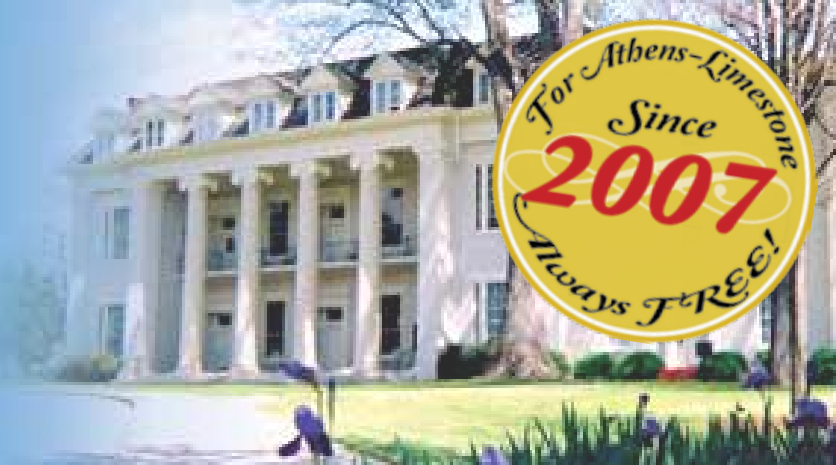


# Athens Now

information & inspiration  
AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:  
Ali Elizabeth: 256-468-9425

**TROY ELMORE**  
REALTY AND AUCTION

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

### All Things Soldier



*Healing Invisible Wounds Through Poetry...*  
In a world often focused on visible wounds, it is important to remember the impact of invisible scars...  
Page 4



## "Treasures for Everyone"

(256) 426-0300  
HOURS: TUES-SAT 10-5 OR BY APPT  
116 N. JEFFERSON ST  
ATHENS, AL 35611

# Chicken Salad Chick: *Where Southern-Style Deliciousness Awaits*



The Athens Chicken Salad Chick ribbon cutting

By Ali Elizabeth Turner

A few weeks ago, I finally had the chance to visit one of Athens' newest restaurants, Chicken Salad Chick. What I experienced in that hour was a pure delight from start to finish – from the way

Continued on page 15

### What Makes Ronnie Roll

*Summah Time, Bubba Time? One Can Hope...*  
We met after the Memorial Day service at the Veterans Museum, and the first order of business was...  
Page 8



# Vinyl Revival To Host Artist Reesa Pearl Milam On June 10th

By Ali Elizabeth Turner

Earlier this year, Keith Montgomery of Vinyl Revival walked into Frame Gallery of Athens and happened upon the exhibited works of Reesa Pearl Milam. Keith, who is also a musician in addition to owning Vinyl Revival, fell in love with Reesa's painting of a guitar and snapped it right up. It also gave him

Continued on page 17



Reesa Pearl Milam at age 17

### Cooking With Anna



*Excuses, Excuses...*  
These past few weeks have been a struggle. Something in the air, the phase of the moon, the alignment of the planets... something was just off...  
Page 13

**FRAME GALLERY**  
OF ATHENS

**YOUR HOMETOWN FRAMER**  
FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302  
TRACIE@FRAMEGALLERYOFATHENS.COM  
125 NORTH MARION STREET, DOWNTOWN ATHENS







1260 Us Hwy 72 E Ste B  
 Athens, AL 35611  
 p: (256) 444-4044  
 f: (256) 444-4055  
 c: (706) 289-5110  
 e: store7250@theupsstore.com  
 w: theupsstore.com/7250

Hours:  
 Mon - Fri: 07:30 AM-06:00 PM  
 Saturday: 09:30 AM-04:00 PM  
 Sunday: 11:00 AM-04:00 PM

The UPS Store

SANDRIDGE HALL | 402 E. PRYOR ST. | ATHENS, AL | 256-233-8244

**BRADFORD'S  
 PAWN & GUN**  
 ATHENS, AL

**Voted #1  
 Gun Shop  
 2 years  
 in a Row!**  
\*Source: Athens News Courier

THOUSANDS  
 OF GUNS IN STOCK  
 EVERYDAY!

Downtown Athens ~ 256.233.0016  
 www.bradfordsgunandpawn.com

GUNSMITH ON SITE!

**RIVER CITY**  
 ROOFING  
 SOLUTIONS INC.

**256-274-8530**  
 WWW.RIVERCITYROOFINGSOLUTIONS.COM

**OPEN** **Alabama Biz Finder**  
 ... Always Open - 24/7  
 alabamabizfinder.com

**TVC**  
 TENNESSEE VALLEY  
 COATINGS

Sand Blasting  
 &  
 Powder Coating

Give us a Call:  
 256-614-2016  
 www.Tennessee  
 valleycoatings.com

**ATHENS  
 ALEHOUSE  
 & CELLAR**

111 WASHINGTON STREET  
 ATHENS, ALABAMA

Hours: Tue - Thurs 4-9pm  
 Fri 4-10pm • Sat 2-10pm

FACEBOOK: @ATHENSALEHOUSE

**Rocket City** **Barns Cabins Sheds**  
 8x12 thru 16x40

**Call or Text 256-221-7062 • 7 days**

Buy or \$0 Down Rent to Own • No Credit Check  
 Payments starting at \$62.78/mo • Free & Fast Delivery to Most Locations



**Publisher / Editor**  
Ali Turner

**Copy Editor**  
Yvonne Dempsey

**Graphic Design**  
Jonathan Hamilton

**Web Design**  
Teddy Wolcott

**Contributing Writers**

- D. A. Slinkard
- Lisa Philippart
- Anna Hamilton
- Claire Tribble
- Sandra Erickson
- Steven Bates
- Eric Betts
- Tina Morrison
- Joel Allen
- Phil Williams
- Gwen Williams
- Jerry Barksdale

Athens Now is published every first and third Friday of the month and is a publication of Turning Press, LLC. Reproduction in whole or in part, without expressed written permission of the publisher, is strictly prohibited. Athens Now is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate. © Copyright 2007.

Send Inquiries to P.O. Box 428, Athens, AL 35612, or call (256) 468-9425. Emails are preferred, send email to info@athensnowal.com

**Contents**

**Publisher's Point** . . . . . 3

**All Things Soldier** . . . . . 4

**Calendar Of Events** . . . . . 6

**What Makes Ronnie Roll** ... 8

**Rightside Way** . . . . . 10

**Slinkard on Success** . . . . . 11

**Clean Green And Beautiful** . . 12

**Cooking With Anna** . . . . . 13

**From The Tourism Office** ... 14

**Cover Stories** . . . . . 15 & 17

**Learning As A Lifestyle** . . . . 18

**Jerry's Journal** . . . . . 19

**Dog Barker** . . . . . 20

**Mental Health Minute** . . . . 21

**Alternative Approach** . . . . 22



**Publisher's Point**

*The ELM Foundation,  
Where Grit Meets Grace*

Two days ago, I heard an inspiring interview on *Right Side Radio*, a talk show which is hosted by Phil Williams, and it made me want to cheer. The people being interviewed were from the ELM Foundation, and their approach to providing interested charitable organizations as well as “participants” what they call “a path to sustainability” was refreshing, to say the least.

Founded in 2012 by retired intel officer John Nolan and his wife Helen, the ELM Foundation (which stands for Expect Little Miracles) works from the premise that when you combine grit with grace, you can do just about anything. Their goals are lofty, such as ending generational poverty, and their results are impressive: 300 clients in 10 years, a network of charitable organizations that actually work together and avoid overlap, and the use of a software program called Charity Tracker that records outcomes that are specific, achievable, measurable, accountability based, and require the participant to become a giver and not just a taker.

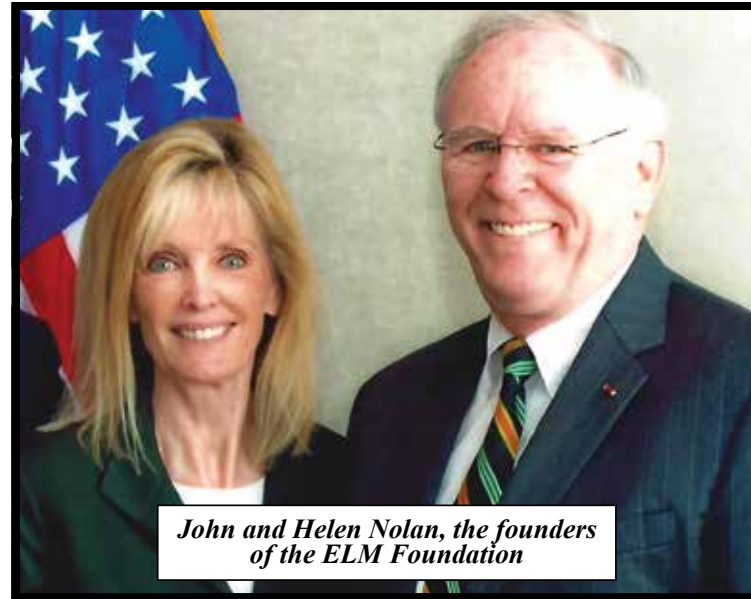
So, what is this “grit-and-grace” stuff? Well, anyone who has worked amongst the needy will tell you that if there is no accountability, no requirement to step through a process of becoming self-sufficient, and there is a seemingly never-ending pile of cash, people have no need to change, so

they don't. They just learn to work the system, work you, and stay dependent while they manipulate everyone in their sphere.

