

July 15 - August 4, 2022

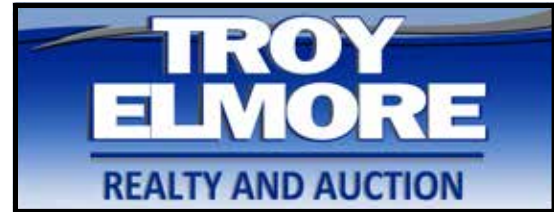
# Athens Now

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## Special Feature



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And Pest Control:  
Terminating Termites  
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# Listerhill Credit Union: 70 Years Of Protecting Alabama

By Ali Elizabeth Turner

In the America of 1952, thirty-five dollars went a long way. In the case of Listerhill Credit Union based in the Shoals, it was the equal investment of seven men working at the Reynolds (Aluminum) plant. They banded together to protect themselves and their fellow factory workers from loan sharks who charged "an-arm-and-a-leg" for loans, and even managed to take advantage of people by offering "loans" that never actually ended. In other words, even when you had paid off what you owed, they would still keep coming after you to collect. It was "pay up or else," and these seven brave men just weren't having it. They literally started Listerhill Credit Union on the shop floor of the Reynolds Company in Sheffield, and the first branch was

Continued on pages 16-17



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**Publisher's Point**

**The Record Keeper**

Have you ever had a book that grabbed you so hard that you were sorely tempted to stay home from work, or stay up all night, or find any excuse in the world to finish it instead of doing what is considered by most to be the responsible, adult, grownup thing or things to do? A book that once again proves to you that you really can make the time to do the things that are important to you?

Well, in my case, this is the third time I have gone through this with a particular author by the name of Charles Martin.

Charles is a New York Times best-selling author who has written multiple novels. I got completely hooked on his character, Murph Shepherd, who in the series also as a writer has the pen name of David Bishop. This happened on the first page

of the first book of the trilogy, and that one is called *The Water Keeper*. Murph's full-time job is to rescue young people from human trafficking, mostly girls, and most of the first book takes place on Florida's Intracoastal Waterway. The second is called *The Letter Keeper*, and it gives more of a backward look simultaneously with a future of hope, love, and purpose that are nearly destroyed.

The third is called *The Record Keeper*, and it is the most skillful, jarring, unsettling portrayal of "the Good Shepherd leaving the 99 and going after the one" that I have ever heard. I was undone by it. There were times I was glad I was completely alone either in my car or at home as I listened to the Audible version, because of the visceral prayer and snot-bawling surrender to that same Good Shepherd who was asking me to do things I just didn't want to do. The beauty of the entire production indeed made it easier to say yes with no strings attached.

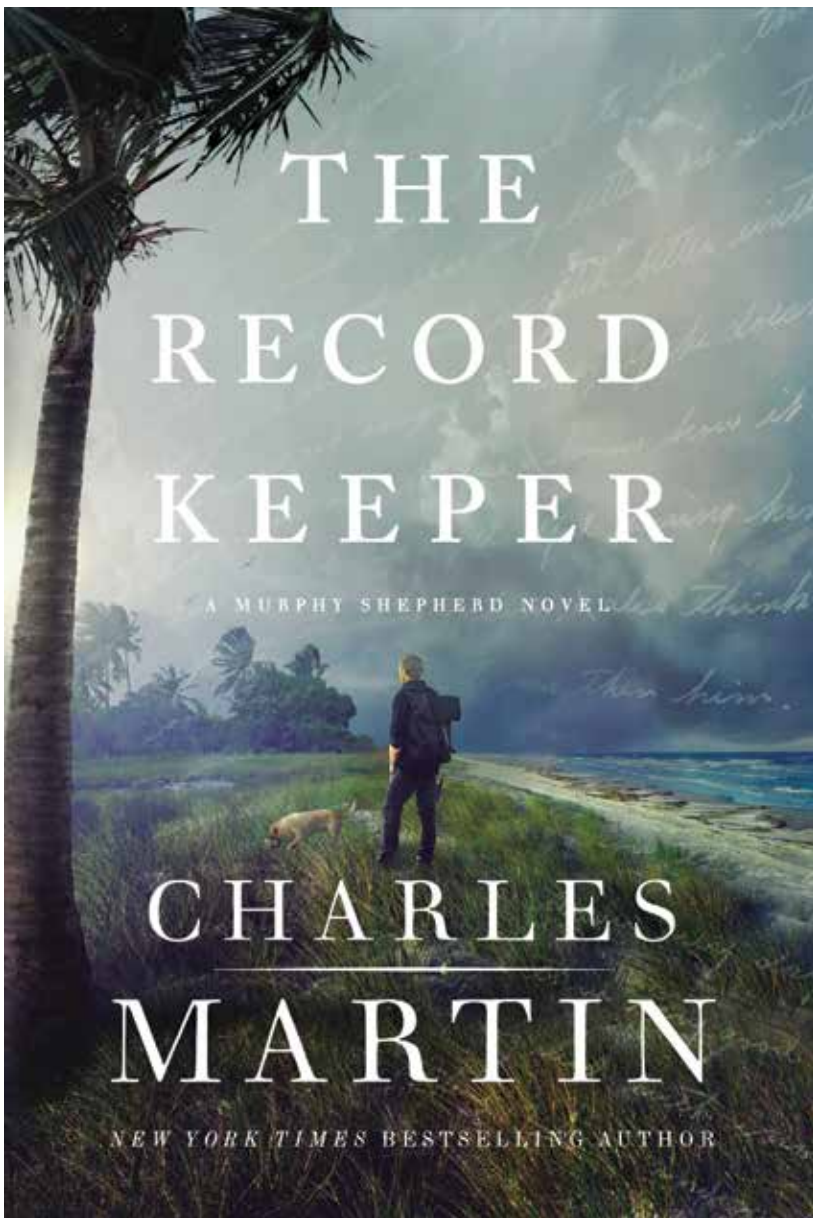
Speaking of the Audible version, I was captured by the expertise of the narrator, Jonathan K. Riggs. Sometimes, unless a book is read by the author, having someone else try and do the voices

of the various characters is just plain annoying. In this case, that simply is not so. Mr. Riggs does such a subtle, supple job of moving back and forth between the voices of the characters that I know that I will hear his voice when I go back and actually read the book by turning the pages. The benefit of the impact made by the narrator was not something I was expecting.

Be advised, this is not an easy read. I found myself being additionally repulsed by the necessary exposure of the fact that victims of human trafficking include boys. That it happens in the church makes it worse, and I know men that may have a difficult time getting through those chapters because of what happened in their youth with those who should have been trustworthy. However, if they choose to read *The Record Keeper*, they will encounter a level of redemption and reconciliation that will make their understandable discomfort worth it. It will seize you right up, and if you let it, it will change you forever for the better.

*Ali Elizabeth Turner*

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# Justice "Served" For Stolen Valor, Stolen Honor



by Ali Elizabeth Turner

Back in March, I wrote about a situation that had me in a state of what my husband, Steve, calls "being all feffered up." If you are not familiar with the term, think of feathers that are so ruffled that they stand out in a perpendicular position to one's body. What was the reason? A woman by the name of Sarah Jane Cavanaugh fabricated an elaborate scheme to bilk hundreds of thousands of dollars out of various organizations in order to receive "support" for the fact that she was now "being treated for cancer" that was the result of her having "served in the Middle East." Problem is, she never served. ANYWHERE. That's bad enough, but when someone additionally and falsely claims that they have been "sexually assaulted by a superior officer," I am inappropriately inspired to say, "Hold my beer," and I don't like beer at

all.

I am happy to report that Miss Cavanaugh has been put in a position that might serve to begin to undo some of the damage she inflicted on more than a few folks. She reached a plea agreement, and here are some of the components of her day of reckoning.

U.S. Attorney Zachary Cunha mentioned in a statement that Miss Cavanaugh has signed an agreement in which she admitted to fraudulent use of medals (with an illegally obtained Purple Heart as she impersonated being a wounded warrior), aggravated identity theft (she fabricated an elaborate cover story), along with forgery, and wire fraud. She received more than \$250,000 that had been earmarked to help true wounded warriors with everything from housing to art therapy to can-



cer treatment. She could have faced more than 20 years in prison if she had been tried in court, and wisely chose to plea out. It was recommended that she receive a sentence that is on the low end of the guidelines, and to me, it is possible that that decision was made to make it possible to actually earn money to begin to

pay it back. The agreement is that she will pay \$82,000 in restitution.

In many courts there is a tradition, if you will, of having a statement made by the guilty as part of the sentencing phase. This occurs often by the reading of a prepared piece that elucidates their sorrow and contrition for what they did. I don't know if it is something that can be required, but I for one would have thought that a public expression of some kind of regret would have been in order. And, while I am

grateful that at least a measure of what has been stolen will be returned over time, I am "feffered" once again by the statement that was issued by Miss Cavanaugh's attorney. Mr. Kensley Barrett said on Tuesday something to the effect that while he appreciates the interest that the case has garnered, he has no comment at this time. Newsflash, Mr. B. I don't want to hear from you. I want to hear from Sarah Jane, and it looks like the wait just might be a long one.

