

July 21 - August 03, 2023

Athens Now

information & inspiration

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Lang Chiropractic Clinic: Beautiful New Location, Stellar Patient Services

By Ali Elizabeth Turner

Since 2008, Dr. David Lang, D.C. has continually explored ways to help his patients with state-of-the-art chiropractic modalities, and in 2017 he was able to open his own clinic in the Athens Publix shopping complex. The clinic grew to the point that he purchased an acre of land for a new clinic, and last week was the ribbon cutting. The new, lovely 5,000 square foot practice site is on the west side of the street across from Athens High School, and Dr. Lang has been able to add associates, services, and a partner to better care for the people of Alabama

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Publisher's Point

What Will Happen When The "Sound" Hits The House?

This is the third *Publisher's Point* that I have written about the David-and-Goliath-movie-turned-movement that is entitled *Sound of Freedom*. Three times around seems odd to me too, let alone that I can't yet seem to "give it a rest." I guess I have to hope that the press I feel inside to keep on getting the word out is for someone who perhaps has been on the fence with regard to seeing it. We'll see. For now, I hope this installment will at the very least cause *Athens Now* readers to think, then ask questions, and perhaps draw a line in the sand with their awareness and their wherewithal. You might not be able to kick down doors and rescue kids, but you can help support and pray for those who do. You can also pray for those who are involved in what is known as "after-care," the dicey, complex and often frustrating process of bringing a survivor back to living life when someone stole their "true North," especially if they were a child when it happened.

So, here is my first question, embedded in the title: What will happen when the "Sound" hits the house? Whose house? Our house, and by that I mean, legislative houses; the ones that can make the laws



and appropriate funds to end this inarguable evil.

Here are some interesting developments. The attorney general of the State of Alaska, a man by the name of Treg Taylor has offered to pay out of his own pocket for his department employees to go see the film. "It would be my pleasure to personally purchase a ticket to *Sound of Freedom*, for any member of the Department of Law who wishes to see the movie," AG Taylor said in an email. Who does that? In addition, there are legislators in Alaska who have also sponsored showings of the film.

Has there been outrage at his gesture? You bet. Taylor has been criticized for his generosity, and here is what he said in response:

"I am saddened by the pushback my actions and this film have re-

ceived," Taylor wrote. *"I would have thought that we could all agree child sex trafficking is an abomination and would applaud any effort to bring this issue to the forefront."*

Child sex-trafficking is not a political issue, it is straight up a moral issue. One would indeed think that if there were any place that people could work "across the aisle," it would be when it comes to the safety of our kids.

And, speaking of politics, the plot thickens in the Peoples' Republic of California. A Democrat California Assembly member by the name of Liz Ortega actually voted against legislation that would toughen punishment for those convicted of sex-trafficking. Then Twitter tweeted into a frenzy to the point that Governor Newsome called for a second vote,

and this time it passed. In what is to me an uncommon show of regret, Ms. Ortega actually admitted she was wrong to veto it in the first place and will get behind the legislation. "I made a bad decision," Ortega stated on Twitter on July 13. This was after the bill moved on to the Appropriations Committee. "Voting against legislation targeting really bad people who traffic children was wrong. I regret doing that and I am going to help get this important legislation passed into law." It seems that *Sound of Freedom* has hit like a wrecking ball, and I for one could not be happier.

Ali Elizabeth Turner

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Saying "Bye" To Bill...For A Bit

by Ali Elizabeth Turner



USAF Master Sergeant (R) Bill Schueler, who was highly involved in our local veterans' community, passed away at home two weeks ago, and we had a celebration of life for him at the Alabama Veterans Museum on July 16. Bill and his wife Nellie Mae adopted my husband, Steve, and me into their tribe while I was still in Iraq, and we both are deeply grateful for that "spirit of adoption." Steve drove for Schueler & Schueler Trucking Company, and then purchased his first truck. Bill was always there to coach Steve as an owner-operator, but more importantly, he became our new dad.

While all of Bill's accomplishments and involvements in Athens, both in and out of the veterans' community, are certainly important, what the family really wanted me to speak about was Bill's "home-going." About a year ago, we all now think he knew that time was draw-



Terri Schueler Rankin waiting for her Daddy when he was stationed in Japan

ing short, and he began to "get his house in order" in a most unusual way. He mended fences, wrestled with his Maker on some theological issues, and began to express gratitude for the life he had lived and the people he had loved. The kids, grandkids, and great-grands listened while stories were recorded for posterity, and slowly over

the months, Bill began to wind down.

A few weeks ago, it was discovered that Bill had cancer, and long-standing cardiac issues were in play as well. He had surgery, and then he had a heart attack, and no one expected him to recover. We took turns sitting with him, praying with him, and I rubbed his bald head. His grandkids, Chad and his wife Amanda Lindsay, even slept in his room for the last month.

As it was getting closer and hospice had been called, friends from the Schueler's old church came and sang, filling the living room with the Gospel in song. "It sounded like angels were here," said Terri Rankin, Bill's daughter. Unbe-



The official USAF portrait that is affectionately referred to as "Movie Star Dad"

knownst to either of us, both Terri and I prayed that God would fill Bill's room with angels, and give him a glimpse of where he was going, and boy, was the answer to that prayer extravagant.

The last night of his life, Terri stayed up all night sitting with her father, and by this time he could not move or speak. For the entire night his eyes looked everywhere; they were the eyes of a child beholding something marvelous. The kids had kept music of all kinds playing in his room -- everything from Southern Gospel to Big Band to Herb Alpert and the Tijuana

Brass. Then, seemingly out of nowhere, Bill lifted his arms and said, "Nellie Mae, let's dance." (Nellie had passed away about six years ago.) Then, Bill greeted his own mother, his son Randy who had passed in 1998, and his brother-in-law Bobby Sides. Then he went back to making sounds that could not be deciphered, but it seemed he was greeting others. The next morning his granddaughter Kristin arrived, and the circle was now indeed unbroken. About 6:30 p.m., as Chad held his hand and said, "It's okay, Grandpa, you can go," Bill let out one last breath, and he was gone.

It was an exquisite example of a precious passing, and I will always be grateful that I got to have a second daddy. "Soon and very soon, we are going to see the King!" It really is, "Bye for now, Bill, and thank you for how you loved God, family and our country."

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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

Steve Trash Magic Camp July 19 - 23

Professional magician Steve Trash has licensed this super high quality one of a kind Discover Magic curriculum to bring the best to his Magic Camp for 8-12-year-olds. Your child will get Hands on Learning, Awesome Magic, Games, Top Secret File Folders, Bonus Online Videos, Certificates, Skills for Life and Magic Wands. Located at Optimist Recreation Center Gym, 703 Oakwood Ave. NE, Huntsville, AL 35811. July 19-23. W-F 8:30-11:30 am. Sat 9:30-12:30. alabamaacademyofmagic.square.site/ or stevetrashrocks@gmail.com

Robert Bailey Book Signing At Athens Public Library July 20

6:00pm. ALCPL hosts Robert Bailey to celebrate his newest book and the second Jason Rich novel, Rich Waters- A haunting legal thriller about the price of redemption for a billboard

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
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lawyer who takes a case he can't win in a town he can't forget. A Huntsville. native, Robert Bailey is the Wall Street Journal bestselling author of the Jason Rich series, the McMurtrie and Drake legal thrillers series, the Bocephus Haynes series, and the inspirational novel, THE GOLFER'S CAROL.

Oka Kapassa - Native American Event July 26

2pm - 3pm. Athens-Limestone County Public Library presents OKA KAPASSA - RETURN TO COLDWATER -NATIVE AMERICAN FESTIVAL. Free to attend. Tony Garter (Cheyenne River Sioux) grew up in Eagle Butte, South Dakota. He was exposed to many cultural experiences by his grandmother, great aunt, and uncles. He learned many crafts and tribal skills including beadwork, moccasin making, basket weaving, leatherwork, and Native American singing and dance. Following high school, he attended South Dakota State University. Garter presents programs at Burritt Museum and has taught Native American studies in the Huntsville City Schools in the areas of arts, crafts, history, government, dance, and legends/stories. Juanita Gardinski (Choctaw) has presented stories and programs throughout the Southeast of Choctaw art and culture. Juanita creates and designs regala (lothing) for powwows and festivals attended by various Southeastern tribes. Some of her many skills include beadwork, sewing, Choctaw dance, storytelling and traditional cooking. She also serves on the Native American Advisory Board for the Oka Kapassa Festival.

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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.



Tina's Tales

They Are Us

by Tina Cook

Office Manager of Don Carter Heating and Cooling

Anyone who has hung around 12-Step Recovery rooms knows slogans, quotes, and sayings that are unique to our TRIBE. One common saying is, "If I could have decided what my life in recovery would be like, I would have sold myself short." Another quote used often is the name of a chapter in the *AA Big Book* entitled: "More Will Be Revealed." There are many, many others, but those two have been on my mind and heart quite a bit over the last few months and in ways that I have never really thought of before.