But there is good news! When you combine grace and help to develop grit and resiliency, people can and do head toward wholeness, and then help others to do the same. A marker of success, whether it is for the participant, the participating charity, or both is being able to go from being asked, “How may we help you?” to “How may we help you not need us anymore?”

There is an extensive interview process for both participants as well as charities that want to improve their outcomes, and the “pathway to sustainability” is broken down into manageable steps so that organizations can focus on their mission, collaborate to leverage resources, track outcomes, and strengthen organizations and the community.

The success stories prove that “the path” works. John Nolan told of a young African-now-American woman who was living in her car and was ultimately able to get her degree in accounting. She is working for a national wealth management firm at their branch office in Boston. Another woman had been brought here to enter into an arranged and ultimately violent marriage, and eventually she and her son were thrown out on the street, literally. Today she



*John and Helen Nolan, the founders of the ELM Foundation*

has earned her RN degree, and is a homeowner. Her son is in medical school.

The Path to Sustainability has five stages:

**Crisis** - this can be whatever brings the person to the end of themselves and their situation, and inspires them to seek genuine change

**Transition** - through being held accountable and working with someone who can craft a plan for their next steps, the participant moves into the beginning stages of self-sufficiency, such as achieving part-time employment and safe housing

**Stability** - steady employment and housing is now permanent, and pursuing further education may be in the mix. Bills are paid on time, and debt is starting to be reduced

**Growth** - has permanent employment with benefits and opportunities to advance, may become a

homeowner or an entrepreneur, can provide needs and perhaps some wants

**Abundance** - becomes self-reliant, working toward wealth building or retirement, mentors others, and most importantly, has peace of mind

The ELM Foundation has a proven track record, and is looking for participants, volunteers, and charitable organizations to increase its reach. If this is something that gives you hope for change, either for yourself or your community, it's time to be “grafted” into the ELM, where you can truly expect little miracles. For more information, go to <https://www.elmhsv.org>.

*Ali Elizabeth Turner*

**Ali Elizabeth Turner**  
**Athens Now**  
**Information & Inspiration**  
**256-468-9425**  
**ali@athensnowal.com**  
**Website:**  
**www.athensnowal.com**





# Healing Invisible Wounds Through Poetry

by Sandra Erickson and Steven Bates



In a world often focused on visible wounds, it is important to remember the impact of invisible scars. PTSD and depression affect countless individuals, emerging as a silent enemy, undermining their mental and emotional well-being as well as those who love and care for them. Words in the form of poetry can sometimes help navigate some of these thoughts and emotions in ways traditional therapy may not.

Steven Bates, a disabled Air Force veteran and poet, has been trying to help others by writing poetry for several years now. He wanted to write a book about his and his cohorts' experiences in the military to share the difficulties and situations someone in the Security Police field might face. However, the book idea did not happen for several years until after his military career was over and he received the encouragement from his wife.

While in the process of getting his book published, an incident occurred that altered Steven's reasons for publishing his poetry and his direction. Steven had a series of interactions that revealed the impact and help his poetry had on others. A friend who had been suffering in silence revealed the impact Steven's poems made on him. These poems helped him consider alternatives to a previously destructive past. After conversations with other veterans hardened by their experiences, Steven composed poetry capturing the unsaid feel-



ings without shame or getting too "touchy-feely," especially for some veterans who had not been able to open up in other ways. Steven decided he wanted to try to use his poetry writing talent to help others with PTSD, depression, and suicidal thoughts.

Steven has not only written and published that first book, *Reflections of a Beret*, but has gone on to write several more: *The 'After' Life*, *Beyond the 'After' Life*, and *More Life to Live*. A fifth book, *Stay Safe, Stay Strong, Stay Alive*, was published for distribution free through his non-profit organization, [PoemSpeak.org](http://PoemSpeak.org). Steven has published his sixth book, *Mid-Life Lyrics and Lessons*, which is filled with poems dealing with veterans' and civilians' issues, including PTSD, missing the camaraderie in military life, deployments and the challenges they bring to life and relationships, depression, ad-



justing to civilian life, and others.

All of Steven's books are available on [Amazon.com](http://Amazon.com). If you are dealing with these invisible wounds and want to receive a book from [PoemSpeak.org](http://PoemSpeak.org), simply go to the website and locate the "Contact Us" tab, send your name and address, and the rest is automatic! If you are interested in helping further the poetry outreach providing these books to others, please consider donating to [PoemSpeak](http://PoemSpeak.org) at the website as well.

## Behold The Veteran

By Steven Bates  
16 February 2023

Behold the Veteran sitting there,  
In the corner facing out.  
He looks alone, but to be fair,  
His mind races all about.

His eyes are darting to the door,  
When it opens but a crack,  
His body poised to hit the floor,  
Just in case of some attack.

He cannot help the hyper sense,  
That puts him so on edge.  
He can't explain what makes him tense,  
Like teetering on a ledge.

He only knows that he's been trained,  
Prepared to strike if needed.  
It's what he does, it's been ingrained,  
A plant that has been seeded.

Don't forget the female vet,  
This applies to them as well.  
America owes them all a debt,  
For when they went thru Hell.

So, understand when you see them sit,  
In a corner with back to wall.  
It's cause in a crowd they just don't fit,  
From having once too often given all.

They can't help the way they feel,  
It's a switch they can't turn off,  
To them the danger's very real,  
And at this, you shouldn't scoff.

You cannot know the utter horrors,  
Their trials, and their pain.  
Just know they're watching from the corners,  
To keep you safe again.

Celebrating

**35** years

*Legacy of Life*

WOMEN'S RESOURCE CENTER OF ATHENS



A T H E N S , A L  
**WOMEN'S**  
RESOURCE CENTER

**256-233-5775 • 24-Hr Hotline**

**727 Market Street W, Ste. D in Athens**

**[www.savallifeathens.org](http://www.savallifeathens.org)**



# Calendar of Events

## Merchants Alley Happy Hour Music Series Fridays Thru June

5:30pm - 7:00pm. Free to the public. Merchants Alley 107 N. Jefferson St. Athens, AL 35611. Athens Main Street recently renovated a blighted alley in the center of downtown Athens. From pop to country to soul to classical, there is something for everyone and our patron demographic reflects the inclusion we hoped to achieve. We engaged 27 diverse local musical acts in 2022. From individual musicians up to 10-person bands, these acts included guitars, banjos, keyboards, violins, drums, dulcimers, even a harpist. We are looking forward to 2023 and bringing more talented local artists to Merchants Alley. For more information on AMS, visit their website at [www.AthensMainStreet.org](http://www.AthensMainStreet.org).

## James Spann at Hi Plane Coffee June 3

10:00am - 2:00pm. James Spann is an AMS certified media meteorologist, host of the WeatherBrains podcast, and general weather dweeb/dork. He will be at Hi Plane Coffee inside U. G White Hardware on the Athens Square on June 3rd from 10-2 discussing his book, "All You Can Do is Pray".

## Athens-Limestone Tourism Hosts SINGING IN THE PARK June 9

6:00pm - 8:30pm. Athens-Limestone Tourism has moved its popular Singing on the Square to the family-friendly Athens Big Spring Memorial Park and changed the name to SINGING IN THE PARK. This is Concert 2 of 3 for our Summer Concert Series. Matt Prater will be the featured artist! Food Trucks are available from 6:00 pm. Music from 7-8:30. Bring your camp chair or blanket and bring your friends and family for this FREE family-friendly event at The Duck Pond! Thank you to

## Senior Lunch Matinee Series Third Thursdays Monthly

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

FB: [www.facebook.com/YesterdaysEventCenter](http://www.facebook.com/YesterdaysEventCenter)

our Generous Artist Sponsor: Hughes Properties! Thank you to our Generous Stage Sponsor: Michael Howell State Farm! Thank you to Friendship United Methodist Church for their in-kind sponsorship!

## Inaugural North Alabama Airfest June 10 - 11

Pryor Field Regional Airport (DCU) in Tanner, Ala., is one of the busiest general aviation airports in Alabama. The North Alabama Airfest will celebrate the aviation industry in Alabama with more than two hours of flying activities for the whole family to enjoy. It serves the needs of national, corporate, and private aircraft. Tickets are \$10 per person, children under 5 are free. To purchase tickets, visit [flydcu.com/airfest](http://flydcu.com/airfest). Contact Adam Fox at [afox@flydcu.com](mailto:afox@flydcu.com) for more info.