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# Crown Service Termite And Pest Control: Terminating Termites And Much More

by Ali Elizabeth Turner

When Wayne Hemmerly, co-founder of Crown Service Termite And Pest Control mentions February 5, 2018, he becomes just shy of a chuckle that rings with triumph. February 5 was the day that Wayne and his business partner, Stephen Corbett, launched their company debt free but with virtually nothing, and as of a few days ago, they have now taken care of almost 9,000 situations which demand their pest control expertise, particularly as it relates to termites.

Between them, Stephen and Wayne have had several fascinating careers, including construction, real estate, executive protection of celebrities, the entertainment business, farming, and big-box pest control. In addition, Stephen is a champion sport clay shooter. They specialize in inspections and providing termite letters, the document that must be submitted that attests to whether or not a property that is for sale is free of termites, and what must have cleared before a commercial or residential business closes for sale.

When Wayne continued with their story, he talked about the fact that on that first day, they emerged with the promise of more business in the form of providing termite letters. On day two, Stephen found a termite rig and borrowed a truck from his father-in-law, and by Friday they applied a termite



*Bella LaFontaine manages the office and heads up customer care*

treatment. At first, Wayne did the inspections, Stephen did the applications, and Susan Hemmerly, Wayne's wife, would come and do invoices and the books after she got off from her other job. Harrison, Wayne's son, was their first part time employee, and now there is a crew of 11. They include Bella LaFontaine, who is the office manager, three termite techs, two inspectors, two more office staff, and one pest control tech who deals with the rest of the creepy crawlies.

Now that they have outgrown their third location, they will be moving soon, and everyone is excited that there will be enough room inside and

out to accommodate all their needs. It has been their level of customer service and commitment to excellence that has caused the "growing pains" of the last four years. To illustrate how outstanding service precipitates growth, Bella sent me a thank you that they recently received from a customer.

Okay! Signed! Thanks Bella! I want to say I really liked you and went with you because I enjoyed your professionalism and your kindness. You are an asset to your company and they are lucky to have you! You won them a new client for sure and I have trust in the great job that will be done because you gave me a good honest conversation and feeling.

Just wanted to say I appreciate you! Looking forward to working with you!

There are a number of reasons that you should choose the "Crown Crew" for your pest control needs. First of all, Wayne makes sure that the inspections are careful and the



*Stephen Corbett, (l) and Wayne Hemmerly, co-founders of Crown Service Termite and Pest Control*

quotes are custom. You don't just call up and get a computer-realized estimate which is completed sight unseen at their office; they come to you and discuss your options first, and the inspection is free as well as without obligation. Bella keeps the customers in her cell phone and is available to make sure that they get what they need. Stephen makes sure the work is performed as promised. Because they don't have as much overhead as a national chain, they are able to give better prices. They use the exact same chemicals as the chain services, and as Wayne says, "Our big difference is pricing and service."

They may concentrate on termite letters and termite treatment, but Wayne has a list of favorites he likes to go after. First up is fungus. "There is a lot of confusion these days between mold and wood-decaying fungus," he said, and people are at times getting treatments that are not necessary. Second up -- termites. Wayne gets a great deal of satisfaction getting rid of those critters so houses can pass inspections, and keeping them gone with ongoing protection plans that are thorough and affordable. Next in line is the category of pests. Ants, cockroaches, spiders, silver-

fish, rats, mice, wasps, fleas, crickets, brown recluses, bed bugs, and earwigs don't stand a chance. They draw the line at snakes, however. They'll be happy to refer you to someone else for that.

Crown Service will also do crawl space moisture management, deal with rot and damage, install appropriate vapor barriers, and provide you as a homeowner with that most important thing: peace of mind. Wayne says, "We have a goal, and that is to treat each home as though it belongs to our grandparents." Let someone who has a heart to protect take care of your most precious possession, your home, and get a no-obligation inspection today.



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# Calendar of Events

## 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 2022. All remaining 2022 public events 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.yesterdayevents.com](http://www.yesterdayevents.com)  
FB: [www.facebook.com/YesterdaysEventCenter](http://www.facebook.com/YesterdaysEventCenter)

## 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](http://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.

## Fridays After Five in Athens July 29

7:00pm - 8:30pm. Fridays After Five Soul, Funk & More Night. The Lamont Landers Band has become a staple in college towns and perform across the southeast bringing their joyful noise of Rock, Soul, Funk, and R&B to audiences of all sizes.

## The Rustic Willow Market Day August 13

10:00am - 4:00pm. 29930 Ardmore Ave, Ardmore, AL. Almost

## Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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## Digital Literacy Classes

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## Kiddie Carnival July 28

Athens Lions Club Kiddie Carnival 2022, Thursday, Friday & Saturday nights from 6:30 – 9:30. They have 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. 309 E Forrest St. in Athens, AL. Free parking!

## Gettin' Dirty at the Library August 9

Limestone County Master Gardeners are offering a free presentation on "Preparing a Fall Garden" August 9th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. Jay Moorer, our local Bonnie Plants representative, is our guest speaker.

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# What Makes Ronnie Roll

## *Electric Cities And Excellent Commerce*

by Ali Elizabeth Turner



To say that it was a “pedal-to-the-metal” week is an understatement. Thank God for the technology that made it possible for us to do the interview with Mayor Ronnie as he was attending the annual Electric Cities Conference being held in Montgomery while I was in Athens. He slipped out of the room where a presentation was being made and said, “I hope I didn’t offend anyone by leaving the room.” He went on to tell me that the conference, which is sponsored by TVA, is one of the most important ones of each year. The reason is that we both buy as well as sell our electrical power, and that revenue significantly affects our city budget. Interestingly, it is the City of Athens that is in charge of the electrical power for both the city and the county. The City is working very hard to keep

our power rates down, and the TVA has had its own challenges with supply chains, getting materials and supplies.

One of the topics at the Electric Cities conference was the fact that electric cars are on their way, and we have to find a way to prepare for it. It won’t be all that long before electric cars are normal and common, and we’ll have to meet that need.

Going to a conference that focuses on supplying the population with the power they need is invariably going to lead to a discussion about the utilities workers that are out there bringing new power to new developments, as well as restoring power after storms. “They are just as much first responders as soldiers, police, emergency medical people, doctors, and nurses, and I



don’t know what I would do without them,” said the mayor. He even used the word “brag” when he talked about the job they are doing.

We moved on to the ribbon-cutting ceremonies which took place this

week. The first was the Mid-Towne Publix complex, located on Highway 31 right across from Athens Middle School in the location of the old Big K. “I have been over there two and three times a week, and they have given me the chance to go

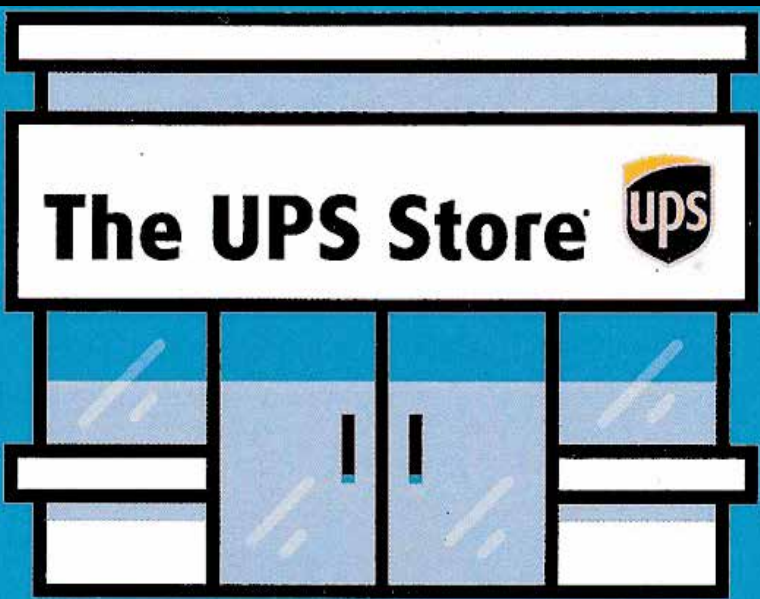
through and watch their progress,” said Mayor Ronnie. We talked about what a beautiful building it is and what it will mean to the city. “Oh,” he said, “They have leased the buildings right next to the store, too. It’s going to be a great asset to this part of town.

The other ribbon-cutting ceremony was for the newest branch of Listerhill Credit Union, located near the other Publix on Highway 72. The Listerhill story is featured on the front page of this edition, and everyone is glad about their level of community involvement and the service they will bring to their members. “Listerhill had been looking at our community for a long time, checked out the customer base, and finally chose us,” said Mayor Ronnie. “I’m glad they did,” he added.

Mayor Ronnie had to get back to the session, so we prayed quickly. And then, once again it was time for Ronnie to roll.







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# Steve's Corner

## One Flesh

by Steve Leland

If we, when we marry, become one flesh as described by our Creator, what does that actually mean? How can the meat on our bones physically combine with another to where we become one person? Obviously, it can't, so it has to mean something entirely different. One of the explanations that has been given for this phrase has been that when the man's sperm combine with the woman's egg, a new human comes forth who is a combination of each of them. The problem with this is that it doesn't make them one with each other, only within the offspring. So while it is a partial fulfillment, it isn't a complete one.