I went into 'treatment' (as it was called back in the day) for the first time in the fall of 1983. I don't think I had any expectations whatsoever when I was admitted because I was so young, just 18 years old. I didn't know I had a choice of wheth-

er to go or not. I simply knew that if I didn't, according to my mama, I couldn't come back home from the University of North Alabama which I had flunked out of. I also didn't give much thought to what life afterwards would be like as I just always assumed all would be well once I decided I wanted it to be. Those ideas changed over time as rehab became a place where hope was renewed, and dreams of a wonderful future could be envisioned again. In the final years of my addiction, rehab was replaced with jail stints, my hopes were reduced to wanting a life that didn't involve being homeless, and my dreams of a future were prayers that my mama might talk to me again before she died. If those had been the life I ended up with in recovery, I certainly would have been thankful. But I also would have sold

both myself and the lavish love of God short! I have been blessed with much, much more than a home and to not only hear my mother's voice again but to be her caregiver for the last six weeks of her life and hold her hand as she left planet Earth to begin her eternal life with King Jesus.

Despite many setbacks from relapses over almost 3 decades, I never stopped striving to achieve a college degree. In early 2012 with just over 1-year of sobriety, I enrolled in City Vision University's degree program. I dreamed of being an addiction counselor and helping others like me find the way out...their way HOME! The dream ended very differently than I envisioned. First, I never imagined that I would graduate Magna Cum Laude. I certainly could never have fathomed that even though I would indeed become



with my sister Angie who I am able to spend more time with now

a State and National Certified Addiction Counselor that I would ever practice officially as one. Instead, God decided to use my certifications to give validity to my position at the ALC-Family Resource Center. When I arrived there, the Center and I began an adventure with God's grace where together we increased our purpose, stability, dignity and impact. After 9 years of growth, we both had accomplished those in abundance.

However, after a while, I honestly found it hard to figure out where the Center ended, and where I began. I believed and often joked that I would one day keel over at my desk

because I had taken my retirement on the 'front-end'. That thought was not morbid, but rather one of joy as I loved the work I was doing. It blessed me as well as many fellow neighbors and friends. But, God had more to reveal to me and display in my life. I have found that He continues to call us into deeper waters and relationship by inviting us to follow and trust Him with our futures. I took a big leap of faith when He told me that my season at the Family Resource Center was done, and He had other work for me to do elsewhere... after I rested for a while. He cheered me up and reminded me of

Just speak life

"Look into the eyes of the brokenhearted and watch them come alive as soon as you speak hope, love and life.

Spread the love like fire, and hope will fall like rain when you speak life with the words you say."



with Carol Copeland, FRC Board Member who guided me to the Center in 2014



with Larry Keenum, friend who became a priceless addition to FRC's Board

the office manager of Don Carter Heating and Cooling. I think I might just draw my last breath here...more will be revealed, that is for sure.

Somewhere in all the space and time between where I was and where I am now, God has walked me into revelations and discoveries regarding mindsets. I think many people still look at addicts as if that is all they've ever been...perhaps will ever be. That they are not like normal, mainstream folks. But WE are like all of you. We have families and are workers. Many were or ARE engineers, nurses,

teachers, coaches, lawyers, baulders, farmers, executive directors, office managers...and we have hopes and dreams. Our world today seems to be separated...indifferent to dreams. Life attacks dreams. Poverty attacks dreams. Freak accidents attack dreams. Lately, we have all experienced how disease attacks dreams. The dreams of an addict get lost in the struggle to survive. Those of us on the outside looking in know what is needed to stop the struggle. But I can assure you -- BELIEF more than anything can help an addict achieve their dreams,

and I will tell you why. Because dreams are not luxuries, any more than addicts are not like you. *They are US.* And just like ours, the dreams of a practicing addict, more than air itself, are the single most fundamental of all human necessities. May we as a society never lose the ability to believe as children... to suspend, to *STIFLE* disbelief and willingly find virtue in a human life that has seemingly failed. For only then can we constitute faith that promotes a life of "More Will Be Revealed" for those who have lost their hope.

things like, "My child, we've never put your life back together from 'something' before... we always had to do it from nothing! This won't be nearly as hard,"...and..."Tina, it was never YOU who did great things at the Center. It was always ME doing great things through you. I will do that through the next executive director if they allow,"...and..."My Daughter, at some point, you started hiding in your work instead of allowing me to lavish you with abundance of life. It's time to follow me into all the many blessings I have in store for you." I always hear God's voice most clearly in the valley where the grass is the most lush. Now when I think of those years at the Center, I can feel my stomach rub the ribs inside my skin. It's as if be-

fore I began my career there, I was only an idea...like I didn't really and truly exist. Maybe that's why it was so hard to let go. But with each passing day, I find it easier to know exactly who I am by reflecting on my time there. More has definitely been revealed to me since I walked away from the career... out of the place where I believed I might draw my last breath. I have stumbled through the stages of grief and landed safely in the next unrequested but necessary chapter of my life. Looking for a new place to work was an 8-week adventure all its own that landed me a few interviews, three job offers, and then finally the job I accepted...the one God brought to me -- instead of me seeking it, by the way. I have been blessed to remain in Limestone County as

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What Makes Ronnie Roll

“Ronni’s Story”...And More

by Ali Elizabeth Turner

It had been a full several days, and as usual no one knew how hard the storms were going to hit. The weekend had been mixed with sorrow and joy; local businessman, author and veteran fisherman Bill Hunt passed, as had Bill Schueler who had been closely involved with the Alabama Veterans Museum. Mayor Ronnie had attended both of their services, as well as the 90th birthday party of Patsy Patterson, the wife of Harry Dale Patterson. Ronnie and Harry Dale had served on the Athens City Council together in the ‘80s.

We spent a bit of time reminiscing about both men, whom Mayor Marks referred to as “great characters,” (in keeping with our *Classic. Southern. Character.* city slogan) and then moved on to several celebrations. “We had 417 people participate in mud volleyball,” said the mayor with a mixture of incredulity and joy. “A big shout out needs to go to Michelle Williamson,” he said. Michelle was the organizer once again for the 6th Annual Mud Vol-



Down and dirty for a crucial cause



Ronni Vinson's life was saved through CoachSafely



“Rebuilding” Fort Henderson at Trinity Fun Fest

leyball for a Cure Tournament that was held at Swan Creek Park, and if you look at the highlight reel on the Mud Volleyball for a Cure Facebook page, you’ll see that it was

a wild and wonderful day, and all for a worthy cause.

The Athens-Limestone Community Association, Jackie Warner, and her crew (including daughter Raven who had been a part of the Mayor’s Youth Commission back a few years ago) hosted the 3rd of this summer’s Trinity Fun Fest celebrations. Current members of the MYC also helped

as kids learned all about the fascinating history of Trinity school, and some made Lego forts that resembled Fort Henderson. Activities included a film fest and scavenger hunt, canvas painting, STEM activities, and in September there will be a family block party.

Most of you know that Mayor Ronnie took a line drive to his right (and



writing) arm earlier this summer, and it was painful and most inconvenient. His arm is better, but not 100% yet, and so the “Ronni’s Story” brochure he had on his desk was especially pertinent. It tells the story of a program called CoachSafely that was signed into law in 2018, making Alabama the first state in the nation to require coaches to complete the online program that gives warning signs of serious medical issues that may have been caused by sports mishaps or elsewhere. It is most definitely NOT the “rub-some-dirt-in-the-wound-and-move-on” approach, and saved the life of a little girl by the name of Ronni.

Ronni has a twin named Lennox, and they as well as their parents are all athletic. Ronni had bumped her head at home swinging on a vine, and for several hours it seemed to everyone that she had just experienced the bumps and scrapes of being a kid. But, because her mom who was a coach/volunteer, along with another coach, realized that Ronni was exhibiting signs of something much worse several hours later, Ronni ended up at UAB, and according to all, her survival was a miracle. However, it would not have happened without the CoachSafely Program. Public safety is continually on the mind of Mayor Ronnie, and knowing this program is in place brings comfort.

We thanked God for being in Alabama and Athens, and then it was time for Ronnie to roll.

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Aim Small, Miss Small

by Phil Williams



I had a discussion with a pastor recently about the weight of culture being pressed down upon our kids. At every turn it seems that kids are being led to values, lifestyles, and decisions that are in direct contrast to what parents want for their child. In the course of the conversation, my pastor friend said, “We must do a better job at equipping our kids for the fight that they are already in. Staying neutral is not an option.”

As the conversation unfolded, the pastor likened his point to the movie, *The Patriot*, starring Mel Gibson. With a storyline set in the time of the American Revolution, Gibson’s character, Benjamin Martin, is a plantation owner and a member of the Continental delegation from South Carolina.