## Athens Lions Club Kiddie Carnival! June 24 - July 29

Open Thursday, Friday and Saturday nights 6:30p-9:30pm. We look forward to seeing you this summer! There are 10 rides at the Kiddie Carnival best suited for children ages 2-10, they include a small ferris wheel, train, swings, carousel, rocket ships, scrambler, parachute ride and mini roller coaster. We also have bingo and great concessions including hamburgers, chicken sandwiches, corn dogs, sno cones, cotton candy, popcorn and funnel cakes. Free parking off site, free entry and each ride is only one 50 cent ticket. The Kiddie Carnival is all volunteer operated by Athens Lions Members and other volunteers! <https://www.facebook.com/kiddiecarnival>

## Silver Sneaker Flex™ Classes

### Every Monday, Wednesday & Friday

Silver Sneaker classes available at Athens Limestone Public Library on every Monday, Wednesday and Friday at 9:30 a.m. Class is open to all. Donations accepted. For info: 256-614-3530 or [jhunt9155@gmail.com](mailto:jhunt9155@gmail.com)

## Digital Literacy Classes

Athens-Limestone County Public Library will host a series of Digital Literacy Classes in conjunction with Calhoun Community College & Drake State Community & Technical College. Classes will boost your digital confidence & provide you with skills and training needed in today's job market. Courses include: Computer & Internet Basics, Email, Windows OS, & Microsoft Word®. M-W 9:00 – 12:00 or M-W 1:00 – 4:00. Classes start January 24th. Call us at (256) 306-2830 to learn more.



**Athens Athletics**  
SCREENPRINTING & EMBROIDERY  
Trophies - Engraving - Awards  
Randy McKinney  
Owner  
701 HIGHWAY 31 SOUTH  
ATHENS, AL  
(256) 232-6038  
RANDY@ATHENSATHLETICS.COM  
fb.com/AthensAthletics




**Teresa Hagood**  
Loan Officer | NMLS# 245180  
(256) 227-7727  
teresa.hagood@movement.com  
movement.com/teresa-hagood

1025 Perimeter Parkway Suite 100, Marietta, AL 35896 | AL: 07906, TN: 04030 | Movement Mortgage LLC, All rights reserved. 1046 S. G. 202779 (Pre-Recording Information, go to www.movementmortgage.com). Additional information available at movement.com/legal. Interest rates and products are subject to change without notice and may or may not be available at the time of loan commitment or lock-in. Borrowers must qualify at closing for all benefits.




**ECONOTECH**  
RECYCLERS & JUNK REMOVAL

Free Estimates  
Licensed/Insured  
803 S. Jefferson St.  
Athens, AL 35611  
Office: 256-444-0478  
[WWW.ECONOTECHRECYCLERS.COM](http://WWW.ECONOTECHRECYCLERS.COM)

**ATHENS VFW AUXILIARY 4765  
WILL BE HOSTING A MUSIC  
EVENT WITH  
**DANIEL JONES****

**JUNE 24TH  
6PM - 10PM**

**18615 N JEFFERSON ST, ATHENS, AL 35611**

**FREE ADMISSION**

**RAFFLE:**

- 2 RIFLES • A PISTOL
- 40 QT ORCA COOLER

**DOOR  
PRIZES!**

**HAMBURGER  
PLATES!**




**PREMIER STRUCTURES INC.**  
**GENERAL CONTRACTOR**  
2311 S. Hine Street  
232-2092  
EST. 1986





## What Makes Ronnie Roll

# Summah Time, Bubba Time? One Can Hope

by Ali Elizabeth Turner



We met after the Memorial Day service at the Veterans Museum, and the first order of business was Mayor Ronnie's "Bionic-Man"-fancy-dancy cast. His right arm, which had an unplanned and unpleasant encounter with a line drive had been in a standard plaster cast for the last few weeks, and he is now sporting a removable cast with a soft, comfortable lining and cuff. The cast has a button which laces and unlaces a series of small cable-like cords so you can take it off, take a bath or shower, put it back on and be back in business. It was a relief to see that he was in a much greater state of relief than when he was first injured.

The Memorial Day event was packed, and Museum President Jerry Crabtree confirmed that more than 500 people had been in attendance. "It's important that the community get together to remember once a year," said the mayor, and added, "Look at how many people are at the museum!"

We moved on to that bittersweet topic of graduation. "It is a time of new beginnings," said the mayor, and I know that it is never easy for him to say, "Bye-for-now" to the students who were a part of the 2022-2023 Mayor's Youth Commission. "I hope to goodness that

we have instilled something that will click," he said, and noted the MYC trip to the Veterans Museum was one of the students' favorites.

Mayor Marks then mentioned that the summer time is when our city and county does a deep dive into the utilities budgets, and now that we have more than 55,000 electric customers in Athens-Limestone County, looking for ways to buy and sell energy and cut costs have never been more important. "Growth is wonderful,

and it's challenging," he said. In mid-June, he will go, along with Alabama Natural Gas, to a conference in Asheville for a gas conference that will discuss supply, demand, innovations, and more for natural gas municipal customers. "This will keep us up to date, and we will look for better ways to do things," he said. He also noted that on the 1st of July, the 140-million-dollar utilities budget will be examined in advance of the fall budget season.

Right after the 4th of

July, probably around 500 people from municipalities around the Southeast will come here to Athens for Electric City. This is where they hammer out what is working, what isn't, innovations, and how to handle future growth. "The summer time is when we do these conferences and submit budgets because it tends to be a little slower, and we can take the time to really look into it," said the mayor. He went on to say that now that Quinton's baseball season is over, he is look-

ing for ways to relax, even a little bit. The new cast certainly helps with that, and he is glad that at least for now, it looks like it is healing well and he won't need surgery.

I asked, "You think you'll get a little Bubba-time in the summah time, Mr. Mayor?" He looked at me and said, "I hope." So, we prayed to that end, for all the other things that need to happen in Athens, and thanked God for our veterans and our freedom. And then, it was time for Ronnie to roll.



*The Mayor's Youth Commission  
at the Senior Fun Fest*



**Caleb Lawler**  
Financial Advisor

1795 Hwy 72 E  
Suite 101  
Athens, AL 35611  
Bus. 256-232-9120 Cell 256-577-9100  
caleb.lawler@edwardjones.com  
www.edwardjones.com/caleb-lawler

**Edward Jones**  
MAKING SENSE OF INVESTING

Turning 65 or new to Medicare?

## It's time to get Medicare-ready

### Get a free\* benefits review from a professional

Whether you have Medicare already or you're taking your first steps toward it, now's the time to learn about what Humana Medicare Advantage plans are available for 2023 and what they offer.

### More than a plan

Humana goes the extra mile to help you get the care you need. This is more than health insurance. It's human care.

See why more than 8.7 million people across the country† have chosen Humana Medicare Advantage plans and stand-alone prescription drug plans.

### Call a licensed Humana sales agent



**Chris Shore**  
256-321-8498 (TTY: 711)  
Monday - Friday  
8:30 a.m. - 5 p.m.  
cshore2@humana.com

## Humana® A more human way to healthcare™

\* There's no obligation to enroll.

† Humana Inc. First Quarter 2022 Earnings Release, April 27, 2022. Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **877-320-1235 (聽障專線: 711)**。



**loanDepot**

**JOSH WINN**  
NMLS #219148  
Loan Consultant

507 Drake Ave SW, Suite B  
Huntsville, AL 35801

(256) 214-2573  
(833) 761-1477

joshwinn@loandepot.com  
www.loandepot.com/joshwinn

**HAZEL GREEN  
CHIROPRACTIC**  
Dr. JOHN BOYLE

13971 Highway 231/431  
Hazel Green, AL 35750

Tel: (256) 828-4288  
Fax: (256) 828-4250  
hazelgreenchiropractic@yahoo.com  
hazelgreenchiropractic.com

New & Used Tires  
Wheel Alignments

All Size Tire Repair  
& Auto Repair

**Athens Auto Tire  
&  
Wrecker Service**

24 Hr. Road & Wrecker Service



306 Fifth Avenue  
Athens, Alabama 35611

Tommy Morris  
Office: 771-7537

**café**  
**1822**

SANDRIDGE HALL | 402 E. PRYOR ST. | ATHENS, AL | 256-233-8244



# Protect This House

by Phil Williams



I want to paint you a mental picture. Just imagine this scenario with me. Let's say that you worked hard, saved money, and did all that you could to establish good credit. The day comes after many years for you to build your dream home. It's a beautiful house on a little patch of land near the water, surrounded by other beautiful homes. You come in from a day's work and enjoy just sitting and watching the sun go down on your house.

You realize that you have been given so much. You extend hospitality to guests, host missionaries for stays, friends come over to grill on the deck. You're proud to share. You are generous because you remember where you came from.

Every detail is something that you planned for, worked for, and helped to design. This is your castle. You feel safe there. You are comfortable. You feel blessed by it.

Next, imagine that you come home from work one day and notice that lights are on inside. The back door is standing open and you can see movement through the windows. Something is not right, and cautiously you walk in the door to find strangers sitting on your couch, watching your TV, their feet on your coffee table. Someone you don't know is in

the kitchen fixing themselves a meal from your pantry. Who are these people?!

You can hear someone in your bathroom running the shower. A young man you've never seen before comes down the stairs wearing your favorite shirt. The strangers acknowledge you with blank stares but act as though they are entitled to your house like it's their own.

Out the kitchen window you see tents being set up in your back yard, your flower beds are being trampled, and folks are picking the tomatoes you have been growing in your garden. All that you have tended meticulously is now being destroyed by a hundred people you've never seen before.

A rising panic in you asks, "What in God's name is happening?!"

One of the interlopers finally says, in broken English, "We came from somewhere else. We will just be here a little while," and then he stares at you like that should say it all.

You call the police but they tell you that they are overwhelmed with similar calls and you're just going to have to entertain your new "guests" as best you can. Guests? Guests is a word that means they were invited.