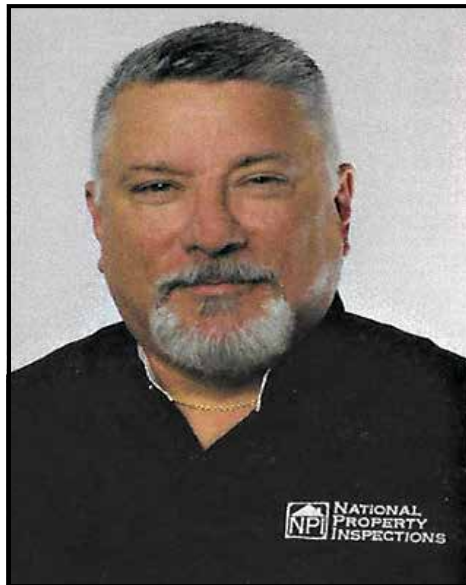
Another explanation is at the moment of utmost intimacy, the two bodies become as close together as is possible. That they are virtually one being at that point. But that is pretty weak; they are only in that state for a relatively small percentage of their lives. Again, a partial fulfillment but an inadequate one, in my opinion. So, I knew that there had to be an explanation; Yah doesn't say things just to hear His voice echo.

I looked up the Greek word from which *flesh* had been translated, and way down at the bottom of the list of definitions was a very interesting one. "The flesh, denotes mere human nature, the earthly nature of man apart from divine influence, ..." The Hebrew word used includes "flesh as frail or erring (man against God)" as one definition. Meat/muscle doesn't err so it would more indicate man's nature. A quick side note to show that

there is another place in the NT that uses the word flesh in the same way. Do you remember the phrase... "The spirit indeed is willing, but the flesh is weak"? We all understand that it is not talking about the weakness of the muscle. Shucks, if the muscles are weak enough, you can't even get up and go get into trouble. It is our human nature that is weak. Now that is a definition under which the phrase makes perfect sense.

The mental nature of the two is intended to become so blended that they become one in who they are, how they approach life, and the aspects of life. So, does this happen automatically? We all know that old couple that look and act like each other. But mostly it doesn't. All too often there is enough tension in the relationship to keep it from happening. The enemy of our souls makes sure of it. He doesn't like when things follow Yah's plan. So why did Yah make the statement? Because it is His intention for our relationships. And it can absolutely happen.

One of the things that I have realized is that when we focus on Him, the closer that we get to Him the closer that we will be to each other. And what did Yeshua say? "That they all may be one; as thou, Father, [art] in me, and I in thee, that they also may be one in us..." Be careful in your choice of a life partner. Are they headed towards oneness with Yah and you, or will it be a lifetime of tension as each of you pull in a different direction?



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\$50 for Team of 10 or \$10 per Person

Vendor/Exhibit \$20 - 9am-12noon

3 on 3 Basketball - 10am  
\$50 for a team of 4

3 Point Shootout - \$20 per person

Free Haircuts and School Supplies while they last!  
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**Contact:**

Email: [jannifermatthews@bellsouth.net](mailto:jannifermatthews@bellsouth.net)

Call 1-256-874-2941 for Walkathon and Booth Registration

## Slinkard On Success

# “N” Is For Negative Thinking

by D. A. Slinkard

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

We have come to the letter “N” which stands for Negative Thinking. This is something that in which many people are trapped in their daily lives. It is such an easy thing to think negatively that many people do not know how to be positive. It has been my experience that it is much easier to be negative than what it is to be positive because trying to be positive in the world we live in can take a lot of work. It takes the kind of work that many people are not willing to put in, but we reap what we sow.

I constantly question how many lives have been destroyed because of negative thinking. How many times have people given up, given

in, or not even tried to succeed because they had already planted the seeds of negativity? Thinking negatively is a mentality that hinders so many people, leaving them unable to conquer the things that matter most to them.

I find comfort and joy in Galatians 6:7 which states, “...for whatsoever a man soweth, that shall he also reap.” I grew up on a small farm in southeast Missouri and my dad would grow corn. It never failed that the crops my dad sowed were the same crops we reaped. There was never a point in time in which my dad planted corn and we harvested soybeans. There was never a point in time my dad planted corn and the field produced cotton. The field

always produced exactly what my dad planted.

Our lives are just like the field of the farmer. The thoughts we think are just like the seedlings that are planted and what we do in our life -- from our thoughts, actions, etc. -- will determine how the crop grows. If we sow negative thoughts, we need to realize we are going to reap negative factors in our life. If we sow positive thoughts, we need to realize we are going to reap positive factors. We reap what we sow. Even though this concept is elementary, too often we need to be reminded of it in our lives.

What we allow into our mind, what we allow into our heart, what we allow into our speech

-- it all impacts what we reap in our lives. What we allow in is like nutrients for the crops; will we have good nutrients or will we allow the weeds set into our lives to choke out any positive results that could happen? The choice is ours to make, but just like the farmer needs to tend to his field, we are going to need to tend to what we are sowing in our mind, heart, and body.

If we sow good things, then we can expect good results, and likewise, if we sow bad things, we need not blame anyone else for our struggles. We do hold the destiny for what we allow into our life, and we cannot fail to hold ourselves accountable for the results we get. We also must be prepared to weather the

storm. It takes time for the crops to grow in the field; we cannot plant our positive seeds today and expect to reap tomorrow. It is going to take time for our lives to change, and while we are waiting for the harvest, we need to ensure we are providing the proper nutrients to obtain the results we desire.

Galatians 6:9 states, “And let us not be weary in well doing: for in due season we shall reap, if we faint not.” We need to persevere until the end, and we see God’s Word tells us we shall reap if we faint not. Life is going to be tough; life is going to be hard. But just because life gets a little tougher, it does not mean we throw in the towel. Just because life does not go our way 100 percent of the time, it does not mean we give up. We must keep on nurturing our mind, nurturing our thoughts, nurturing our heart.

The more we plant positive seeds, the easier it will be to see a positive harvest in our life. Eventually, over time the negative, nasty, calloused soil will become fertile for positivity in our life. The more we plant positive thoughts, the more we cultivate our mindset to remove the negativity, the more our lives will change. We cannot forget we reap what we sow. It takes work, it will not be easy, but will be worth it all.



## Let's Work Together

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



Businesses, groups, and individuals know they can rely on Keep Athens-Limestone Beautiful for support and supplies for community litter cleanup efforts. However, cleanup efforts deal with the symptoms but not the underlying problem. Therefore, beautification efforts are vital for communities. The term beautification is defined as a process of making visual improvements in a town or city. Research shows that communities that try to "beautify" through landscaping, hardscaping, establishing green spaces, maintenance, and cleanliness generally result in lower litter rates.

This research speaks to the heart of KALB's mission to empower the citizens of Athens and Limestone County to take greater responsibility for enhancing their community environment. KALB knows that an attractive community conveys that citizens possess a sense of responsibility and personal obligation to not litter. The beautification work of KALB can be viewed through the planted flowers by Champion dealership to the hanging baskets around the square to the Beautification Awards displayed proudly in front of local business-

es throughout the county and more. Yet, KALB beautification efforts do not have to stop there. There is so much more to beautify throughout Athens and Limestone County.

There are countless examples across the state in rural and urban communities of beautification efforts -- like the block makeovers in Decatur, painting murals and transforming vacant lots into community gardens in Birmingham, and adding trees, bushes, and flagpoles to a street in Mobile. As a Keep America Beautiful affiliate, KALB is positioned in the community to take action to plant sustainable community gardens, plant trees, transform vacant lots, and much more. But KALB cannot do it alone; it takes collaboration.

Three of my goals as the new executive director are first to continue building upon the great foundation established at KALB before me. The second is to seek input to identify community needs and ideas to inform how KALB educates, cleans, and beautifies public spaces. The third is to attract and engage as many as possible in enhancing their lo-



cal community environment. All ages, abilities, and backgrounds should be able to participate in and have fun while improving local communities. Therefore, your input, feedback, volunteer effort, sponsorship, and donation of expertise or resources are vital to KALB's beautification work. Citizens like YOU can make unimaginable beautification efforts a reality by partnering with KALB!

So, what are some ways to collaborate with KALB to beautify Athens and Limestone County?

For business owners and leaders, consider partnering with KALB through sponsorship or membership and in-

corporate Keep Athens Limestone Beautiful into your social responsibility and employee engagement initiatives!

For schools and universities, consider sponsoring events or becoming a member organization and engaging your youth and students in education workshops, volunteer service, or internship opportunities.

For individuals and groups, consider or-

ganizing community cleanup events or donating expertise and other resources.