In *The Patriot*, war is brewing and South Carolina’s leadership is debating whether to urge the Continental Congress to declare war on Great Britain. Martin is a veteran of the French and Indian War. Still jaded from his time in battle, he is a widower raising seven children on his own, and determined to stay neutral and to keep his sons from joining the fight.

At this stage in the narrative, Martin is a man with a proven record of being willing to fight. But he sees his own children and determines to stay neutral and take no stand one way or the other, believing that by doing so his children will be safer. Over his

protestations, Martin’s oldest son leaves home on his own and joins the Continental Army, while his next son begs to also be allowed to do so.

There is a pivotal moment in the movie when his children can hear the sounds of battle not far from their home. The flash of cannon fire can be seen in the waning light of day. It is scary but the fight is still “out there”...until it isn’t. Martin’s oldest son stumbles into the house bleeding from a wound he has suffered in the battle just over the horizon from his own home. By morning, the front porch is covered in wounded soldiers, both British and American.

When British dragoons arrive, they kill Martin’s second oldest son and lead his oldest son away into captivity. The enemy torches Martin’s house and barn, leaving him and his remaining children to grieve in the ruins.

Suffice it to say, the war that has been kept at bay by staying neutral comes to Martin’s house anyway.

Here’s the first point of this amazing analogy. There is a war going on all around us. It is a culture war. A

war for our values. Some would say it is a war for our very way of life. If you are a conservative, if you are a Christian, then you are a target of the most strident and avaricious liberalism ever allowed to gain a foothold in our country.

Truth be told, that war is targeting our kids, our homes, and our way of life. You may want to stay neutral and quiet. But sooner or later the sounds of the cannons in the distance will be on your front steps because the enemy doesn’t care a whit for your neutrality. They only want your surrender. If you won’t fight back, and stand for what you believe, they will try to take your children anyway.

Later in the movie, Martin is discussing the state of things and the loss of his son with a woman who looks at him and says, “You have done nothing for which you should be ashamed.” Martin replies, “I have done nothing. And for that I am ashamed.” Though he has intentionally not taken a stand, the war has come anyway. Staying silent has actually resulted in the loss of one child and the captivity of another.

My pastor friend pointed out that what comes next in the movie is key. With his house on fire, Martin comes to himself and runs into the burning house and up to the attic. He drags out an old chest and begins to retrieve his weapons of war. Then he grabs up rifles, powder, and ball, and runs back outside to his children.

What Martin does next causes some liberal heads to explode in modern America when he arms two of his sons. He reminds them what he had taught them about shooting; “Aim small, miss small.” He then leads his two sons to fight for the life of their older brother. His boys have been raised with key values, and taught some skills. He arms them, he leads them, and he takes the stand that perhaps he should have taken all along.

My pastor friend’s point was this: Not an actual call to arms, but an understanding that there is nonetheless a fight going on. A cultural fight that demands that we capitulate and move to the left. It is all around us, and some of you have likely already suffered some losses in that fight. But we cannot stay neutral.

We need to give them an example of an adult who cares enough to stand in the gap for them and to tell the world that they will not bring the fight to our homes because if they do it will go badly for them.

Yes, *The Patriot* is a great movie. But it is perhaps more so an analogy for our times. Let’s not be that man or woman who feels shame later for having done nothing.

We need to equip our children to understand what is right and wrong, with the tools of faith, character, confidence, love, assurance, and values. We need to teach them the culture war version of “Aim small, miss small.”

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. 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



Slinkard On Success

Will You Jump?

by D. A. Slinkard

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



We recently enjoyed the birthday of our great nation with our family and this time always means laughs, hotdogs, hamburgers, and swimming! The kids really do love swimming laps in the pool, and seeing how beautiful the water looked, reminded me of my youth. I was taken back to the countless times I would swim as a kid. I remember going swimming in Missouri and early in the spring, I would dip my toe into the water to check the temperature. Brrrr, it was cold. There are two ways to get into a swimming pool. The first way is to step in and wade out, while the other way is to just jump in.

I have noticed that too many people go about life taking the first approach in which they take one step at a time, trying to be cautious and not go too fast. Now, I am not saying this is a bad approach to living, but I am going to say that sometimes we need to just jump fully into the water. If the water's cold, I do not want to take my time wading out to get acclimated. I want to just jump in and get covered head-to-toe. My body will adjust to the temperature much more quickly this way.

There are many things in life we should just jump into and get started this very way. However, too many people simply want things to be perfect before they start

living their life. Jump in, and just get started living. You will adjust. In fact, if we take our time wading into the waters of life, sometimes it is too easy to turn around and retreat to the shoreline. We give up too easily where if we had just kept on going, we would have been fine.

Jumping right in pushes us out of our comfort zone and forces us to take actions. A person's success will depend upon his or her ability to take the right amount of action. I believe too many people fail in life because they underestimate the appropriate amount of action they should be taking. We like to plan for the "if-everything-goes-according-to-plan" approach, and life has taught me it hardly ever goes as planned. We need to be prepared to take additional actions in our lives to ensure our quality of life is better than expected.

I know I have been guilty in the past of underestimating what I needed to achieve to have success. The reality is that when things get tough, many people end up tucking their tails and running for the house. You cannot tuck tail and run away, you must be prepared to stay the course and fight for success. We have been lulled to sleep with the "now" mentality. We want success and we want it now. If anything takes any time at all, we want to reconsider whether it is worth it. Success in life takes hard work. Plain and simple. However, we have given in to the mentality of not wanting things to be tough.

I am glad my grandparents did not give up when things got tough. I am glad my parents did not give up when things got tough. I am glad they knew what they had to do to have success, and that was to jump into life and not wade into the waters. If you go about life just wading around, not fully committing to success, do not be surprised when you are met with failure after failure. You must be willing to jump feet first and begin to act. You will not have everything figured out, but you must begin by taking the first step. There is a quote that says:

"You do not have to see the entire staircase, just take the first step." We need to take the step and then continue moving on to build up momentum.

If we just get busy taking actions each day that brings us closer to our dreams and our desires, we will eventually get there. However, the road may not be easy, it may be difficult; we cannot retreat to the shoreline. We must continue moving forward toward our destination. We all have a choice to make when it comes to our lives, do we wade into the waters with the idea of the shoreline behind us or do we jump in knowing we will have discomfort only for a little while? Will you make the jump?

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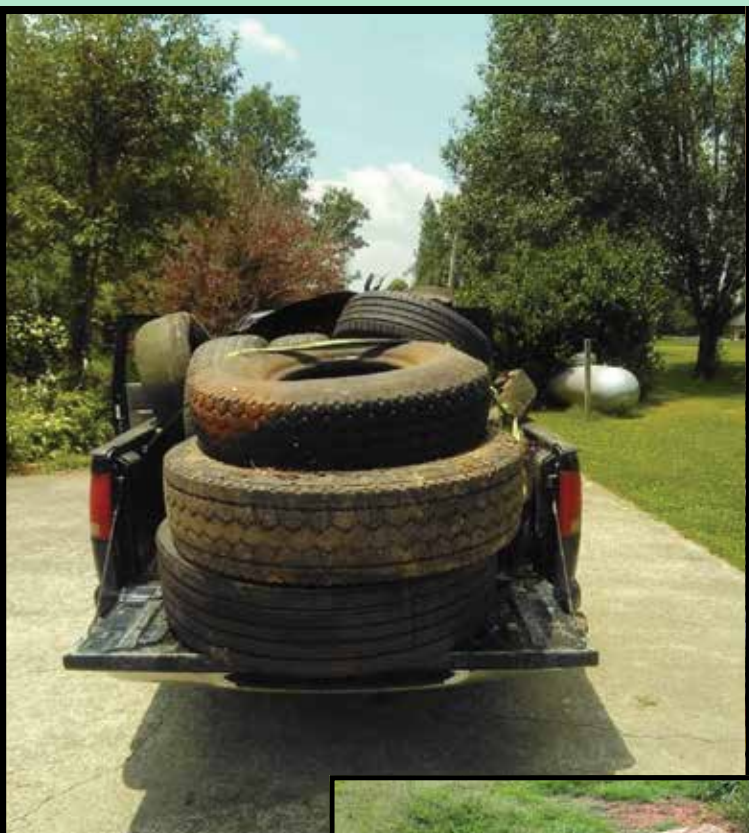
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Clean, Green And Beautiful

Only Trash Litters

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



As Limestone County continues to explode with new businesses and residents, so does an awful problem that we have -- LITTER. For the life of me, I cannot understand why. Almost every street and road traveled down has it, whether it is a piece of paper or a trailer load, it's infuriating! Have you ever driven down a road in Limestone County and just looked at all the trash that people have thrown out? Yes, some places are kept nice and neat, but others...whoa. I would like to think that people take more pride in their community than to deface it in such a way. And I'm not sure whether they know it or not, but we all end up paying for it.