As you hear the sounds of a dish breaking in your kitchen, someone else's kids running through

your house, and strangers arguing over your TV remote, you realize that you no longer feel peaceful in your own home and you question whether life will ever be the same.

Let the feelings of that drama sink in. That surreal storyline seems like one of those weird disjointed dreams that leaves you unsettled even after you wake up. How would you feel? What would you do?

Because what I just described for you is a micro-version of life at our southern border right now.

What if the "house" represented a whole community, or a state? What if the house in my story was an analogy for our country? That open back door? Well, that's our southern border. Uninvited strangers making use of our home, wearing our clothes, and eating our food? That's the analogous portrayal of what is happening to American resources as mass migration takes on a new and dangerous level.

Just in the last few days, new records were set by the US Customs and Border Patrol (CBP). Several days of over 10,000 illegal migrants crossing into the U.S. culminated in over 82,000 illegal crossings in one week. The CBP's latest statistics show that in the month of February alone 10,870 unaccompanied minors were encoun-

tered at the southern border. The city of El Paso recently reported that it had spent over \$20 million just in general aid, representing a massive increase in currently unreimbursed spending for that one city. CBP drug interdictions last week alone seized 179 pounds of methamphetamine, 56 pounds of fentanyl, and 34 pounds of cocaine. Multiple sex offenders, gang members, and convicted felons were taken into custody as they crossed the border. With the cessation of Title 42, every statistic I just named is expected to get worse.

Our house is in disarray. But recall another part of the story that I just told. In the storyline I narrated, the character was a generous homeowner who shared his home with others, fed his guests, and opened his doors to those whom he could serve. That generous spirit is another micro-analogy of the United States.

On the world stage we have built our home and have never been exclusive of others. This is the most generous country in all of world history. We provide massive aid, we host so many, we bring them in to our hospitality, and we have always done so willingly because that is a part of who we are. American generosity is something to be proud of.

But our generosity is being abused. In the story I

just told you, the homeowner's generosity was no longer able to be extended to others as a result of being abusively consumed by those who snatched it.

This is our house, and we must protect it. We must restore order so that we can continue to be a blessing to others. We must do so that we can know the peace that comes from having a home. A home we have worked hard for. A home from which we can provide so much for others. But not a home that can be stolen from us.

We must protect this house.

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






## Slinkard On Success

# Champ Or Chump?

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)*



This is a story about two people, one person named Ed and the other person named Sawyer. Two different people indeed, but they were both born into the same family. One was successful and the other was a bum. You could say that one was the champ while the other was the chump. This is a fictional story I just conjured up in my mind; so if your name is Ed and your brother Sawyer is doing better than you in life, just relax, this story is not technically about you.

However, this story depicts the lives of millions of individuals living throughout the United States. You have some people who do well in life while others will be struggling just to make it. We truly live in the greatest country known to man because of all the opportunities we have at our disposal. You can be anything in life you want to be if you just put your mind to it. The problem is that too many people do not really want to put their minds to it. We have become a nation accustomed to being lazy.

We live in the age of convenience in which if people have to work to get something, they do not want to do it. Not too long ago, I was talking to a young adult, and he told me of his aspiration to be a millionaire by the time he turned thirty. I asked him a question that obviously had never been posed to him before. How exactly are you going to be a mil-



lionaire within the next eight years when you have not had a job, are not looking for a job, and plan on staying at home with Mom and Dad?

This is the society we live in today in which we have these people desiring a million-dollar paycheck with minimum wage work. This is not going to happen. Again, if you take the example of Ed and Sawyer from above, you have two people from the same household; one is a success while the other is not. What is the difference? I am a believer that it comes down to mentality.

Sometimes people think that being confident in your abilities is a bad thing. Let me set things straight --

there is a difference between being confident and being cocky. Too many people no longer believe in themselves, no longer believe in their ability to pull themselves up by the bootstraps, and no longer believe they can make it. Point blank -- we need to stop coddling our children, because someone is going to have to step up to the plate with the right mentality.

What is that right mentality? It is one where someone knows what it is to be a success only because they know what it is like to be a failure. I have failed many times in my life and because of this, victory is bittersweet. Yet, sadly, too many people have not felt the discomfort of losing

until life smacks them in the face, and because these people were always told they are winners, they suddenly do not know how to handle the reality of being a loser in life. In reality, these people are not complete losers because everyone is going to fail at one time or another. Think about Abraham Lincoln and the many failed attempts he had in life, or maybe Thomas Edison. The fact is that bad things are going to happen to everyone.

For success to happen in your life, you are going to have to start to expect success to happen. Luck in life is only going to take you so far, but there is going to come a point in your life when you are going to have to depend upon your-

self. This goes back to the “pull-yourself-up-with-the-bootstraps” mentality because the magical and mythical “goal fairy” is not going to come in the middle of the night and bring you the dreams you have been wishing for.

For me, I get this overwhelming sense of success, and this feeling builds up inside of me so I know that no matter what life throws at me, I will be successful. I guess you could say the difference with my mentality is that I expect success to happen while other people hope they will find success. Expecting success is the one attribute more people need to have. More and more people need to expect to be the champ, not the chump.





Clean, Green And Beautiful

# Household Hazardous Waste Collection -- It Takes a Village

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

Keep Athens-Limestone Beautiful just completed our 4th Household Hazardous Waste Collection two weeks ago, and to say it was well utilized by the Limestone County community is an understatement. In the 4 short (or long, depending on who you ask) hours that we were accepting items, we saw almost 500 cars come through the line. Three full roll-offs of paint and paint products, 15 55-gallon drums of used motor oil, 15 (stacked double the normal height) pallets of televisions, endless fluorescent bulbs, drums full of various other chemicals, and mercury were ethically disposed of because the City of Athens and the Limestone County Commission helped fund this amazing event for us.

KALB staff and board members, volunteers, Clean Harbors and Huntsville Hazardous Waste employees, and County Commissioners Derrick Gatlin and LaDon Townsend along with their

crews DID NOT STOP! We worked through the rain to move cars as efficiently as possible, and it paid off tremendously! By doing this, we gave residents an opportunity to dispose of chemicals and items that are nearly impossible to at no cost to them. We cannot thank all the volunteers and employees for their hard work on that rainy day! And of course, the Limestone County Commission and the City of Athens are integral in allowing this event to take place -- a thank you does not seem adequate.

### 2023 Membership Drive

Why would you be a member of Keep Athens-Limestone Beautiful? Well, in the first half of the year, we removed 10,380 POUNDS of litter from public land throughout the county. We held 16 educational events with 976 student attendees. We had 268 volunteers from Limestone County help us at these events. Our Beautification Board has planted pots around downtown Athens each season for



the patrons to admire as they dine and shop. They have maintained the "Welcome to Athens" signs so that visitors' first impressions are positive. All that being said, KALB is a non-profit organization, which means we rely on donations, appropriations, and volunteers to make all of this happen.

As Limestone County continues to grow, so does our litter problem. No one wants to drive down our streets and roads and see someone's garbage scattered about. It's disgusting and it makes Athens and Limestone look trashy. Who would want to live here or have a business here when something as basic as throwing your trash in a garbage can can't be done? We've been fighting this war since KALB was founded in 1977. While we work and hope for a change every day, we aren't anticipating an abrupt ending anytime soon, so we need your help!

Education is a big part of what we do at KALB. Every year, we go into the 5th grade 4-H classes in both the city and county schools. We play Environmental Jeopardy with the

students. This spring at Athens Intermediate School was my first time playing. I must admit, I learned a lot. The kids were overwhelmed with some of the facts they learned. One of the questions (it was multiple choice) was "How many aluminum cans are made in 1 minute in the world." The answer was 350,000 cans every MINUTE. We had one student in Mrs. Anderson's class do the math -- that's 504,000,000 aluminum cans made per day. The lesson here was that eventually the ore will run out, so RECYCLE your cans. We all learned that six weeks after a can is recycled, it has been cleaned, melted down, reformed, and is back on the shelf.

Our biggest educational program is 4-H, but we have dif-

ferent programs and lessons for all ages! We would love the opportunity to come to your classroom; you can call or email anytime and we will get you on our schedule! We believe that the younger you start teaching them, the larger the impact will be. This is something that will benefit everyone.

We need everyone's support to continue on our mission! Consider becoming a member of Keep Athens-Limestone Beautiful, and help us help you! Stop by the KALB office at 125 East Street for a Membership Form, or request the form via email at [KALBCares@gmail.com](mailto:KALBCares@gmail.com).