These are just a few ways to collaborate and partner with Keep Athens-Limestone Beautiful, but the possibilities are truly endless! I look forward to hearing from you and collaborating with you. Email KALB at KALBCares@gmail.com



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



## Cooking with Anna

# *Love Always Trusts*

by Anna Hamilton

*Learning to trust yourself should always begin with putting your trust in God. When we are following God's word and are living a life according to His will, we are fully trusting in His plan for us in this world. God, as our heavenly father, wants the best for us, His children.*

*The Bible is full of passages reassuring us that we can fully trust God to take care of us. In Proverbs 3:5-6, we are told to "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." It is in our human nature to want to know everything. We want to know all aspects of our lives and what is waiting for us just around the corner;*

*unfortunately, that's not how life works. But when you are fully trusting in God, those worries fade away. They fade away because we know God wants what is best for his children and will take care of us. I saw a quote this week that perfectly goes along with fully trusting in God. "Be so confident in God's plan that you don't even get upset anymore when things don't go your way." In other words, have so much faith in the Lord to take care of you that no matter what obstacles come your way, you still have faith, love, and hope in God.*

*Once you have full trust in God, you will have full trust in yourself. Of course, you must make sure that your will always aligns with the will of God. This*

*continued on page 23*

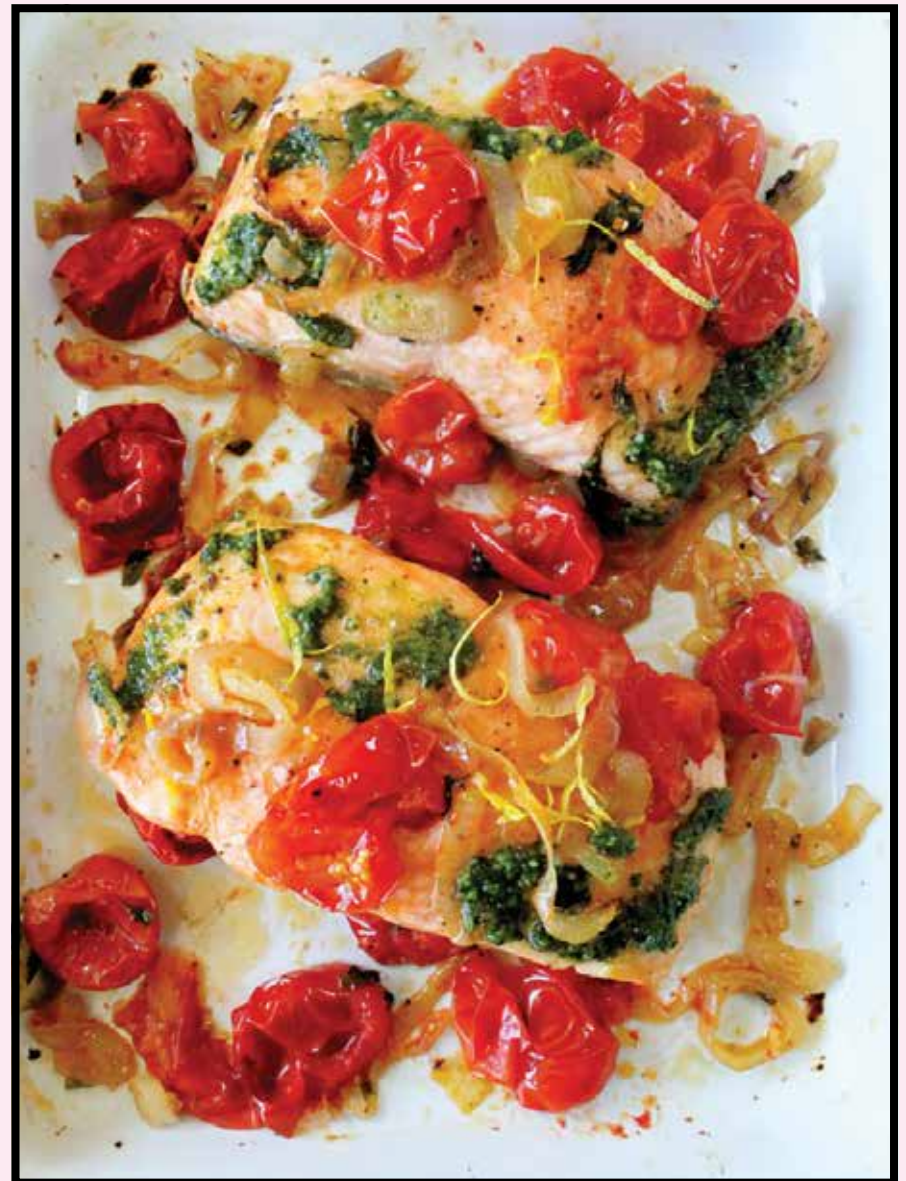
## *Salmon with Tomato, Cucumber, and Dill Salad*

### *Ingredients:*

*4 cups cucumber, sliced  
1 pint cherry tomatoes, halved  
¼ cup apple cider vinegar  
¼ cup fresh dill, chopped  
Salt and pepper to taste  
1 ½ lbs. skinless salmon  
1 Tbsp Za'atar spice, or any other  
Mediterranean spice you like  
4 lemon wedges*

### *Directions:*

*Preheat oven to 350 degrees.  
For salad, combine cucumber, tomatoes, vinegar, dill, salt, and pepper. Toss well and place in refrigerator until ready to serve.  
Season the salmon on both sides with Za'atar, or spice of your choice, and place on a foil-lined baking sheet. Roast until internal temperature reaches 145 degrees or about 20-25 minutes.  
Serve roasted salmon with cucumber salad and a lemon wedge.*



# The Kinetic Chains And Their Impact On Pain

by Danny Moon



*Athens Now is pleased to welcome Danny Moon to our writing team. He is a serious athlete, coach and personal trainer. Danny has been serving the Huntsville community for years as a technician at Hazel Green Chiropractic Clinic under the direction of Dr. John Boyle.*

the hips over the knees and ankles - to create a straight line. This allows the joints and spine to become like a spring, which can withstand weight and pressure. When one of these body marks becomes misaligned, stress is transferred throughout the spine and neighboring extremities, resulting in overcompensation.

### Upper Body Cross Syndrome

When the cervical spine becomes out of alignment resulting in forward head posture, it's referred to as upper body cross syndrome. Upper body cross syndrome is when the anterior (front) muscles in the neck and the thoracic (mid-back) muscles become weak. Once the mus-

cles are weak, it causes the chest muscles to tighten, pulling the shoulders forward, leading to tight trapezius muscles. Over a period of time, the muscle imbalance can cause symptoms such as:

- Headaches
- Neck pain or strain in the back of the neck
- Chest pain and tightness
- Pain in the upper back, especially the shoulders
- Difficulty sitting, reading, watching television, or driving for long periods of time
- Restricted range of motion in the neck or shoulders
- Numbness, tingling, and pain in the upper arms

### Lower Body Cross Syndrome

Lower body cross syndrome happens with prolonged sitting or an anterior pelvic tilt. The abdominal and gluteal muscles become stretched and weaken, while the lower back muscles and hip flexors (muscles at the front of the hips which are used to move your legs) become short and tight. Many people with lower body cross syndrome often suffer from lower back pain or pain in the pelvic/hip joints. In addition, they experience reduced mobility or stiffness in the lumbar spine, hip, hamstring, or pelvic region. Many encounter pain in hip flexors, groin, spine, or buttock muscles, as well as a pro-

truding stomach from an overly arched lower back.

### Maintaining Kinect Balance

Maintaining balance in the kinetic chain can lead to a stronger and healthier spine, which ensures the body remains functional without pain and stress. Exercising daily with simple things like walking and stretching or even core strengthening exercises will help improve kinetic chain function. If you are currently doing these things and still feel there is a problem, consult with a professional movement specialist, like your local chiropractor, physical therapist, kinesiologist, or massage therapist, to address the issue.

The kinetic chain (sometimes called the kinematic chain) is an engineering concept used to describe human movement. Like a machine, the human body is made up of fixed segments given mobility by joints. A kinetic chain is the concept that these joints and segments have an effect on one another during movement. When one is in motion, it creates a chain of events that affects the movement of adjacent joints and segments.

### How does Kinetics affect your posture?

A good healthy posture is when all joints are aligned, which allows the body to maintain normal curves of the spine:

- The cervical spine (neck) has an anterior (frontward) curve.
- The thoracic (chest) has a posterior (toward the back of the body) curve.
- The lumbar (lower back) spine has an anterior curve.

There are a couple of key body marks to remember when maintaining good posture. First, the ear should be directly over the shoulder, the shoulder over the hips, and





## PlayAction Sports

# Housekeeping And High-Fives

by Tim Lambert

Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC.

Visit us online at [www.pasnetwork.net](http://www.pasnetwork.net)! email: [playactionsports@hotmail.com](mailto:playactionsports@hotmail.com)

Congratulations to Elkmont's Alex Kuntz for his commitment to Troy University track and field and cross country.

Carrie Seibert of Ardmore finished first in females 40-49 at the County Line State of Mind 5K. Dalhia Allen of Athens was second in her 60-69 age group, Sidney Allen of Athens was runner-up in the 70-79 division, Lucas Camilli of Athens won in 9 and under. Kathy Harper of Athens was first in the 70-79 category in the 10K, while Jude Seibert of Ardmore came in second in males 10-19. At the Spirit of America 5K, Kathy Harper of Athens was the Female Masters winner, Christel Kennedy of Athens headed up females 30-34. Anthony Rodriguez of Athens was second in males 20-24 and tenth overall and Eddy Burks of Athens finished second in 65-69 males.

The Limestone Wildcats defeated the Walker County Titans to win their 10-year-old division at the Dizzy Dean Alabama state tournament and qualify for the World Series in Southaven, Mississippi. The Limestone Dingers finished second in their 8-year-old bracket and will also play in the series.

The North Alabama Storm won their 14U Open division at the USSSA state softball tournament. Southern Vortex finished second in the 14U C class. The Shockers 2010 were also second in the 12U

C category. In 8U Open, Southern Vortex-Vickers was second while Southern Vortex 8U won the C class. The North Alabama Storm 07 and Shockers 14U came in first and second in the 14 Open division of the World Series Warm Up softball tournament in Madison. The 12U Southern Vortex finished third in the C division of the Summer Sizzler softball tournament in Cullman.