Just last week, District 2 Commissioner Danny Barksdale posted photos of a pile dumped at the intersection of Pepper and Menefee Roads. There was part of a sofa sectional, a kiddie pool, many (I'm assuming) empty cigarette packs, and firework trash. His crew had to go out and clean this mess up. He offered a \$100 reward for information leading to the identification of the person who dumped it, and I hope that he finds out who it is because the penalty in Alabama is now a fine up to \$1,000. That fine is the same whether you are caught dumping a trailer load or throwing a bottle out of your window.

I've been working on KALB's stats for another project this past week. Since January, 341 volunteers have removed 16,480 pounds of litter from public

lands and waterways in 11 cleanups. This doesn't even include what each of the County Commissioners clean up on their own. You will never believe how much has been picked up in 5 years. In five years, there have been 199 KALB cleanups with 2,301 volunteers removing 157,352 pounds of litter. That's 78.68 TONS. We have such a great county, why would we want to live surrounded by trash?

We are lucky enough here in Limestone County to have some amazing residents who volunteer with us at Keep Athens-Limestone Beautiful and pick up on their own. We have one couple that is extremely dedicated to helping us. A week or so ago, he sent a message that he had taken 35 tires to the Limestone County District 1 tool shed. He took them there because thanks to a grant, Limestone County residents can drop

their used tires at any district shed to be recycled for FREE. There is no excuse for dumping tires anywhere or letting them pile up on your property.

We are also getting more and more businesses and groups that are joining Keep Athens-Limestone Beautiful in our battle. In December, employees from Shape Corp held their own cleanup. They removed 840 pounds of litter from one location. In March, Ardmore Pest and Turf Control held their annual Spring Clean removing

1,000 pounds from the streets and roads in Ardmore. Later in March, Intech Medical sent volunteers to the TVA River Trash Attack where we removed 8,820 pounds of litter from only 3 roads at the Tennessee River. WolfeCo Media off the Square also cleaned up for us. They picked up 4 bags (roughly 80 pounds) just from the Square. We have had two church youth groups hold their own cleanups this year, collecting quite a bit in a short amount of time.

If your business, church, or social group wants to jump in and help, Keep Athens-Lime-

stone Beautiful will support you. We will loan you the supplies, help promote, try to recruit more volunteers if we need them, and we can arrange for a trailer to haul away the litter. If you just want a litter bag for your car, stop by the office (125 East Street) and I will gladly give you one! As always, if you see something, say something. You can call us at 256-233-8000, send us a message on Facebook, or email us at KALBCares@gmail.com. Every little bit helps, and we rely on everyone's willingness to cooperate.



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



Cooking with Anna

What A Privilege

by Anna Hamilton

My alarm blared music at 3:30 this morning. I slapped at my phone to try and find the right button to turn off the music coming out of the speakers. I threw back the covers and shuffled to the bathroom to start getting ready to go to the gym. Who is this person? My back said “No, let’s lie back down in bed.” My knees cheered my back on with encouragement. I told my body to hush. Having the ability to go to the gym this morning is a privilege, not a chore or a task.

Our bodies are amazing! No matter what your physical state is, your body does masterful things every day. My knees may be shot, and my back may be stiff, but I am able to go and move my body in a way at the gym that is

continued on page 23

Zucchini Casserole

Ingredients:

- 4-5 fresh zucchini, sliced into thin slices*
- 4 medium tomatoes, sliced into thin slices*
- 1 medium sweet onion, sliced*
- Salt and pepper to taste*
- 1 tsp fresh thyme*
- 1 cup crushed crackers crumbs*
- ¼ cup butter, cut into small cubes*
- 1 ½ cup cheddar cheese, shredded*

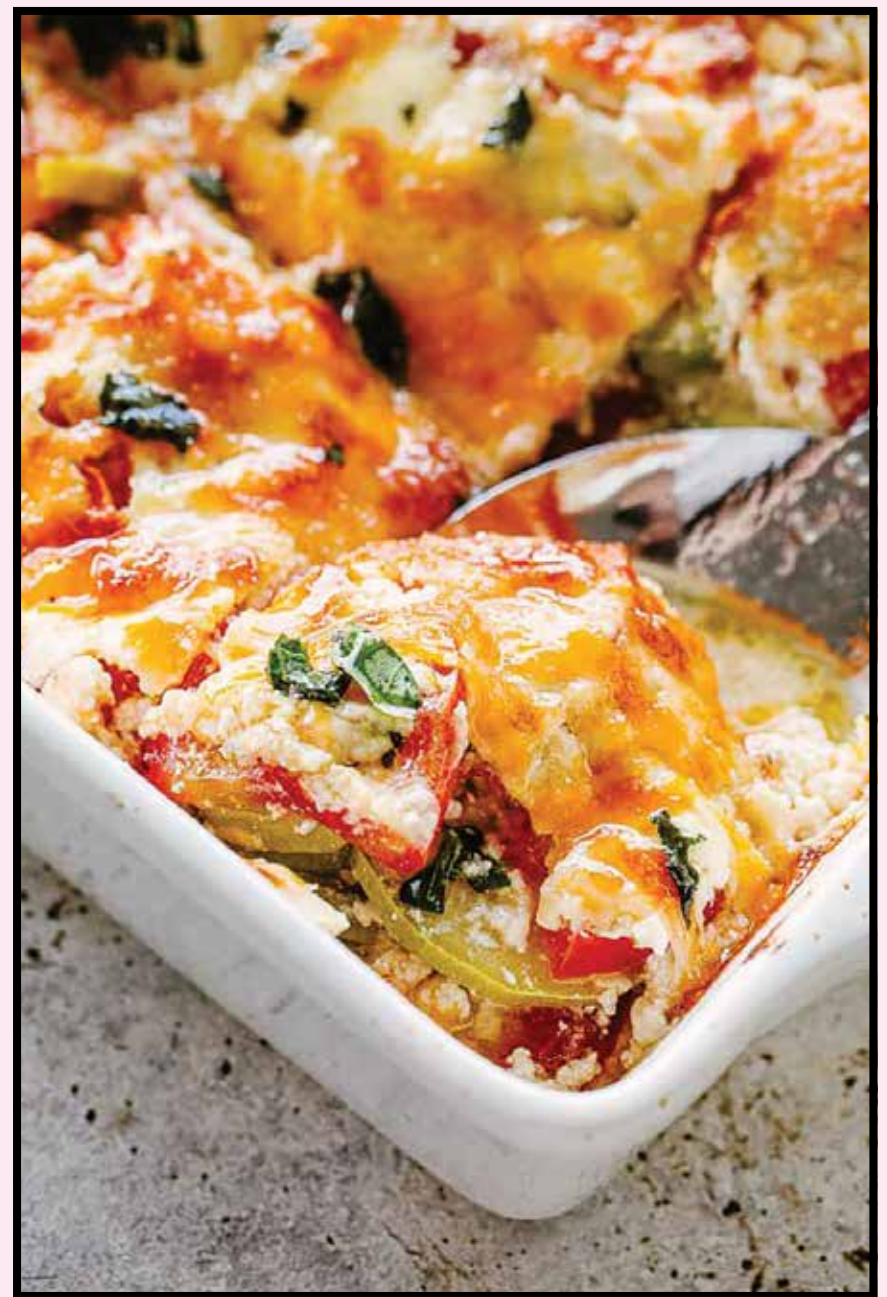
Directions:

Preheat oven to 350 degrees. Spray a 2- or 3-quart casserole dish with cooking spray. I used a deep-dish pie pan for this recipe and it worked great.

Assemble the casserole by arranging half of the zucchini slices in a single layer on the bottom of the casserole dish, followed by half of the tomato slices, then half of the onion slices. Sprinkle with half of the salt, pepper, and thyme.

Sprinkle half of the crushed cracker crumbs and dot with half of the butter. Sprinkle the cracker layer with cheese.

Repeat all the layers, ending with the last of the



shredded cheddar cheese.

Cover and bake for 30 minutes. After 30 minutes, remove cover and bake an additional 30 minutes uncovered. Allow to cool for 10 minutes before serving.



PlayAction Sports

Wrapping Up School Sports

by Tim Lambert

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



Athens High athletes signed letters of intent: Jordyn Bailey with Fisk University basketball, Holland Brooks with UT Southern soccer, Isabella Monceaux with King University swimming, Ryann Van Hoozer with Jacksonville State cheer, and Meredith Hicks and Bree Holden with UNA cheer. Athens High pitcher Raiden Pressnell will be a part of Calhoun's baseball team. Larry Howard chose Huntingdon football. James Clemens' Nate Guyse committed to Snead State baseball and the Jets' Camden Wells picked Mount St. Joseph University football. East Limestone's Maddison Kaney inked with Mercyhurst University cheer. Clements' Brady Moore and Jame Putman signed with Troy University football and Tennessee Valley Prep basketball. Athens Bible School's Luke Davis made a golf commitment to UNA. Ardmore's Tanner Meloon will take his track skills to UT Southern. Lindsay Lane's Chloe Ruble will play golf at UAB.