(256) 233-8000  
[KALBCares@gmail.com](mailto:KALBCares@gmail.com)  
[www.KALBCares.com](http://www.KALBCares.com)





## Cooking with Anna

# Excuses, Excuses

by Anna Hamilton

*These past few weeks have been a struggle. Something in the air, the phase of the moon, the alignment of the planets...something was just off. I didn't want to go to the gym. I didn't want to eat healthy foods. I didn't want to do anything. I wanted to live like a slug. I was cozy in my sloth-like state of mind. And then, I read a quote from Alan Maiccon, "Be stronger than your strongest excuse."*

*Be stronger! Did I feel good not putting forth any effort to be a better person? No, I felt worse! My body was swollen and sore. My mindset was negative and self-sabotaging. All the hard work I had been doing for the past months was slowly washing down the drain.*

*It was easier to fall back into bad habits than to be strong and keep going. Why do we give up on ourselves? Fear of who I can become has held me back for so many years. I have lived in*

*a mindset of anxiety and fear, with a lifestyle of not taking care of my physical body, for so long that it is scary to think of what my life could look like. For a long time I have been desperately clinging to my old self, clawing for dear life to who I once was, afraid of who I can become.*

*The Bible gives us numerous examples of people who have excuses to not do what they know to be right because of fear. In Matthew 19:16-22, a rich young ruler comes to Jesus and asks what he needs to do in order to achieve eternal life. Jesus tells him he must keep all the commandments. The young ruler replies that he has kept all the commandments, but what does he still lack? Jesus knows that this young man loves his earthly possessions, and he is clinging to that type of lifestyle. Jesus tells him if he wants to achieve eternal life, he must sell his possessions and give to the poor. He would*

*continued on page 23*

## Cauliflower Rice Pilaf

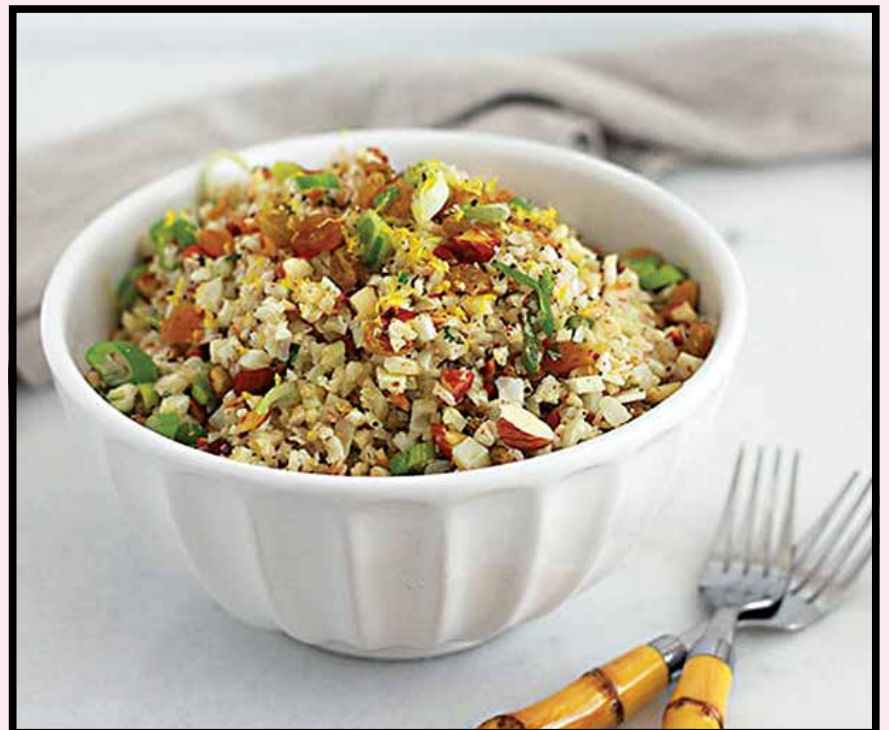
### Ingredients:

- 1 package riced cauliflower*
- 1 Tbsp olive oil*
- ½ cup diced onion*
- ½ cup diced bell pepper*
- ¼ cup sliced almonds*
- 2 Tbsp fresh parsley*
- Salt and pepper to taste*

### Directions:

*Heat the olive oil in a large skillet over medium heat. Add the onion and the bell pepper to the skillet and sauté for 3-4 minutes, or until softened.*

*Add the cauliflower rice to the skillet and sauté for 5-6 minutes or until tender.*



*Stir in the sliced almonds and chopped parsley.*

*Season with salt and pepper to taste. Serve hot and enjoy!*



# Time To Take A Hike

by Tina Morrison, Tourism Athens



Regardless of the official first day of summer being weeks away, the weather in North Alabama is already transitioning from spring to summer. We felt it with the high 85-degree temperatures for National Tourism Week and Mother's Day. The April showers have indeed brought May flowers and with everything in bloom, this is my favorite time of year in Athens-Limestone County. All the grass and evergreens are this brilliant spring green from all the rain, but the mosquitos are not out in full force yet. While it seems like it's still early in the year, the June calendar reminds us that we are indeed at that 'half-year' mark for 2023. Spring and early summer are the absolute best times in North Alabama to be outside, and we have no shortage of outdoor recreation options, like camping, overlanding, hiking, biking, fishing, pickleball, and more. In this issue, I'd like to share with our readers, some information about one of my favorite outdoor activities - trail hiking.

Before deciding on which trail you'd like to explore, here are some safety tips before you hit the trail.

- Provide someone with your plans and estimated return for your trip. If no one knows you've taken the trail and when you plan to be back,

there is no one to know when there is a problem and you may need help.

- Think about supplies -- even the shortest walk on the trail needs supplies. Water, freshly charged cellphone, snacks, Band-Aids, sunscreen, a flashlight, and non-emergency numbers are just a few things to consider.

- Check the weather before heading out -- it may be sunny when you start but is there a storm in the forecast? Is a temperature drop coming?

- The right gear for the right terrain. Choose apparel, shoes, and gear to meet the needs of your walk or hike.

No one expects to have an accident, and it is always best to be prepared, not scared.

- Know the name of the trail you are on. Some trails have multiple names -- try to know as many as possible.

- Be prepared to provide details for your location.

- Know your trailhead name or landmark. Some trails only have two trails while others may have multiple trailheads -- know where you started and which direction you are headed.

- Know or be able to estimate how far you walked from the trailhead. Noting a landmark you passed -- for example, a memorial

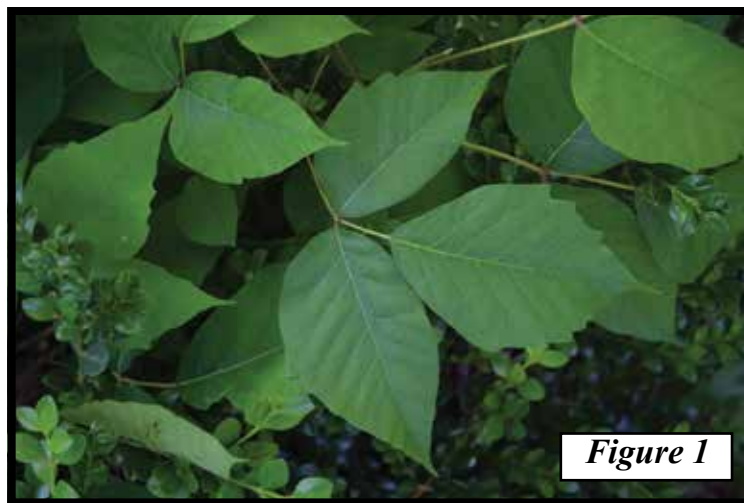


Figure 1

marker, the second bridge, a double-back curve -- could help speed your responders in finding you.

Lastly, if you're allergic or unsure if you are, you'll want to avoid poison ivy and poison oak by learning how to spot them.

- **Figure 1.** Poison ivy leaves have three leaflets. Leaflets have scattered, jagged teeth along the edges and may have a larger tooth or lobe close to the bottom edge of the leaflet, giving it a mitten-like shape. There is often a red spot where the bottom two leaflets join together.

- **Figure 2.** Poison oak looks similar to poison ivy, but the teeth along the edges of the leaflets are more rounded, the leaves often are not as shiny, and the form is more shrub-like.

Now for the fun part, deciding which trail to go on!

- Richard Martin Rails to Trails, Elkmont, AL - The 10.3-mile trail winds its way past the site of the Battle of



Figure 2

Sulphur Creek Trestle. The trail offers a back-to-nature greenway for hikers, bikers, joggers, bird watchers, and horseback riders as well as naturalists, students, and historians. The trailhead is in downtown Elkmont. The trail hours are daylight to sunset. No motorized vehicles are permitted on the trail.

- Swan Creek Greenway Trail, Athens, AL - This 2.3-mile greenway not only connects the Athens SportsPlex to the Athens Recreation Center and Athens stadium track but also stretches to U.S. Highway 72. Accessible to walkers, strollers, and bicycles

- this gentle trail paved with crushed stone passes beside the gently flowing waters of Swan Creek through nature. A variety of trees tower over the trail and wildflowers and wildlife are abundant as well. It's not unusual to encounter deer on or near the trail or an occasional grey heron strolling the waters of the creek fishing. Birdwatchers will enjoy the chance to glimpse a variety of songbirds, kingfishers, pipers, and more.

- Marbut's Bend Trail, Salem, AL - My personal favorite, this 1.1-mile trail is a treat for everyone! This trail was created with accessibility in mind with compacted crush walkways and wooden bridges perfect for scooters, wheelchairs, or strollers. Enjoy two different boardwalks that have front-row viewing of the Elk River and several benches along the way to stop and rest.

Get in touch with your natural side and enjoy Athens and Limestone County trails and walks. Whether you are looking for a 1-mile hike or a 10-mile bike ride, we have some of the best locations anywhere. Above are just a few examples of what is offered. If you need more information, please check out our website: [www.VisitAthensAL.com](http://www.VisitAthensAL.com) or contact us at (256) 232-5411 and we will be happy to point you in the right direction. Happy trails!