Nicholas White and Cooper McClendon placed second and third for the Athens Gators swim team in the A division of the 13-14 boys' intermediate medley at the Madison Medal Meet. They traded places in the A division of the breaststroke competition. Clayton McGehee was third in the B division and second in the boys' backstroke behind Houston McLaughlin. Claire DeWitte was second in the girls' A division breaststroke and backstroke and third in the girls' A division butterfly and freestyle. Ryan DeWitte posted a third place in boys' 13-and-over breaststroke. Nathan Babb was third in the 11-12 boys' backstroke B category and first in the A division freestyle. Ryan Plitsch won the boys' B division butterfly. Davis Doyle claimed third place in the boys' 9-10 breaststroke B division. Bentley Loesch came in second in the B division and in the freestyle. Blake Sherron posted a third place in the girls' B division in 11-12 intermediate medley. Aid-



The East Limestone fishing team has set up a GoFundMe page to raise money for their trip to the BASS Nation High School National tournament (Courtesy photo)

en Pastel was third in the A division in boys' 15-18, second in the boys' 15-18 A division backstroke and first in the A division butterfly, while Becca Corbitt was third in the girls' B division medley. Isabella Monceaux finished third in the girls 15-18 freestyle A division.

### Announcements

Fall registration for Rec league and elite league baseball and softball will be going on throughout July. Rec league is for ages 5-13; cost is \$50 per player. Elite league age groups are 8U, 10U and 12U; cost is \$500 per team. For more information, call 233-8740.

The Ardmore Tiger Bas-

ketball Camp will be July 18-20 from 9-11:30 a.m. for upcoming 1st through 4th graders. Cost is \$50 per player; \$35 for additional siblings. Contact Coach O'Donnell or Coach Kirkpatrick for further information.

Ardmore will host their Second Annual Football for Women on July 19 from 6-7:30 p.m. at the football facility.

Calhoun baseball will have an Uncommitted Showcase July 20. For more information, go online to [calhoun.edu/summer-camps](http://calhoun.edu/summer-camps).

Flag football and soccer registration continues through July 20 at the Athens Rec Center for

ages 5-12. Cost is \$50. For more information, call 233-8740.

Calhoun will host a summer basketball camp at the Athens Rec Center for ages 7-17 on July 25-26. Pre-registration through July 22 is \$75; after that it will be \$90. For more information, call 256-233-8740.

Calhoun women's basketball will host a junior prospect one-day showcase on July 30 from 9 a.m.-3 p.m. Spots are limited. Register online at [calhoun.edu/juniorshowcase](http://calhoun.edu/juniorshowcase) for \$65. For more information, call Coach Candace Byrd-Vinson at 306-2867 or email [candace.byrd@calhoun.edu](mailto:candace.byrd@calhoun.edu).



# Listerhill Credit Union: 70 Years Of Protecting Alabama

by Ali Elizabeth Turner

*continued from page 1*

located right there inside the building. Their startup had the support of the company from the beginning. Today, Listerhill Credit Union is considered by Forbes Magazine to be one of the best in the state of Alabama, and they have just opened up a new branch located at 22223 US-72, in Athens.

The history of the “Listerhill” name gives a peek into the protective nature of the Reynolds Company, along with the completely independent and member-managed credit union. In 1937, Richard Reyn-

olds, Sr. flew to Germany to scout the country for possible sources of aluminum for his factories. He was so alarmed at the war machine that was being constructed by the Nazis that he came home to Alabama and contacted our then U.S. Senator, whose name was J. Lister Hill. Senator Hill made sure that Washington, D.C., knew what was going on, and it’s safe to say

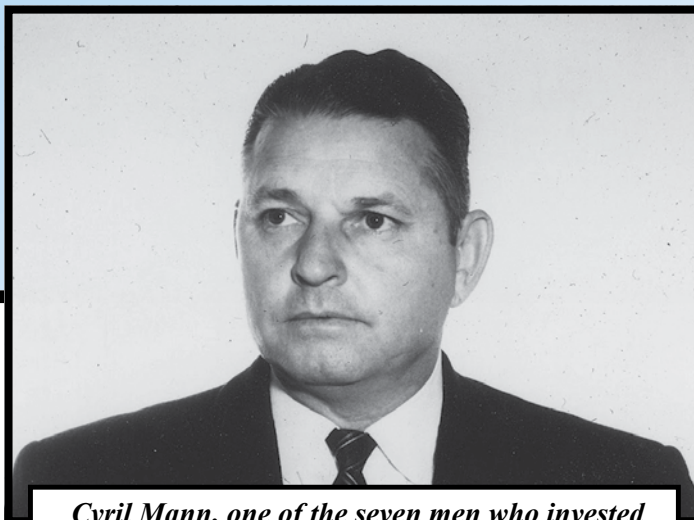
that without these two, the U.S. would have been even more poorly prepared for the onslaught of WWII than it was. It was after the war that the credit union was formed to combat a different type of evil, and in honor of Senator Hill, they coined a new word, “Listerhill,” which also became the name of the community in Colbert County that housed the plant.

Listerhill Credit Union has grown from the thirty-five-dollar startup to an organization which boasts more than a billion dollars in assets and has 16 locations in Alabama and Tennessee. I spoke with Chris Anderson, the Vice-President of Marketing for LCU, who told me that what makes Listerhill so appealing is that they have substantial assets and financial products but have fiercely protected the small-town feel that is so reminiscent of the Bailey Savings & Loan portrayed in the classic film, *It’s A Wonderful Life*. He has worked there since 2009, and has

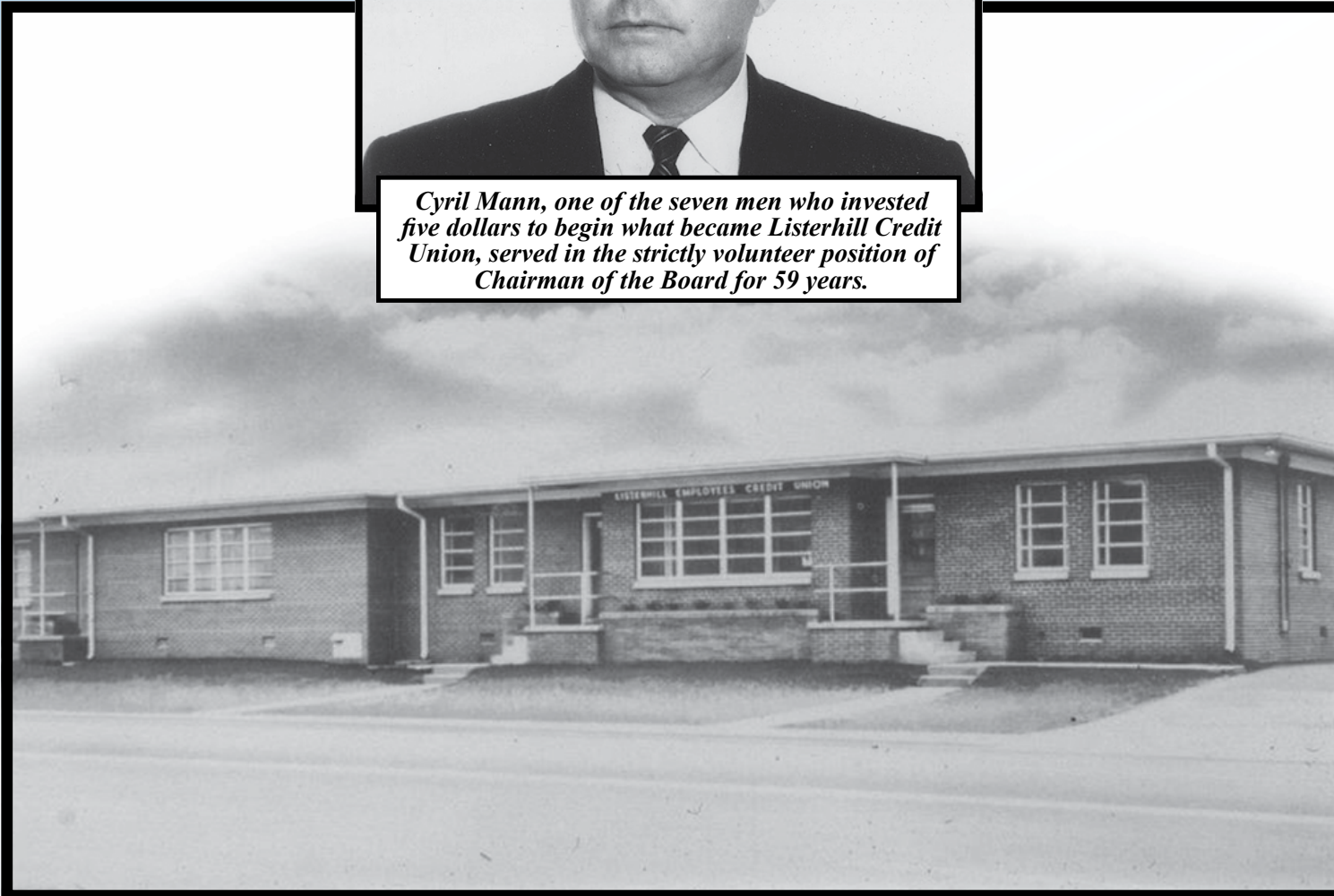
no plans to work any place else. In fact, Listerhill has the record for having the longest serving chairman of the board of directors in U.S. history. Mr. Cyril Mann, who was one of the co-founders, was elected to the volunteer position by his peers and held it for 57 years. It is said by Listerhill Credit Union that “his selfless devotion to Listerhill and dedication to the credit union philosophy of people helping people continues to be an inspiration to everyone who shares in the mission.”