The North All-Star softball team was announced with Athens Bible School's Claire Holt and Athens High's Morgan Stiles included on the list. Tanner's Christian Cruz made the boys' soccer team while East Limestone's Brianna Proudfoot was tapped for the girls' roster. The Lady Indians' coach Max Norman will be one of the North coaches.

Lindsay Lane's Chloe Ruble and Athens Bible School's Luke Davis will play on the North All-Star golf teams. James Clemens' Bhavya Chalasani was chosen for the North Girls' tennis team.

The All-State baseball team had James Clemens' Ty Marsh and Colten Payton, Athens' Jack Elliott, West Limestone's Colin Patterson and Cooper Phillips, Elkmont's Mykell Murrah and Lindsay Lane's Ray Anderson and Alex Cook as members, while the All-State softball team named Athens' Morgan Stiles as Hitter of the Year with teammates Haley Waggoner and Mya Clark joining her on the list. Ardmore's Ella Singletary, AG King, Sarah Sanders and Ellie Riley were also on the roster, plus West Limestone's Lilly Bethune and Addie Wallace and Athens Bible School's Cana Vining. The Lady Golden Eagles' Morgan Stiles was chosen for the Super All-State softball

team.

East Limestone girls' head soccer coach Max Norman is stepping down from his position; JV coach Caitie Carr will be taking over the helm. Ardmore also gained a new softball coach; Cherish Hamner comes to the Lady Tigers from Tuscaloosa County High School where she was assistant volleyball and softball coach.

Baseball

Lindsay Lane made it to the state semi-finals where their season was ended by Vincent. West Limestone made it to round three before losing to Etowah. ABS, Athens and Ardmore were eliminated in round two by Appalachian, Cullman, and Sardis. Elkmont and James Clemens lost in round one to Gordo and Spain Park.

Softball

Ardmore went through state tournament play

undefeated until a meeting with Brewbaker Tech in the finals ended in two losses to the Lady Rams. After dropping to the losers' bracket, Athens worked their way back through to the finals, but fell to Wetumpka. ABS lost to Maplesville in round one and were eliminated by Skyline.

Soccer

Tanner's boys claimed the first state championship in program history, beating St. Luke's; the Rattlers' Christian Cruz was the game's MVP. East Limestone's girls were topped by Springville in the semi-finals. Athens' girls, James Clemens' boys, and Elkmont's boys were all stopped in round one. Clements' girls got to round two and were defeated by Susan Moore.

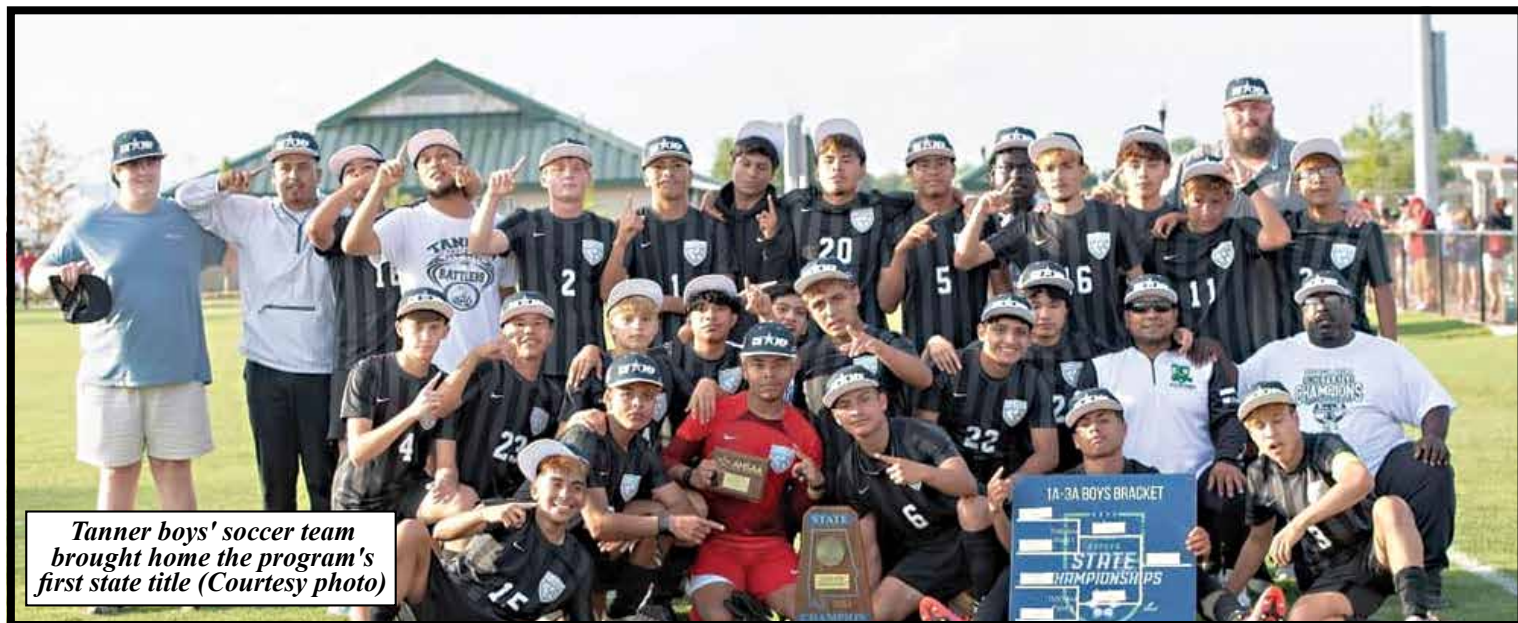
Track and field

Athens Bible School's Jack Bradford and Kaylie Key each won their respective Class 1A

1600m races, in the state meet Meredith Romans was first in the 1A girls' discus, Elkmont's Alex Kuntz was runner-up in the 3A boys' 1600m. Athens' Jayshon Ridgle was first in the 6A boys' 110m hurdles, James Clemens' Dylan Dryer placed 3rd in the 7A boys 800m and the Jets were also 3rd in the 4X800m relay. James Clemens' Ben Thomason won the AHSAA Decathlon Championship on Tuesday with a total of 6,166 points.

Golf

James Clemens' Jack Mitchell finished in second at the state golf tournament in Class 7A boys as an individual. Athens High's Adalyn Pike kept her third place in 6A girls. Lindsay Lane's Chloe Ruble was second individually in 1A-3A girls; the Lady Lions ended up in third as a team. Athens Bible School's Luke Davis was in a tie for sixth place individually; the Trojans were fourth as a team.



Tanner boys' soccer team brought home the program's first state title (Courtesy photo)

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Lang Chiropractic Clinic: *Beautiful New Location, Stellar Patient Services*

by Ali Elizabeth Turner

continued from page 1

and Tennessee.

I asked Dr. Lang what his vision was for the new place, and he had several comments. The first was that he wanted to both continue as well as increase the practice of educating and equipping his patients with things they can do to care for themselves when they are away from the clinic. “We are not a PT clinic, but we want to show people how to lift properly, bend properly, and hopefully prevent injuries,” he said. “Recently we had one of our patients from here who had traveled to Atlanta, and needed help right away. We gave them some things they could do, and also got in touch with a chiropractor in Atlanta who was able to help, and they did not have to come back here to get taken care of,” he added.

Another “dream come true” has been to add a partner. Athens native Dr. Wright Overton, D.C. went to Athens Bible School, got his undergrad degree in biology from UNA, and just completed his chiropractic degree this spring from Life University in Georgia. “I am enjoying helping him grow, and being



The Lang Chiropractic crew: open and ready to serve.

a mentor to him,” said Dr. Lang. “I help him on his side of the clinic, and he helps me. He also has taught me things,” he added. “Now we are going to be able to give adjustments to everyone from babies to grandparents, and serve more people” said Dr. Lang.

For years, Dr. Lang’s practice has used a combination of time-honored chiropractic approaches and also new treatments in order to continually grow their ability to improve the quality of life

of their patients. In recent years, people with what is known as Complex Regional Pain Syndrome have been helped by a modality known as Calmare, which was developed in Italy and is especially effective for those who are in too much pain to handle an adjustment. Calmare uses what is known as scrambler therapy. Scrambler therapy sends a series of low-level amp signals to the brain that disrupt neuropathic pain. This therapy transmits

a set of signals that it is “okay” for the brain to stop hurting.

A few years ago, Chronic Regional Pain Syndrome struck close to home, affecting David’s father’s foot after both a successful back surgery along with the death of a family member. His dad’s foot was so swollen that it “looked like a sausage,” said David, “and it was amazing how Calmare helped and how quickly that changed.”