# Chicken Salad Chick: *Where Southern-Style Deliciousness Awaits*

by Ali Elizabeth Turner



*continued from page 1*

I was greeted, the food I ate, the time I spent with manager Leah Hayden, and the completely clean bathrooms with laugh-out-loud signs, I knew that “The Chick and Athens” are a match made in heaven.

I love back stories, and Chicken Salad Chick’s story begins with Stacy Brown, who suddenly found herself as a single mom who needed to get and keep food on the table and a roof over the head of her kiddos. Stacy went door-to-door selling her signature chicken salad, and the neighborhood soon referred to her as that “chicken salad chick.” However, it wasn’t long until the health department



came knocking, as Stacy and her business partner and future husband, Kevin Brown, were cooking out of Stacy’s home kitchen. They happily moved their operation to a takeout-only restaurant, with a health department-approved kitchen and no seating for guests. When their customers staged a “sit-in” and sat on the floor of the takeout facility, Stacy and Kevin knew that they needed to take the next step. Soon after, the first full-service Chicken Salad Chick restaurant was opened in our very own city of Auburn, Alabama. Fast-forward fifteen years later to 2023. There are now over two hundred Chicken Salad Chick franchises across the United States, mostly in the South but expanding to states such as Colorado and New Mexico. It is important to note that

Chicken Salad Chick is unashamedly Southern; the décor is bright and inviting, the menu is simple and compelling, and the chicken salad choices are named after real people, all of whom are friends or kinfolk of Stacy. The chicken salads are made from scratch each day, and they serve their guests in numerous ways, from beautiful catering to offering a generous rewards program.

Here is their unique and delicious menu: Classic Carol and Olivia’s Old South— The two traditional chicken salad flavors on their menu. Classic Carol is their flavor that started it all: all white-meat shredded chicken with finely minced celery, mayonnaise, and their secret seasoning! Olivia’s Old South is a traditional recipe of their chicken salad mixed with diced eggs and sweet

pickles. Buffalo Barclay, Kickin’ Kay Lynne, and Jalapeño Holly - These are the spicy flavors and are anything but traditional! Kickin’ Kay Lynne is a combination of three flavors: Buffalo Barclay (mixed with buffalo sauce), Jalapeño Holly (mixed with diced jalapeños), and Sassy Scotty (mixed with ranch, crispy bacon, and cheddar cheese)! Lauryn’s Lemon Basil, Sassy Scotty, Barbie-Q, and Dixie Chick – These four are the savory flavors. Barbie-Q has that familiar hickory-smoke taste to it, and I can say from experience that the minced onions in Dixie Chick makes you say, “Oh, wow!” Fancy Nancy, Fruity Fran, and Cranberry Kelli – All of these flavors have fruit, with Fancy Nancy and Cranberry Kelli also adding nuts for that sweet and salty

combination. Chicken Salad Chick also serves several flavors of pimento cheese, egg salad, signature sandwiches, house-recipe soups, desserts, kids’ menus, and of course, tea. One of the things that will greet you when you sit in the Athens dining room is a collection of beautiful black-and-white photos taken of various historical buildings on the Square. Chicken Salad Chick does that for each new location, and it goes a long way to make people feel like this is “their” location. Now to do something I have never done before: talk about the restrooms. First of all, they are absolutely immaculate. On top of their cleanliness, the signage on the inside of both the men’s and the women’s is laugh-out-loud funny, and perfect for each gender. (Yes, I

had permission from the manager to check out the men’s room, and yes, I made sure no one was in there first, in case you are wondering.) The sayings and quotes are clever, utterly dear, and simply Southern. Lastly, Chicken Salad Chick is highly involved in their community. Stacy’s late husband, Kevin, who was also the co-founder of the original restaurant and served for several years as the franchise’s CEO, fought a hard fight with cancer. Here is what CSC says about Kevin and their CSC Foundation: *The true purpose of our founders, Stacy and Kevin Brown, was to have a positive impact on people, and the duo saw the opportunity for a philanthropic avenue within just a few months*

*continued on page 23*



# Tennessee Valley Spotlight



**Mondays at 10am**

**1080 AM WKAC**



# Vinyl Revival To Host Artist Reesa Pearl Milam On June 10th

by Ali Elizabeth Turner

continued from page 1

an idea: Why not convert a room on the west side of his own shop and make it into a place where artists could exhibit their work? So, that's exactly what he did, and the result will be that Vinyl Revival will be hosting an exhibit of Reesa's work on June 10 from 11 a.m.-6 p.m. Vinyl Revival is located at 113 Pryor Street E in Athens, just a couple of blocks east of the Veterans Museum.

Here's a bit about Vinyl Revival's first featured artist. Reesa was born in Kentucky and her family settled in North Alabama in 1972. Her dad worked for Colonial Banking Company, and they moved many times. As a kid, art and Jesus were her solace, and Reesa described herself as being a "doodler" back in the day. She was able to study art while they lived in Texas, but when she transferred to Ft. Payne High School, the high school did not offer art or music classes at that time. She continued

filling her sketchbooks of the Lookout Mountain area, and as a high schooler was given the honor of coordinating an exhibition of student art work, poetry and music for a fundraiser. The project sparked her passion for photography and graphic images.

After graduating high school, Reesa moved to Huntsville and attended the University of Alabama Huntsville. She graduated as an Honor Scholar in Art/English and her emphasis was lithography, which is now nearly a lost art. Recently, Reesa told me that to her chagrin, at UAH's class reunion she discovered that the litho machine was now down in the basement of an adjacent building, a casualty of the times. "No one even knows what lithos are any more," she said with sadness. "Well, they will on June 10," is what have to say to that! She also attended the University of Missouri/Columbia for a special art study program while pursuing her degree at UAH. During her junior and senior years, she worked as Art Gallery Director at UAH



where she designed displays and assisted with exhibits and advertising. During that time Reesa won a Merit Award for "Downshift," and a first-place award for "Heading for a Fall."

Reesa is skilled in most art media with the exception of the newer technological advances, and she has "no time" for things like artificial intelligence. She has a wide range of experience in the fields of woodcut and stone linoleum cut, silkscreen printmaking, and of course, lithography. She also has enjoyed photography and etching. By the way, lithography is a multi-step printing process that uses stone or metal as the base and depends on several chemical reactions from sequenced applications to produce the finished printed creation.

After graduation, Reesa's work was featured in a number of juried and non-juried shows all over the United States. She won several awards in the early 1980s for visual art dealing with women's issues. Her award winner, "I Stayed Home With Mine" was highly regarded in many shows for its role in speaking to a range of women's issues. She's also given demonstrations at several museums, schools, and civic

organizations.

More recently, Reesa has continued to develop her skills in painting, drawing, and photography, and her work has been displayed locally in Decatur's Second Street Gallery, Adrian Ford Gallery in Florence, and the Maralyn Wilson Gallery in Birmingham, to name a few. She has also had several shows at Frame Gallery of Athens, and has been their Artist of the Month. Her work has been featured as part of Panoply in Huntsville, AL, the Tennessee Valley Fiddlers' Convention in Athens, AL, and she has two pieces which are part of the permanent collection of local artists shown in the Huntsville Museum of Art. Reesa's work has also been covered in several newspapers and magazines such as *The Huntsville Times*, the *Athens News Courier's* quarterly publication known as *Faith And Family*, as well as *Athens Now*.

Reesa's work has touched my life personally. Her family property in West Limestone is replete with round limestone fossils that she has collected and made into all manner of "visual statements." The one she felt "had my name on it" is a piranha that is hiding behind some sea fronds. At first, I didn't know what to do with

him, seeing as piranhas are not exactly known for being kind or humble, two qualities that are super important to me. Then I realized that this inarguably ugly piranha is the perfect reminder to devour the fears, victimization, bitterness, and junk in my life that try to stand in the way of MY purpose, even if it means chumming the waters of my soul! So, I named him Pete. Now, Pete ain't purty, but HE has a purpose, and I am grateful for Reesa's generosity.

To celebrate Reesa's installation, Keith Montgomery of Vinyl Revival invites you to come and enjoy the life's work of a skilled artist, have some lemonade, and take the time to get acquainted with a remarkable collection of albums and memorabilia. The community is invited to come and enjoy meeting the artist. And, should you be interested in making any purchases, the prices range from one dollar to five hundred. See you there!