So, what exactly is the “credit union philosophy?” As Chris explained to me, “It is the idea that decisions are made to benefit the members, rather than a small number of owners.” Any member has the opportunity to be elected to the Board, and it is a volunteer position. Listerhill Credit Union invests extensively in the community, and in our town sponsors the Farmer’s Market, has spearheaded “Kicks for Kids,” wherein kids in need are given new shoes, and is partnering with Athens State University on a number of fronts, including literacy and financial education.

One of the unique aspects of credit unions is that they have their



*Cyril Mann, one of the seven men who invested five dollars to begin what became Listerhill Credit Union, served in the strictly volunteer position of Chairman of the Board for 59 years.*







own set of requirements that have to be met prior to becoming a member. Sometimes they are attached to an industry, such as teaching. In Listerhill's case, you have to be associated with a community organization such as Athens State Alumni Association. (By the way, you don't have to be a graduate of Athens State University, just being an involved citizen that partners with the Association will suffice.) You can also join Listerhill by being a member of the Alabama Consumer Council. Their site explains further:

The Alabama Consumer Council is a state branch of the American Consumer Council, which describes their state and regional branches' mission as educating consumers on financial issues and matters, advocating for them when those issues have an impact regionally or locally, and promoting environmentally-friendly practices.

Financial education has always been important to Listerhill's working belief system; after all,

it was the loan sharks taking advantage of the vulnerable that got Listerhill started in the first place. Chris let me know that they have a "suite of products and services" that are essentially the same as any commercial bank. They have always been focused on giving

home loans as well as auto loans, and their rates are competitive. Even in this uncertain financial climate, Listerhill stands ready to educate as well as to help guide everyone from those who are just starting out to the sophisticated investor.

"We quickly react to

members needs, and we do that by adding convenience. With our unique SMART ATMs which no one else has, members can cash checks, make deposits, process withdrawals, make payments, and transfer between accounts. On top of that, all of this has live interface during business hours, and you can have access to a teller right there as well. The mobile banking has all the bells and whistles. We are on the cutting edge of technology, and we don't want to leave any reason on the table for you to not want to join the cooperative," Chris told me.

As our time came to a close, Chris described the team at the Athens location as being "stoked to serve," and added, "They were chomping at the bit for us to get open so they could take care of customers. Amy

Hester is the branch manager and has a team that is excited to be in Athens." I asked him, "I have choices when it comes to credit unions, so why should I come to you?" He replied, "Listerhill has the perfect balance of a small credit union, with personable service combined with the modern convenience of any big bank." Stop by today to see if a credit union that was born out of a desire to protect, and is still doing that 70 years later, is the right fit for you.

## *Listerhill Credit Union*

22223 US-72

Athens, AL 35613

Hours: Mon-Fri 9-5

Phone: 1-800-239-6033

Facebook:

Listerhill Credit Union

[www.listerhill.com](http://www.listerhill.com)



Learning As A Lifestyle

# Coach Tony Dungy's Downfield View

by Eric Betts

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



Legendary NFL coach Tony Dungy provides important advice about the significance of mentor leaders. Dungy coached for thirteen winning seasons with the Indianapolis Colts and the Tampa Bay Buccaneers. He led an impactful career both on the football field and off the field. Additionally, he succeeded in guiding the Indianapolis Colts to a Super Bowl victory, becoming the first Black head coach to do so.

Dungy would later author a book which describes his leadership philosophy in detail. In *The Mentor Leader: Secrets to Building People and Teams That Win Consistently*, Coach Dungy brings his life experience as a coach to the forefront and shows how his leadership philosophy translates into other career areas.

Dungy suggested in his book -- *As you build your leadership skills, it's important to remember that why you lead is as important as whom you lead. As we build into the lives of the people around us, one at a time, one-on-one, we have the potential to extend our positive influence through them into countless other people as well.*

Coach Dungy utilizes his history with NFL player Michael Vick as an inspiration for what mentor-leadership is all about. Michael Vick is a former quarterback who was highly regarded for both his passing and particularly his rushing abilities. In 2007, Vick's career was upended by his connection to an illegal dogfighting ring. He would later serve nearly two years in prison for his deeds. Many believed he would never see

the NFL again, but he went on to play for the Philadelphia Eagles not long after his release.

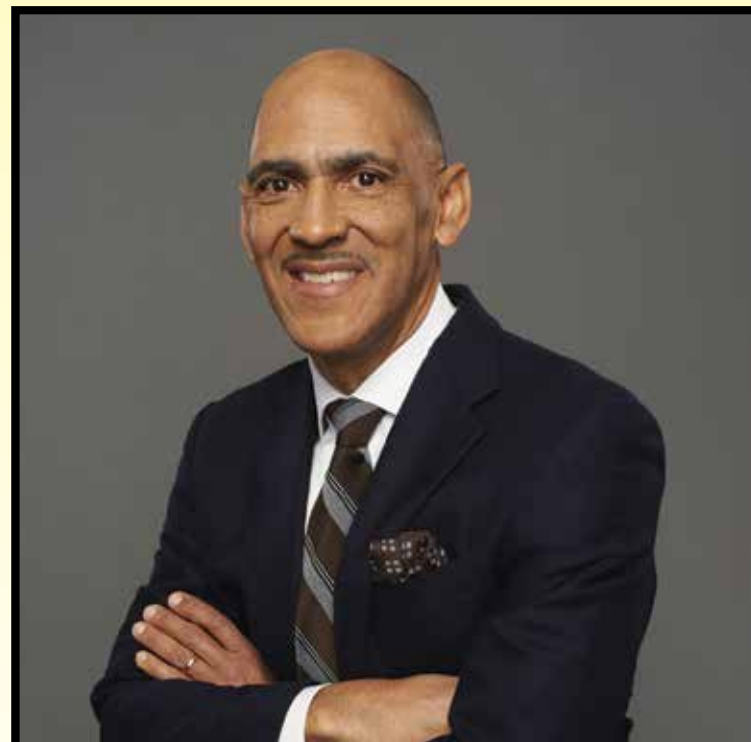
During this discouraging time for Michael Vick, transitioning out of prison and looking for a second chance, Tony Dungy became his mentor helping to guide him into a new season for his life. When it seemed hopeless for Michael Vick, Dungy poured hope into his life. Dungy stated the following: *Michael Vick and I have pressed on with the goal of putting his life on a different and more significant trajectory. My primary goal is to build into his life so that he, in turn, can have a positive impact on other young men. Nothing would please me more than to see him become a mentor to other people in his own sphere of influence.*

In addition to Vick's desire to return to the NFL, Dungy learned during his mentoring of Michael Vick, that his dream was to help other boys who wanted his success or wore his jersey, especially those who sent him letters while in prison. Michael Vick would not be satisfied with only returning to the NFL; he also had a dream to reach back to other school-age boys to help make their lives better. He wanted not only to win on the football field but to have an impact for good outside of football. Dungy's efforts would be tailored to help in both areas. Dungy tells his readers that although his relationship with Michael Vick was public, most mentoring relationships will not take place in the public spotlight. Additionally, he believes that mentoring relationships must

not be limited to those whose lives already appear to be on the correct track, but also those who have made horrible mistakes. Leaders who build mentoring relationships can see potential and develop those they lead. They can see potential where others can see nothing but broken situations. Dungy looked beyond the football player and saw in Vick a level of potential that would exceed a successful football career.

Indeed, Vick would return to the NFL, but this was not the only potential that Dungy was seeking to develop in him. He wanted to help him develop a successful life consistent with his gifts beyond football. In the last stages of Vick's career, when he was no longer a starter, he did not become deflated. He instead became a role model, encourager, and a veteran leader for younger players. Michael Vick would go on and establish charitable organizations that would provide developmental and life skills for at-risk-youth. The Vick foundation would give support to thousands of youths. This foundation did not begin after Vick's football career had ended, but during the second stage of his football career. His foundation would serve both the Atlanta area as well as the Hampton Roads, Virginia, area. Backpacks and after-school programs would be established through his charitable work.

The Virginia Tech University campus, where Vick was once a student and star athlete, came under attack by a mass shooting in 2007. Vick raised funding to help provide support for the students



and families of the victims. Moreover, he helped cover the funeral expenses for the bereaved families, as over thirty persons were murdered in the tragedy. Vick once formed an alliance with civil rights icon congressman John Lewis to advocate for Team Freedom Outreach, a mentorship and development program for youth who are held in detention centers.

Dungy explains: *Mentor leadership isn't focused on self or solely on short-term goals like wins, championships, stock prices, or possessions; it is focused instead on the longer-term goal of bettering people's lives. And that includes people who have made mistakes, who have made a mess of their lives. Mentor leaders see potential and strive to develop it in the people they lead.*

At the time of Dungy's writing, he did not know how his mentoring would impact Michael Vick's future life, nor where it would lead. When

he wrote his book, he was not even certain if Vick would be able to compete again in the NFL as his former self.

