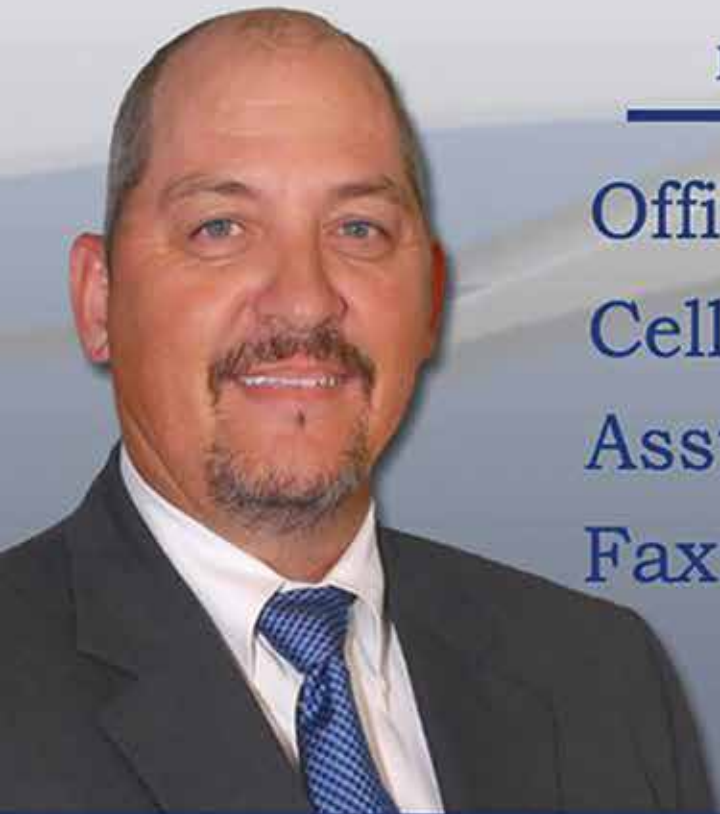
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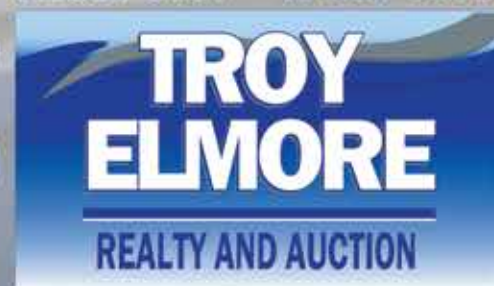
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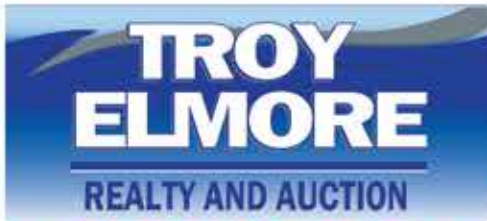
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