Calmare Scrambler Therapy can help peo-

ple who are contending with:

- Chemotherapy-induced Peripheral Neuropathy (CIPN)
- Chronic Cancer Pain
- Failed Back Surgery Syndrome (FBSS)
- Sciatic and Lumbar Pain
- Phantom Limb Syndrome
- Post-herpetic Neuralgia (PHN)
- Post-surgical Neuropathic Pain



- Brachial Plexus Neuropathy
- Low Back Pain (LBP)
- Chronic Neuropathic Pain

Calmare Scrambler Therapy makes use of dermatomes, which are sensory zones in the skin that correspond to places in the spine. Dermatomes trace along a specific route on the body that corresponds to a specific nerve route out of the spine. “We use dermatomes as a road map to see how close we can get to the pain,” said Dr. Lang. He continues to be pleased with the results.

One of the most promising results of Calmare Scrambler Therapy is that it is entirely possible for some patients to come off of opioids, which have become a huge problem in our nation. While that is not

guaranteed, it is also not uncommon.

Other technological advances that have helped Lang Chiropractic give great care are the use of digital x-rays, dry needling, and Class IV laser

treatments.

- Digital x-rays do not use film, emit close to 80% less radiation, and show a much clearer picture, literally, which makes it possible to have a “much clearer picture” of what is going on with the patient’s spine.
- Dry needling is a technique that uses different gauge needles to stimulate muscular trigger points to reduce inflammation and pain. Dry needling should not be confused with acupuncture, which focuses on stimulating energy flow through meridian points.

- Class IV laser treatments were developed in 2003 and have become common in chiropractic clinics. They are particularly helpful with reducing pain and inflammation, and increasing range of motion.

Dr. Lang told of one patient who had bursitis so badly that movement in the hip was virtually impossible. Now range of motion is much close to being normal, and the use of Class IV laser as well as specific exercises have made all the difference.

Another feature of Lang Chiropractic is the com-

mitment to educate patients about the spine and the kinds of things that make it work well. “We give a full health work-up. We will do a complete orthopedic and neurological examination, and make sure we cover trunk stability, core stability, general mobility, and full range of motion. We have full spinal therapy technicians and we also deal with lower back and neck curvature. We want to equip and empower our patients to take more responsibility for their health. We are also happy to be working with other providers, such as dentists and orthopedic physicians. I appreciate a spot on the team, providing care for the patient,” said Dr. Lang.

We finished up our time with Dr. Lang telling me the last part of his vision, and that is “We want to be the expert in conservative spinal care.” If this is that for which you have been looking, then call Lang Chiropractic today to schedule an appointment. Their entire staff is dedicated to making you pain free without the use of drugs, so you can back to doing what you were made to do, and keep doing it for many years to come!



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The Art And Science Of Communication

by Eric Betts

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



The ability to communicate effectively is a priceless talent. In order to build strong relationships and teams, the art and science of communication must either be innate in the leader or learned through education. One cannot lead effectively or at all if communication skills are poor. Many relationships, teams, and marriages are broken due to the inability to communicate well. Relationships are invaluable when it comes to fulfilling one's vision or mission. It always takes more than the talent and skill of one person to make an impact. It takes a group working together, and that group's success depends largely on communication. It is often said that the majority of communication is nonverbal, most of which is body language.

John Maxwell, the leadership guru, has written extensively on the subject of communication. The title of one of his books is very instructive on its own. It is entitled, *Everyone Communicates, Few Connect*. The implication of the title is that in order to really communicate, one must first learn to connect to the hearer. Maxwell explained what he meant when he said, "People may hear your words but feel your attitude." It can be said that

body language and tone can speak louder than words. Additionally, people can sense if they are being manipulated even through the kindest of words.

Words can come across as extremely flattering, and the hearer may get the sense that they are being flattered for reasons that may make them uncomfortable. When it comes to trying to critique a person's work, they can get a sense as to whether the speaker is attempting to help them or put them in their place. The speaker may not connect with the hearer because the hearer can get the sense that the speaker is simply seeking to promote themselves instead of serving the interests of the larger group. The hearer can also receive

nonverbal clues that the speaker doesn't think very well of them and in fact despises them.

If a leader is indeed interested in the success of the organization and the individuals which constitute that entity, it must be understood that communication is a two-way street. The communicator must also be a great listener. Maxwell says, "If you're going to connect, people need to know that you understand them." When one learns to be an effective listener, it helps when it is their turn to communicate.

Maxwell expands on the idea that there is a level of communication that is nonverbal. Every leader needs to understand those levels. Maxwell encourages to "be sure your communica-

tion goes beyond words. How can you do that? By connecting on four levels: visually, intellectually, emotionally, and verbally."

It is important also for leaders to be aware of the role that their personality plays in communication. Sometimes one's background and personality can impact the tone and tenor of how something is communicated. A great leader will know how he or she sounds to their listeners. It is not good enough to declare that this is your personality and everyone else just has to deal with it. Understand the strengths and weaknesses of your speech patterns and how it plays with the larger group. It may not always require that a dramatic change occur, but awareness is

key. Maxwell identifies five areas of your voice that you must be mindful of as a leader. Your personal success and the success of the group may be affected by those five areas. What are they? "Tone, inflection, timing, volume, pacing -- everything you do with your voice communicates something and has the potential to help you connect to or disconnect from others when you speak."

The most difficult time to communicate is when a project hits a wall or team chemistry breaks down. There are certain rules to follow in such settings that will help communicate between parties and guide the group through the conflict.

The road to success as a leader largely depends on how one masters nonverbal communication. Body language is everything. How something is said is just as important as what is said. Sometimes body language can speak louder than words. Finally, learning to be a great listener is vital to the success of a team leader. When one gains the reputation of being a good listener, the team is more inclined to be good hearers. They don't care how much you know until they know how much you care. This builds chemistry for future success.



A New Role: *Caring For Parents And Siblings*

by Jackie Warner

Career Development Facilitator
“Impact, Engage, Grow” Community Matters



Just as you start to understand who you are and the purpose you were meant for in this life, there comes another shift in understanding the expectations and responsibilities. We are given tools as a child to use for our future success. We are bathed, clothed, nurtured, and loved from the infant stages to adulthood by our parents, grandparents, older siblings, and guardians. My question to you is: How did you use it for your life today? When I am speaking at youth group events, one of the statements I often share with students as a way to encourage them to think beyond the present and look at what it will take to live tomorrow, is – “It is what you do today that will determine how you live tomorrow. So if you want to live well, you have to start making the right choices today.” As I continue my presentation, I share with the students that one day there will be a role reversal, and I ask them if they will truly be prepared to handle it.

The role reversal I speak of is when parents and siblings are the ones that now have to be taken care of. I go on to ask the students if they will be prepared to take care of the aging elderly or unexpected illnesses of a sibling. It is not easy seeing our siblings and



parents need care and assistance, for it is difficult to see them start to fade, become frail and sometimes helpless when it comes to their normal day to day routine. It is an emotional roller coaster for both you and them. You start to ask yourself: “How do I do this? Am I mentally prepared, not to mention financially stable enough, to handle what may come next as I support them.” What physical and emotional

support will be required? It is not an easy path to navigate, so if you have not started preparations, then start now.

1. Remember, you are only one person and cannot do it all alone; consider additional support resources available in community and through local agencies.
2. Understand that your loved ones are having a mind shift too, and this may be very upsetting and take time to absorb.

3. Be proactive: Talk to your siblings and parents about their wishes and needs.

4. Have a serious conversation about finances, real estate, medical care/benefits, and business documentation.

5. Keep them involved in any health and financial decisions to be made.

6. Know what options should be discussed -- home health care,

long-term nursing care, powers of attorney documents, and end-of-life wishes and directive.

7. Build a circle of support. This is a group of people who meet regularly to help your parents or siblings achieve their goals. Members of the circle could include family, friends and people in the community.

8. Use technology wherever possible. Keep a notes app and a calendar on your phone to help organize appointments and phone calls. Look into assistive technology that may help with electronic reminders to take medication.

<https://familycaregiversonline.net/caregiver-education/strategies-for-working-caregivers/>

Until Next Time, Be Sincere, Kind and Intentional

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REFLECTION

by Deb Kitchenmaster

You know those ordinary days when something out of the ordinary comes into your life and that experience gets tattooed on the fabric of your memory? A shift occurs inside and you simply are not the same. This was one of those days.

My interest piqued when another horseperson told me about an upcoming equine clinic. Desire and interest encouraged me to pursue the details.

Attendance turned out to include several states from our U.S.A. and a couple of other countries. Diversity filled this arena of varied interests in dogs, cats, equine, and llamas. The venue was a beautiful 20-stall stable. Horses were brought in for our hands-on classes and care. One horse arrived with some concerning vices and was ONLY to be handled by an experienced

trainee who had arrived for classes. We traveled to a classroom setting close by where lectures and tests were administered. It was five full days of learning, interacting with animals and people, and building relationships.