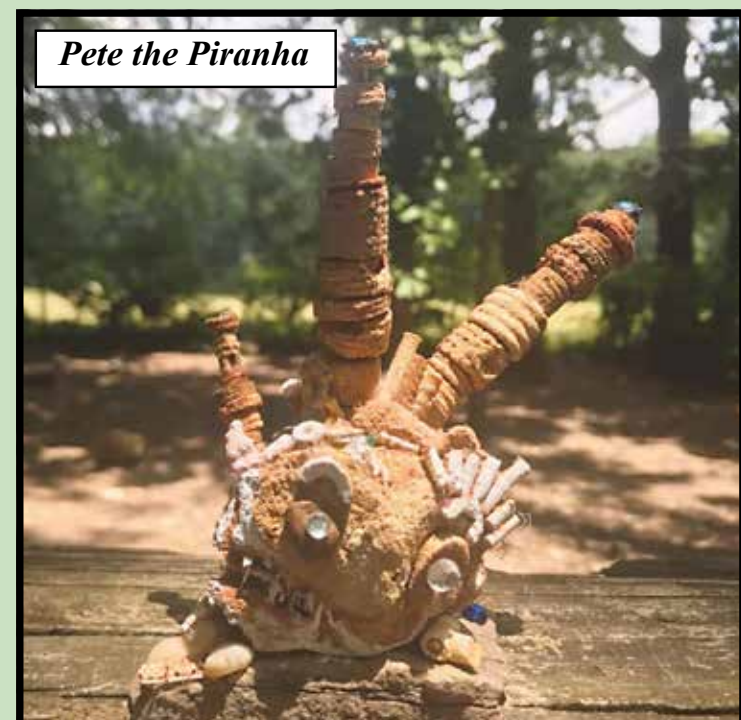
**Vinyl Revival**

113 Pryor Street E

Athens, AL 35611

Hours:

Thu through Sat 11 til 6



*Pete the Piranha*



## Learning As A Lifestyle

# Leadership And The Linus Mindset

by Eric Betts

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



Leadership expert, famous author, and trainer John Maxwell cited a humorous statement by the comic-strip character Linus in Charles Shultz's *Charlie Brown* series, which reflects a mindset that is perhaps relatable to most. In the 1959 comic-strip statement, Linus retorts to Lucy who doesn't believe he can be a doctor because of his disdain for mankind, "I love mankind – it's people I can't stand."

Maxwell further analyzes the serious lessons that society can learn from the comic-strip statement. Maxwell says the following which speaks to the problems of conflict management: The lesson is that *relationships with other human beings are wonderful – in theory. In reality, they can be difficult and messy. But nothing determines our success in life as much as our ability to work with other people.*

Author and Christian counselor June Hunt says, "Consider the undesirable behavior/habit as the problem, not the person engaging in the behavior, and say, 'I'm not looking at this as your problem, but our problem, because it is affecting our relationship. I want us to have the best relationship possible.'" Loving humanity is an indispensable concept from a broad theoretical position, but becomes extremely difficult when relating at

individual human levels. June Hunt's advice is instructive when managing individual relationships. Her suggestion that leaders learn how to separate people from the behaviors by prioritizing the need to maintain relationships is valuable.

Marcus Buckingham, author, motivational speaker, and business consultant, suggests that oftentimes leaders are unsuccessful in managing relationships because they fail to understand their own triggers and that of others. He suggests probing two areas in workplace relationships. First, find out what was the best relationship with a manager the person ever had, and what made it work so well. Second, one must probe what was the best praise or recognition the person ever received and what made it so good. This will help the leader or team member appreciate what they previously failed to understand about the peculiarities of the person.

The reason why so many

fall into the mindset of the comic-strip character Linus is that they do not probe further into what makes people tick, but simply give up due to what they observe on the surface level. Buckingham suggests that there is no substitute for observation. He encourages leaders to *spend time watching each person's reactions, listening, taking mental notes about what each person is drawn to and what each person struggles with.*

In the sports world, it is impossible to succeed without maintaining relationships. Coaches must understand what makes each person tick and learn how to be appreciative and respectful of what they learn. Legendary NFL coach Bill Parcells learned how to manage two quarterbacks and their personalities within one football season. Those quarterbacks were Phil Simms and Jeff Hostetler. Phil Sims, according to Parcells, needed "in his face" confrontation all the time

in order to be pushed to reach his peak performance, but Hostetler would shut down if the same method was used. Hostetler needed "a quiet word in his ear." The key to leadership, according to Buckingham's observation, is to understand what triggers will turn a person off, and which ones will motivate them. One person may work better when the leader consistently interacts with them while completing an assignment, and another will lose motivation because it comes across as micromanagement. This is insightful in all relationships beyond leaders and their associates.

Another key to loving both humanity and embracing people is self-awareness. Too many leaders do not recognize their own triggers, and what aspects of their own personality cause others to lose motivation. They cluelessly assume that they are even-tempered, emotionally balanced, amazingly mellow, and

easy to work with. This is oftentimes based on a few key relationships where chemistry is strong, but it ignores all the other relationships where people are not honest with them about their observations. What are the traits of your own style that some people love which others at the same time "can't stand?" Maxwell expands on this concept when he says, "I've often said that to handle yourself, you should use your head. But to handle others, you should use your heart. It's natural to do the opposite: To let ourselves off the hook while we demand perfection from others. Assume right motives from the person you're in conflict with. This defuses defensiveness and allows you both to focus on solving the problem at hand."

For someone to move beyond the "It's people I can't stand" posture, they should be aware of their own triggers and offer others as much grace that they would want for themselves. One colloquialism that has been popular in houses of prayer across generations is "Be patient with me, God is not finished with me yet." It must also be understood that human beings are always construction zones and are a work in progress, which are equally worthy of such patience. In this vein, it is possible to both love humanity and love people.





# Drunk, Passed Out In Public, And Winning In Court

by Jerry R. Barksdale

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



When I was a child and misbehaved, Mama would shake her head and say, "Uh, uh, you're going to turn out just like Early Smith." (Not his real name). Other mothers did the same. It was enough to never miss Sunday School and straighten up and fly right. There is no kinder way to say it.

Early was the town drunk. Daddy was no slacker himself when it came to drinking whiskey, but he wasn't in Early's class. When I was in the third grade at Athens Bible School, Mama left Daddy (one of several times) and we moved into one room at Grandmother Holt's house in Milltown. It was winter time and I walked two miles each morning to school as

coal furnaces belched out black smoke and soot polluting downtown Athens. After school I walked the railroad tracks back home, mainly because Mama told me not to, which made it even more tempting. My favorite activity was looking inside empty boxcars parked on the side track.

One afternoon I crawled inside a darkened boxcar, heard snoring, and when my eyes adjusted, saw a man slumped against the wall. Empty bottles of Bay Rum hair tonic were scattered at his feet. Lord, have mercy -- it was Early Smith! I'd never been that close to evil. I inched closer...closer; slowly stuck out my hand and touched his leg. He woke up. "Get outta here, kid!" I scrambled out of the boxcar and hit the ground

running and didn't stop until I reached home. I didn't dare tell Mama or she would've given me a long lecture on the evils of alcohol which she had experienced firsthand. At school the next day, my buddies were saucer-eyed when I told them about how I had barely escaped death, at the hands of Early Smith. They were impressed and I was very popular for a day or two.

Many years passed and, after graduating from Alabama Law School, I returned to Athens to practice. Early Smith was still alive. I saw him shuffling down the sidewalk wearing an old knee-length Army overcoat. He was humped over, head bowed, never looking up, a sad empty hull of a man. Who was

he? Why did he fall so low in life?

I asked an older lawyer, Bruce Sherrill, about Early. He told me the back story. Early had graduated from Alabama Law School in the early 1920s and was said to have been a classmate of Senator John Sparkman, one of the most powerful senators in Washington. (Had I sat in the same seat that Early once occupied while a student at Farrah Hall?) "He was practicing with an older lawyer in Athens," said Sherrill, "and began to drink and was eventually disbarred." Losing his law licenses and the ability earn a livelihood was a knock-out punch. Maybe that's what triggered his trip down a rat hole. Who can say? Perhaps I would have done

the same.

During the late 1950s, Early was discovered by Sheriff Clyde Ennis passed out on a public bench on the courthouse lawn. Ennis arrested him for public drunkenness and hauled into court before Judge David L. Rosenau. Sheriff Ennis testified that he found Early passed out in broad daylight on a public bench. Early admitted the allegations. Slam dunk conviction, right? Not so fast.

Early pulled out the Code of Alabama and cited the definition of public drunkenness. "Any person... drunk, appears in public place... manifests a drunken condition by boisterous...conduct, or loud and profane....

"Yo Honor, I was drunk and in a public place," said Early, "but I wasn't boisterous and I wasn't loud and I wasn't profane. I was passed out -- sound asleep." Judge Rosenau found Early not guilty, and rightly so.

As President Obama was fond of saying, "There is a teachable moment here." When you get drunk in public, keep your mouth shut and always, always drink enough to pass out.

I've often wondered what the future would have held for Early if he hadn't slid down the alcohol rat hole as a young attorney. Early didn't aspire to be an alcoholic. He had a dream and ambition. It's a lesson for all of us.

# BRAD STOVALL'S AUTO BODY

## Let us get your BODY back in SHAPE!

Behind Tanner Post Office • 233-5140



## Who's Top Dog?

by Joel Allen



Well, folks, another month has already blurred by and we are almost half way to Christmas, lol! Y'all don't roll your eyes at me, I am just stating a fact.

Years ago, when Zues was on this earth with me and he was learning that a ride in a vehicle was a wonderful thing, I found myself being trained by him. He would always get into a vehicle, especially a truck, placing his front paws in and his upper body half way in and then look back at me like, "Would you mind lifting my rear and helping me in?" He did this for attention, I believe, but to also feel in charge. That is my belief on that subject, and it was funny. He could always get us laughing.