He said, "Whether Michael ever regains the status and standing he once had in the NFL is not as important as what kind of man he becomes." This is exactly what Dungy's philosophy is all about. Mentoring relationships don't need evidence of future success before committing to the mentee; they simply need to believe. This is Dungy's downfield view: *Every leader speaks of his or her own vision, but mentor leaders keep their eyes focused well downfield, understanding that many of the most significant moments and effects of their lives will happen outside of the public eye—possibly even outside of their own field of vision. They understand that they may never fully know the full impact of their leadership. This downfield vision is necessary to maximize one's potential as a successful leader.*



## The View From The Bridge

# Getting Unstuck

by Jackie Warner

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

Ever been stuck? Need a nudge or push?

The last 3 years have been tough for many, and I can relate to those out there who feel they are constantly moving on a hamster wheel going round and round, not getting anywhere.

I have learned that being stuck doesn't always have to be a negative thing. It may be where you

need to be for the moment. During this time, you are being prepared, strengthened, and recharged for the next major life event.

I also must share that there are the times when we are stuck, mentally motionless, and unable to break through the fog. This is real, and many times we just can't figure it out with that push, pull, nudge, or hug to bring us to the point

of realizing we have to, can, and will move forward.

- Identify and accept where you are and know it doesn't have to last forever. You can make the choice to change.
- Start with identifying one thing that is important to get you to the next chapter.
- Make small changes, and then they will become major when we

keep at it.

- Get and/or take the help you require to make the change. Mental wellness, in person or virtual, is available. Free resources abound.
  - Change your surroundings, your circle, and give yourself time to think.
  - Self-care is essential to developing your future growth.
- 1 Peter 5:10 -- But may the God of all grace, who called us

to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

*Until Next Time,  
Be Sincere, Kind and  
Intentional*  
Email: [thebridge.us@gmail.com](mailto:thebridge.us@gmail.com)

*Check out upcoming  
events:  
Website:  
<http://thebridge-us.yolasite.com/>*

But the God of all grace,  
who hath called us unto his eternal glory  
by Christ Jesus, after that ye have suffered a while,  
make you perfect, stablish, strengthen, settle you.

**1 Peter 5:10**



DailyVerses.net

## Breaking / Training

by Deb Kitchenmaster

I grew up with words such as: “We need to break that horse”; “That horse is well broken.” What did that mean? Usually, it was another way to state the condition of the horse, whether it was rideable or not. When one looks up the word break, it means to separate or cause to separate into pieces as a result of a blow, shock, or strain; to separate into parts especially suddenly or forcibly. Another definition is to interrupt (a sequence, course, or a continuous state). How interesting. Now let’s parallel the word train. The word train refers to the action of teaching a person or animal a particular skill or type of behavior. It is the action of undertaking a course of exercise and diet in preparation for a sporting event.

According to their definitions, there appears to be a different energy between breaking and training, doesn’t there? My experience, back in the day, was pretty much observing ‘cow-boy up.’ It was about proving who is boss. It was about dominance and being in control. There was quite a display of ‘ego.’ Ego happens to be a domesticated horse’s worst enemy (predator). What a difference between the energy of teaching when it comes to training rather than the energy of force that is exhibited in breaking.

Let’s examine what

our focus is on when it comes to these two words: breaking/training. With breaking a horse, it’s usually about getting on the back of a horse and ‘let her buck.’ It’s about staying (balanced) on the back of the horse until the horse stops bucking and the horse realizes your intention is to position yourself on its back whether the horse likes it or not. The communication between the horse and the human is that the human is in control and is the boss (not the leader) and he (the horse) must submit. In training, the focus is on connecting or becoming partners. The library of training holds volumes of understanding -- understanding the horse. How safety or self-preservation in the horse dominates his responses. How single-mindedness is crucial within your communication line. How to be a leader to this true follower. Actions energized with purpose to set your horse up for success. Knowing when to stop and how far to proceed each time you are together; knowing each time you are together both of you (horse and human) are going to take something away from the time spent with each other. There’s quite a difference between breaking a horse versus training a horse, isn’t there? Let’s choose the action of training over breaking.

Now let’s step outside the horse corral into the arena of human beings



interacting with humanity. Like horses we are social beings. We interact with each other at different levels and in various environments. Are you in a place where your questions are welcomed? You need to be.

Questions are invitations to communication, understanding, and connecting, to name three. If you are not in a place where your questions are welcomed without shame, please hit the ‘pause’ button. Get your



emotional compass out and locate YOU and go from there. Are you in a group where it’s all about ‘right’ and ‘wrong’ or is it about your individual ‘YES’ and ‘NO’? Because if it’s about right and wrong, you are being broken and not trained in KNOWING your own voice, your yeses and your nos. Let’s look at one more thing before we go. The Word of God. Jesus asks three questions in the book of Matthew, Chapter 11. “Are you tired?” “Are you worn out?” “Are you burned out on religion?” After these questions, he extends an invitation to you personally. “Come to me. Get away with me, and you will recover your life. I’ll show you how to take a real rest. Walk with me and work with me -- watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me, and you will learn to live freely and lightly.” In the book of 1 Timothy, Chapter 4, it says, “All Scripture is God-breathed and is useful for...training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

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# Confidence Habits: Part Two

by Lisa Philippart,  
Licensed Professional Counselor

***“You can control your thoughts, so choose to feel confident and adequate rather than angry and insecure.”***

**- Anonymous**

A good way to never feel confident is to always be failing. And a good way to always be failing is to always be trying to control the uncontrollable. I realize that it is often hard to distinguish what we can control from what we can't... especially if we really want to be able to control things. Here's an example: You might really struggle when your spouse is feeling grumpy. You might want to do something to "help" him be less grumpy. But realistically how much control do you have over his mood? You could give him some advice. (From experience, giving advice about mood tends to backfire!) Not only can you not make him feel better, but he will also probably feel worse because it seems like you are trying to fix him. And nobody likes feeling like a problem that needs to be fixed. Now this doesn't mean that we can't or shouldn't try to help or support others. Here are some options: try validating struggles rather than trying to fix them, give him space to process, or even reflect on what emotions are stirred up in you. In any case, the critical difference is that there is no expectation of you being able

to control the outcome. As a result, your self-worth and confidence are tied to something you can't control.

We know that second-guessing and problems with confidence go hand in hand when we see it in other people. And we assume that it's low confidence causing the second-guessing. But I encourage you to consider that second-guessing can also lead to low confidence. When you're constantly second-guessing yourself, you're effectively communicating to your own mind that you're not reliable or trustworthy -- that your decisions and instincts are not dependable. Are you thinking to yourself, "But I don't want to be overconfident, appearing arrogant and making big mistakes." If you are the kind of person who seriously struggles with low confidence and chronic second-guessing, you are probably SO far away from overconfidence being an issue! Genuine self-reflection and constructive self-talk are good things. But they are very different from the habit of reflexive second-guessing. Here is an option: stop second-guessing yourself in the moment and schedule time to do it deliberately. Pause and plan to spend 20-30 minutes later in the day, if possible, to reflect upon and evaluate your decision. Confidence and humility are not mutually exclusive.

Boundaries are an expression of self-respect. When you set and enforce healthy



boundaries, you're communicating to the world (and yourself) that you matter... that your values, wants, needs, and opinions are important, and worth honoring and protecting. And this deep self-respect is the foundation for healthy confidence. Porous boundaries may allow for short-term relief, but the long-term cost is worth noticing. By not enforcing your boundaries, you sacrifice what you want and need for what someone else wants. When you get in the habit of sacrificing your own legitimate wants and needs for those of other people, your self-respect and confidence deteriorate. By sticking to your boundaries long-term, you send a powerful message to your own brain: I matter. And this isn't just something that you say to yourself every morning in front of the mirror. This is a value that you are willing to stand up for and sacrifice for. It's real. And the result of that real commitment to

yourself is deep and lasting self-respect and the confidence that comes with it.

Finally, you can be critical without criticizing. Being critical can be just an acknowledgement of a fault or mistake. Criticizing yourself in response to a mistake often creates an unrealistic view of yourself that is almost always too negative. Try acknowledging that a mistake was made (honest and realistic) without beating yourself up for it. The goal is to have the mental and emotional bandwidth to actually think of a productive way forward rather than getting mired in a pit of self-pity

and judgment. So, the next time you make a mistake, ask yourself this question: Is there a way to recognize the mistake I made without criticizing myself? And the follow-up to this is to then let the mistake go! If you are constantly reliving past mistakes in your head, it's going to be tough to feel confident about yourself in the present. Give yourself permission to let it go and move forward.

*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

## *Flush It*

by Roy Williams



Not so long ago, a person came in and talked to me about the cholesterol-lowering drugs he was taking. The problem, he explained, was that after being on them for a few months, his energy level had dropped, his legs felt as though they weighed twice as much, and he was having pain across his shoulders and down his back. On top of that he had just had blood work done and the doctor was concerned about his liver enzymes being elevated.

After being involved in the nutritional industry for over 30 years, none of that surprised me. When asked if he read the possible side effects of the drug, he said no because he was just following his doctor's orders. After all, he explained, his doctor was educated and licensed to prescribe the drugs that would lower his cholesterol.

It's time for all of us to realize that all drugs are toxic to some degree or another. You may have heard me say that the definition of prescription is permission to poison. If they were not toxic, it would not be necessary for a doctor to sign off on how much you can take.