Evenings, we would gather around a campfire and share stories. I heard a term I had never heard before that made me smile. "Glow bugs." The fireflies had come out, and these two friends who had flown in for classes were sitting around the fire when one said to the other, "Oh look! Glow bugs." Lightening bugs or fireflies were not a common sight in their asphalt jungle.

Our final day was upon us. Written test in the morning and protocol testing at the barn in the afternoon. Each of us was assigned an animal, the timing of our test-



ing, and who would be grading our work with the animal. I was up for testing. Who was I assigned? Are you serious? The special needs horse! My response was two-fold. Within, I asked Jesus to help me, and then I took a deep breath.

With halter and a man with a clipboard, I entered the stall. The horse had a continuous program going on in his head, and everything inside of me wanted to hack his program. What a gorgeous stallion! What a presence! I ex-

perienced a 'shift.' No longer was this about a test; it was all about the horse standing in front of me displaying a program of performance, performance, performance. After haltering him, I asked the instructor if I could have a moment. He affirmed by nodding. Then IT happened! I SAID to the horse these words, "You are more than a breeding machine." Seven words! Seven simple words! Do you know what that horse did? He let out the biggest sigh I have yet to hear come out of a horse. It's like THANK GOD! The testing began. The protocol involved three figure-eight patterns. This required me to lead the stallion out in the alleyway to fulfill these patterns. People testing at the other end of the barn questioned what horse did I have in hand? When the program in the horse's head was interfered with, behavior and mannerism became visible. The horse did not go crazy or was unmanageable outside his stall. It was absolutely amazing!

What happened? Spoken words! Genesis is a



Greek word meaning origin or beginning. What fun to identify with "AND GOD SAID" and to see what happened from spoken words? I encourage you to read the first couple of chapters in Genesis and underline those three words. In Genesis 2:7, "Then the Lord God formed man from the dust of the ground and breathed into his nostrils the breath or the spirit of life, and man became a living being." The spirit of life or living being in original language means SPEAKING SPIRIT. Man became a speaking spirit. According to Proverbs 18:21, the power of life or death is in the tongue.

That moment in the stall reflected to me the power of spoken words. Like a burning bush, it got my attention. What about our nation? Do you think if we began speaking these four words -- "AMERICA SHALL BE SAVED" -- together in unity, we could shift? In the midst of programs, let us speak "AMERICA SHALL BE SAVED." In the midst of lies, "AMERICA SHALL BE SAVED." In the midst of deception, "AMERICA SHALL BE SAVED." In the midst of negativity; confusion; and twisted thoughts, ideas, and suggestions, "AMERICA SHALL BE SAVED."

*Your NEIGHbor,
Deb Kitchenmaster*

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Mental Health Minute

Values Clarification

by Lisa Philippart,
Licensed Professional Counselor



“Do not confuse things that are hard with things that are valuable.”

- James Clear

Values are principles or ideals that guide your behavior, especially in difficult situations or circumstances. Values clarification is a process of reflecting on and deepening your understanding of your personal values, so that your actions and behaviors are more aligned with what you really want and believe in rather than the whims or impulses of the moment. The clearer you are about your values, the more motivation you will have to make good decisions in every area of your life. For example, if you have clarity about honesty as a value in your relationships, you'll be more motivated to communicate assertively with your spouse or partner and ask for what you want, despite feeling afraid or awkward. If you are clear on creativity as a value, you'll have more motivation to share novel ideas with your colleagues at work, despite struggling with imposter syndrome or self-doubt.

Let's look at some of the problems that come from a lack of values clarity. Very often, the root cause of self-doubt or imposter syndrome is not too much anxiety so much as too little clarity



about what really matters to you and why. Clarity creates confidence. While many things can lead to procrastination or avoidance, a powerful but under-appreciated cause is often the lack of clarity around the purpose of the work you're procrastinating on. Values clarity can lead to internal motivation. When you don't know what you want (because you've never made time to explore and clarify your values) it's natural to look to other people and unconsciously imitate their values. If you know what's important to you, you no longer need to seek the approval of others. And finally, the ability to tolerate and stay resilient in the face of difficult emotions depends greatly on having a strong sense of purpose behind your behaviors.

Ask yourself, “What do I care about so much that I would willingly do it despite feeling bad?”

It is important to distinguish between universal values, which are true and valuable for everyone, versus personal values, which have meaning and utility for you but not necessarily others. Personal values are often inherited, but not always. You may hold a personal value primarily because it was something you grew up believing was important to your family, culture, or peer group. That value may or may not continue to be relevant for you. On the other hand, you may claim or discover a personal value that was not present at all in your upbringing. You may also have noticed that personal values can change over time. Often,

personal values are relatively context-specific, meaning they're more or less relevant to you in a certain context or stage of life. Also, clear values can boost motivation. Not only do values help us know how to act or make good decisions, but they also give us energy and drive to actually do what we know is right. The clearer your values are, the more strongly they will encourage you toward the “right” action.

The first step in clarifying

your values is to identify and discover them in the first place. While there are many ways to do this, a simple and straightforward approach is to read and reflect on a personal values list. You can do a search online to locate lists of values in numerous formats. Once you have identified your values, how do you prioritize them? Do you value generosity? Do you value self-care? Of course. But what if those values come into conflict? What if being generous means sacrificing your self-care? Values will inevitably come into conflict. The question is, “Are you prepared for that?” Have you reflected on how you will navigate conflicting values? Values clarification involves being able to identify and prioritize what is important to you and then following through with how those values are utilized.

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

The Silica Secret

by Roy Williams



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

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

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

What does a silica deficiency look like? There

are eleven levels of deficiency. A zero means you have no deficiency at all. Level 1 – 5 deficiencies can cause hair loss, weak or brittle fingernails, and thinning of the skin to receding gums, tooth decay, varicose veins, spider veins, joint tenderness, and arthritis. With levels 6 to 11, your health is severely compromised, which may include irregular heartbeat, extreme fatigue, cognitive disorders, and autoimmune issues including psoriasis, Crohn's, rheumatoid arthritis, and even Hashimoto disease.

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

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



for good reason.

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

Burt Golding has become a regular on our radio show called *Today's Health Update*, which can be heard on WKAC 1080 AM Monday – Friday from 9:00 to 9:30 a.m. in the Athens area and on WBTG 106.3 FM from noon to 12:30 p.m. in the Shoals. Burt is the go-to man when it comes to Super Silica, with over 20 years' experience. To hear him talk about this life-changing product, sim-

ply go to www.nhcherbs.com and scroll down to the microphone and click on the program titled *Silica*.

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

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

The same is true of ligaments, tendons, and joints in the body. When those

parts of the body become rigid you will experience inflammation and pain called arthritis.

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

By supporting your health at a cellular level with Super Silica, you can be confident that your body can and will over time heal itself. To learn more, go by Herbs & More in Athens or NHC Herb Shop in Killen and get the free CD called *The Silica Secret*.

Your Friend in Health,
Roy P. Williams

Herbs & More
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Abbie Cooper



Cooking with Anna (continued from page 13)

What A Privilege

by Anna Hamilton

leading towards a healthier me.

For so many years, the thought of exercising in a gym seemed like a punishment. A punishment for not eating the right food, a punishment for not being skinny enough, a punishment for the scale not saying the perfect number. How wrong I have been? In my last article, I touched on the fact that I love going to the gym, and most days that is true. Some days though, the mean little voice that lives inside my head starts telling me that I shouldn't go and does its best to plant seeds of doubt, seeds of worthlessness, seeds of shame.

At this point in the morning now, my sweet husband is up and getting out of the shower and I am struggling to find a shirt that won't show all of the things I don't like about my body. I settle on shirt number three as he calmly continues to get ready. At this point, I am feeling frustrated and feel as if we are running late. I stumble to the kitchen and get my water ready to go and then on to the living room to put on my sneakers. I plop down on the sofa with an audible sigh. My negative thoughts are starting to consume me, and my hubby can tell. My back is to him, and he sweetly says, "This is going to be a good morning, we have the privilege to go workout." The thoughts I had getting into the shower flood back into my mind, and I am ashamed that I have let the negative thoughts take over. He didn't know that I had given myself that same pep talk this morning when I woke up, but God knew, and God knew I needed to hear it again.

The Bible is full of verses that support us being physically fit and physically active. In 1 Corinthians 6:19-20, "Or do you not know that your body is a temple of the Holy Spirit within you, whom you have

from God? You are not your own, for you were bought with a price. So glorify God in your body." Our physical bodies were made to bring glory to God. Exercising can be an offering of thanksgiving for the wonderful body God has given. Proverbs 31 is known as a blueprint for the Christian woman. Verse 17, supports the fact that God has empowered us with the ability to make our bodies strong. "She dresses herself with strength and makes her arms strong."

I encourage you to start a journey to physical activity, no matter where your starting point may be. I started at the lowest rung of the ladder, maybe even below the rung, and today I feel so much stronger. It has only been 4 ½ months, and I feel as if my life has been changed. Don't limit yourself, you are capable of more than you ever imagined.

This week's recipe is a delicious, summer vegetable side dish. We went to visit the Amish in Tennessee this weekend, and I now have an abundance of zucchini to use, so this recipe comes along at the perfect time. If your family doesn't care for zucchini, feel free to substitute yellow squash or eggplant. Also, you can add cooked ground beef, turkey, or chicken to this recipe to make it a one-pot dish.

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for a prize." 1 Corinthians 9:24-27

The Trauma-Informed Church

by Mae Lewis

“If the church really wants to heal people, the church needs to become trauma informed. Not everything is a demon.” I saw this quote recently and it resonated with me.

Grief and trauma inflict wounds on our spirits that need to be treated, and when people experience tragedy, they often look to the church for hope.

I grew up in the church and have seen healthy people and unhealthy people. I have seen compassion, tenderness, harshness, and abuse. I have seen people be fully healed and restored, and I have seen people be absolutely destroyed by the church.

I have sat through exorcisms, anointings, prayer meetings, revival nights, and “Christian counseling.” I have also seen the leaders of those events fall apart, become drug addicts, sex addicts, pedophiles, and committed to mental institutions. There is something lacking in the organization of the church today that is setting people up for failure.

I’m not saying that prayer doesn’t work. I absolutely believe that it does. Meditating on Scripture works. Sometimes, exorcism is necessary. But we live in a fallen world and PTSD is a real thing. Where is the “demon” in a Vietnam veteran who has been shell-shocked? Where is the wound in an abused child? Victims of domestic violence? A teenager who witnesses a school shooting? Victims of PTSD need to be surrounded by people who have compassion, empathy, and understand what trauma does.

When a brain experiences trauma, it changes the architecture of the brain, and connectivity is hindered. Rational thought becomes disrupted. The consequences resonate through the body, and even when the mind does not remember, the body and the spirit never forget.

Trauma affects the whole person, and it needs to be treated holistically. In my opinion, the church needs to engage trained mental health experts who align with the faith and who can help ministers and leaders be informed about how to approach trauma. We need to be able to attend to the wound, or at the very least, be able to offer appropriate triage and first aid as necessary so that the Holy Spirit can partner with the individual for deep inner

healing. People need to know that they don’t have to pretend that they aren’t hurting.

As a young adult, I realized that traumas I had suffered as a child needed to be addressed. I began to seek counseling. Repeatedly, I was warned by my church leaders, pastors, and mentors to seek ONLY Christian counseling, to avoid traditional therapy at all costs, and to not pay any attention to “psychobabble.” So, I sought Christian counseling. The counseling addressed my spiritual condition, but it did little to address my traumas. I suffered from severe PTSD because of an abusive relationship. Years later, I was still being triggered by seemingly innocuous things. It wasn’t until I began re-

ally unraveling my trauma from a “worldly” perspective that I was able to find some resolutions.

The church has a long history of shunning science, and it continues today, to the detriment of the church and the people we are trying to help. There have been so many breakthroughs in mental health science recently, and the research into fields like neuroplasticity are confirming what Scripture teaches about “the renewing of the mind.” The point that I’m trying to make is that there is a happy medium between science-based mental health treatment and the spiritual resources of prayer, Bible reading, fellowship, and worship.

A teenager (or even an adult) who suffers from trauma may have diffi-

culties with a linear discipleship program. And we need to recognize that many of us do not have a linear “faith walk.” Most of us have faith stories full of ups and downs, pitfalls, and triumphs. But too often we expect believers to follow a linear program, to adhere to a “norm”—and when they do not, they are often ostracized from the church or have further hurt piled upon them.

I believe that God can and does heal us. I believe that He uses many ways to get us healed. I believe that the church is called to be the hands and feet of Christ. If we can recognize that the people in our churches are battle-torn, scarred, and hurting, we can meet them where they are and healing can begin.



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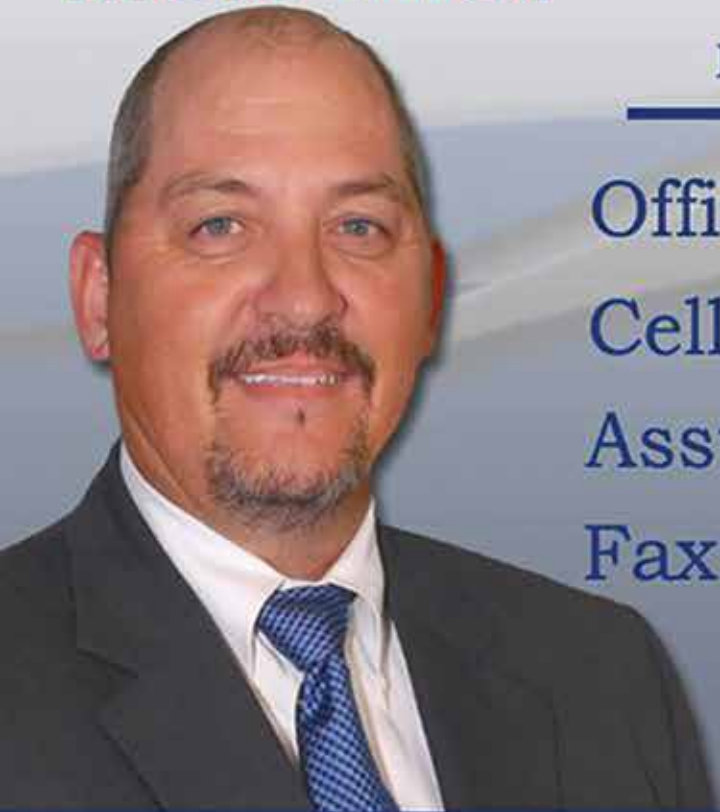
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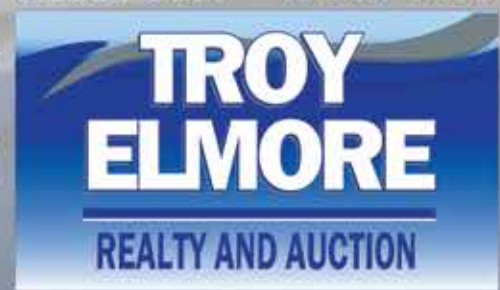
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Intelligence
without
ambition
is a bird
without wings.

~ Salvador Dali



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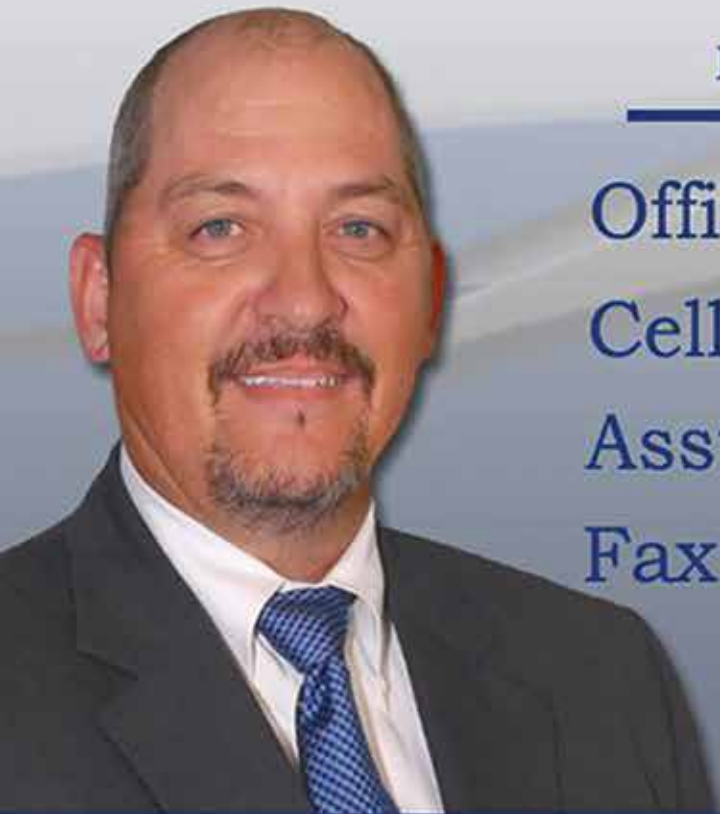
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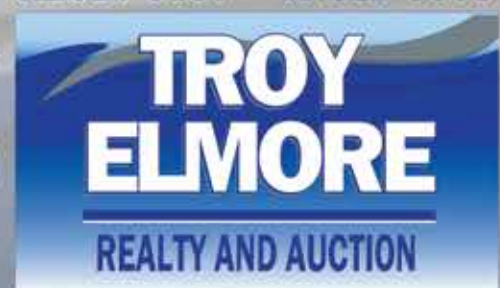
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