The same is true for cholesterol-lowering drugs.

After explaining that all the symptoms he described could be caused by the statins, he asked me what I would do if I were in his situation? I explained, I am not a medical doctor and therefore cannot give you medical advice, but if I was taking the drug and was having the side effects he was having, I would flush it.

One of the reasons, I explained to him, that I would never take a statin is the fact that the same number of people with low cholesterol were having heart attacks as those with high cholesterol, so why lower cholesterol? If cholesterol-lowering drugs worked, after over 40 years of prescribing them and almost 30 percent of the population over 40 years of age taking them, you would think that the number of heart attacks would have decreased. In reality, the same percentage of Americans are still having heart attacks and those taking cholesterol-lowering drugs, it turns out, are more likely to die than the ones who have a heart attack that are not taking statins.

One of the reasons I have



always focused on the nutritional industry is because nothing we offer is toxic, and therefore, no one has to sign off on how much you are allowed to take. Almost all of the supplements we carry are so safe that if a child ate the whole bottle, you would not have to take them to the doctor. Almost all supplements can be taken along with medications with no fear of contraindications.

A quick lesson on the human body can help you understand the importance of nutrients and health. The human body is made up of vitamins, minerals, amino acids, fatty acids, and proteins. Not one cell in the human body is dependent on synthetic drugs for survival, but the life and multiplication of all cells are totally dependent on nutrients. As a baby is formed in the mother's womb, her body feeds the embryo all

of the nutrients which are used to manufacture the cells that form the baby. The mother gets those nutrients from what she eats. That is why her doctor tells her to take a multi-vitamin during the pregnancy.

The human body is made up of billions of cells. The higher the quality, the more nutrient dense the food we consume is, the healthier we become. The lower the quality, the more nutrient deficient our food is, the weaker and more diseased we become. Because our food supply is missing or deficient in the necessary nutrients, our nation's population has become weaker and more diseased. Testosterone levels in men are at an all time low. The same is true of progesterone in women.

It's time for Americans to stop believing everything we see on television, read in the newspapers, and

hear on the radio. These sources of information are not trying to make us healthier; they are, in reality, trying to sell us what they can make the most money on. The same is true about the pharmaceutical industry. Their goals are to scare us into asking our doctor for their prescribed drug, and make us dependent on them for all our health issues.

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Cooking with Anna (continued from page 13)

# Love Always Trusts

by Anna Hamilton

*continued from page 13*

*doesn't mean that you will never make a mistake or make the wrong choice, but it does mean that God will always be there to help put you on the right path. God wants us to ask for wisdom, and he promises to give it to us. Asking for wisdom in making decisions in your life will help you make the correct decision. You learn to trust your own gut and from that trust in yourself comes love.*

*Learning to love yourself means learning to trust in the decisions you have made for your life. It means learning to love the path you are walking down, as long as you are walking it with God. Fully trusting in God will give you full trust in yourself. It means that no matter what bumps in the road may come,*

*you will not falter, you will not fall. Love always trusts.*

*This week's recipe is a delicious fish dish. I didn't grow up eating a lot of fish at home, and I feel like most people are intimidated to cook fish at home. Trust me, this one is easy peasy and taste so good you will feel like you are at a fancy restaurant. The recipe calls for salmon, but feel free to use your family's favorite fish. As always, make this dish work for you and your family.*

*"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." Jeremiah 17:7-8*



# Sharing the Spotlight

by Mae Lewis

In their “most remarkable women” series, [mmlafleur.com](http://mmlafleur.com) named Rujeko Hockley “The Most Curious Woman in the World.” Rujeko Hockley is the Assistant curator at the Whitney Museum in New York, and is “shaking up the art world.” Her career draws from her vast array of experiences, travels, and cultural heritage. She has been called a visionary and has been hailed as one of “the brightest and most passionate curatorial voices of [her] generation.” Recently, she co-curated a major ground-breaking exhibition at the Brooklyn Museum (“We Wanted a Revolution: Black Radical Women, 1965-85”). In an interview, she discussed how she feels about her role, and being called “one of the best and brightest.” Here is a take-away:

“An early piece of advice that’s stuck with me came from... my boss at the Studio Museum....

She was talking about how curatorial is more public-facing, in some ways, than other departments in the museum—curators get their names on things, for example—and she said, “Don’t ever think that, because your name is printed somewhere, that you or your job are more important than the person who built the wall where the art hangs, or the person who painted that wall, or the person who coordinated the loan for the show, or the person who created the education curriculum for students based on the show.” Basically, the message was, “Take a seat. Don’t get it twisted. Sometimes you will be validated and encouraged to feel important, but don’t fall for it, because none of what you do is possible without others.” And if anyone is the most important, it’s the artist, always and forever. We work in service of the artists.”

I was reminded of this

last week, when I saw an interview with the actress Julie Andrews on the Tonight Show with Jimmy Fallon. Julie Andrews’s work as an artist is legendary: in music, art, writing, films, television, Broadway, animated films; everything she touches is gold. Her interview with Jimmy Fallon was to commemorate the Life Achievement Award she had just received from the American Film Institute last month.

Fallon remarked (as have many others) that her acceptance speech was extraordinary: “You didn’t make it about you.”

Her acceptance speech graciously and elegantly reminded everyone that she did not get there on her own. There are hundreds of people behind the scenes who never get recognized: scene painters, set designers, makeup artists and cameramen: all of the people behind the scenes, who work to-



gether in a collaborative effort to bring film to the screen. “The vast number of people that you don’t get to see... they are the unsung heroes of movie making.” She continued, “Without the contributions and the talent and dedication of all those good people, I very much doubt that I would be standing here tonight, and I very much mean that.”

Even though she was the one being awarded, she sought first to recognize others, who might never have received recognition. She also reminded everyone that film is an art form, and that those who worked alongside her were artists as much as she was.

Julie Andrews understands that she is not more important than any other person who works alongside her. Even though she is “the star,” she knows that she only shines as brightly as the people around her. I do not know Julie Andrews’s

faith, but I know she brought to life the verse Philippians 2:3, “Don’t do anything from selfish ambition or from a cheap desire to boast, but be humble toward one another, always considering others better than yourselves.” She certainly had every reason to boast, yet in her moment in the spotlight, she chose to shine the spotlight on others.

Hockley and Andrews instinctively understand that there is a light in everyone that needs to shine. The people who got you where you are – they are the most important, and they deserve the credit alongside you.

As you go about your days, remember that everyone needs the opportunity to shine. Recognize the hard work of others, and give them a moment to share their pride in their work.

You will be amazed at what happens when you do.





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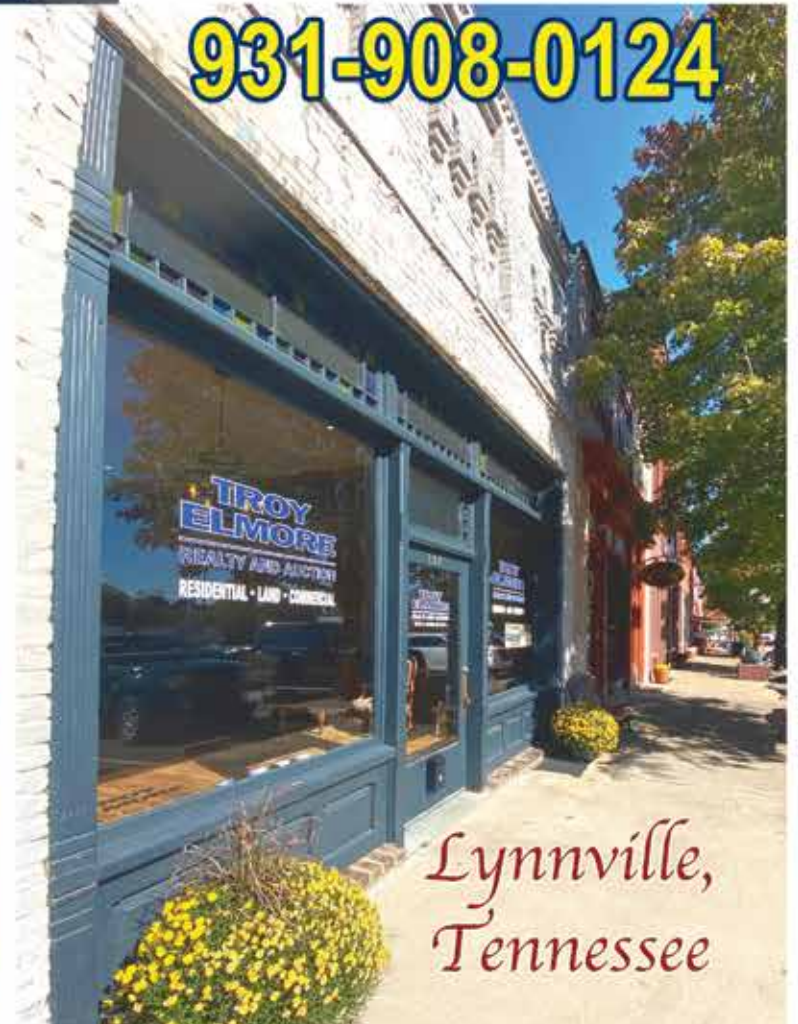
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never made a  
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*~ Franklin D. Roosevelt*

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