So, who in your household is the top dog? Does your dog seem smarter than everyone? Does he/she have everyone feeling like they need their food left out? Or are they begging for your food and thinking you will give it up to them? Are your dog(s) having control over your sleeping time at night such as interrupting your sleep to be let out all hours of the night? Is your household the type that does not like dogs on the furniture? These are a few questions I will answer in this article but there are many more.

So, who in your household is the top dog or in charge? It's simple enough, and it better be you or there will be behavior problems. Being in charge as the "hooman," the dog needs to see your confidence. They need to

always understand that their hooman has their needs in mind. When a dog does not see a pack leader in front of them, they will assume the role themselves. This can cause behavioral issues in the home and can lead to worse situations because dogs are pack animals and they need that structure.

Are the hoomans leaving the dog food out to free feed on? If the answer is yes, the wrong message is being sent to the dog(s). Dog(s) tend to think they are in charge when this is allowed. "Oh, here comes my servant now. He has been trained well. I bark and he/she jumps. Presto! Instant food go-getter and server thingy for me!" If you're reading this and know someone who does this for their dogs, then allow me to explain some things that might additionally transpire in that household. Resource

guarding, which leads to food aggression and can easily become an issue and start fights; obesity in the dogs; and a waste of food. Never allow this to happen. You can prevent it by planning their meals. I give mine a half-hour to eat and if they don't, then they have to wait until the next meal. Oh well!

Do your dogs beg for food when it is your dinner time? Is anyone guilty of feeding their dog from the dinner table? That is not okay and should never be started. Am I guilty of this? I am but I have corrected myself for I see the problems with this. So, no feeding the dogs from the table!

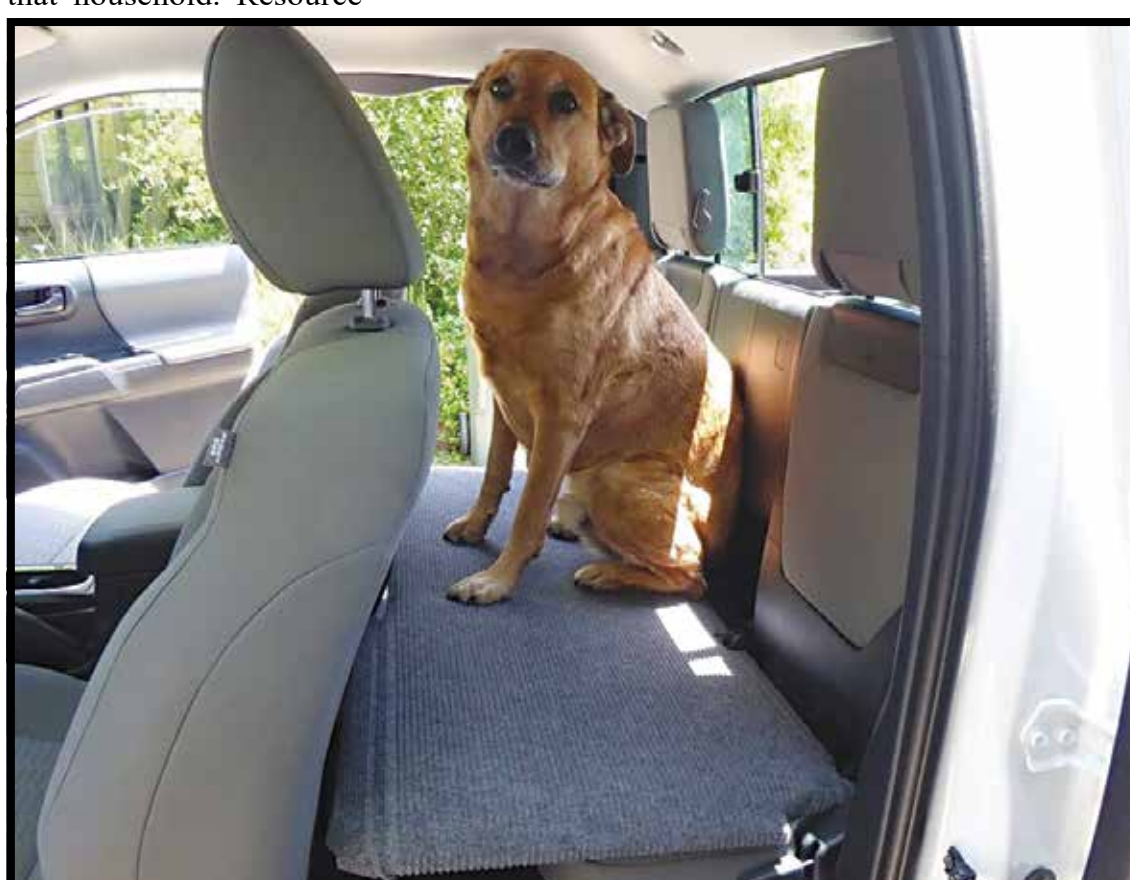
Another thing I have noticed is the dog(s) controlling our sleep patterns. How many of us get awakened just so the canine family member can go outside in the mid-



dle of the night? A quick fix for that is a dog door. There is one problem with that though, other critters might take liberties and invade your home, or even worse, another person could break into your home that way. So, a dog door is a good idea but if they can abide by a schedule that would be better.

Lastly, the furniture ninja has made his presence known. Houston is known to be that furniture ninja. When we visit places with nice furniture, and he will sneak a nap on the available furniture. He knows it's not ours but he still does it. I always tell him to get down, and he slowly does but not before he lets you see him sulk. I'm always telling him to wait until we get back home, and then he will have his chair back. He always sighs but is so happy when we do get home.

So folks, evaluate yourselves and see if this article is what is needed for your household. Have a great June and be safe.



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

**Joel Allen  
256-651-2211**



## Mental Health Minute

# Staying Calm During Difficult Conversations Part 2

by Lisa Philippart,  
Licensed Professional Counselor



*"Ultimately the bond of all companionship, whether in marriage or friendship, is conversation."*

- Oscar Wilde

As we noted in my last article, difficult conversations are an unavoidable part of life. In this article, we will continue to look at some suggestions for making these uncomfortable conversations more pleasant and productive. Suppose you are having conflict with a coworker about her tendency to be late and flaky on shared projects, which leads you to have more unnecessary work. During the conversation, be very careful to avoid saying things that criticize your coworker's character, like, "She is always late and never sticks with her commitments." Instead focus on the specific behaviors that are problematic: "Last week, it took her three days after the deadline to get her material to me." When you make generalizations about people's character or personality as a whole, it feels like an attack...which leads them to get defensive and you to get even more frustrated and upset. Comment on the action, not the person.

Everyone gets defensive sometimes, and it's especially common in challenging conversations. Unfortunately,

most people's reaction to feeling defensive is to start acting defensive, which only intensifies the difficult emotions, making it harder to stay calm. One of the best ways to deal with defensiveness (either yours or theirs) is to proactively anticipate it. If you need to deliver some negative feedback, you might spend ten minutes ahead of time imagining what topics in particular will lead them to feel defensive. Preparation is key. Specifically, it will help you to be mindful in the moment...to acknowledge and validate the feelings of defensiveness, so that you don't end up acting defensive.

I think one of the biggest reasons why it's hard to stay calm in difficult conversations is that we become reactive...reacting to difficult emotions because we want to avoid them. For example, you may start angrily criticizing to keep the focus off your own insecurities

and fears. Or you become overly accommodating because you feel nervous about upsetting the other person. In order to avoid being emotionally reactive, it may help to be mindful of your personal values. For example, if you take a few minutes before that uncomfortable conversation to reflect on your value of courage and why it's important to you, you'll be much more likely to move toward your goal of communicating your wants and needs clearly, rather than getting lost in reactions to your fears and insecurities.

A lot of emotional swings that happen during difficult conversations are the result of (unreasonable) expectations being violated, which leads to unnecessarily high levels of surprise, anger, disappointment, and the like. For example: Let's say you go into a conversation with your boss expecting that you'll get a raise, but instead, she

**Lisa Philippart LPC LLC**  
NCC, BCPCC, BC-TMH  
Licensed Professional Counselor  
Living Life Counseling Center

44 Hughes Rd, Suite 1050  
Madison, AL 35758  
256.326.0909 cell  
256.631.7898 office  
256.542.3366 fax

urlifematters@hotmail.com or  
Lisa.P@livinglifecounselingctr.com  
livinglifecounselingctr.com



tells you that you won't be getting that raise because the company is struggling financially. That's disappointing for sure, but the story you've been telling yourself and what actually happened may cause you to experience a lot of anger and frustration, on top of the disappointment. Suppose ahead of time you had asked yourself: "What expectations do I have for this conversation?" This could be followed by, "Are there any good reasons to think that a raise might not happen?" If you seriously reflected on those questions, you would be much more prepared to handle the unfortunate news of not

getting a raise in a calmer, more balanced way.

And finally, difficult conversations often end up as battles, with each person trying to "win" the conversation. If you are thinking and acting as if a conversation is a competition, your emotions are going to run hot. If you can approach the conversation as a shared journey, you're much more likely to keep your cool and stay calm. And a great way to do this is to acknowledge mistakes. When you acknowledge that somehow you've made a mistake, it's incredibly disarming. Your counterpart won't feel judged or attacked, which means they are less likely to escalate themselves. An example statement might be: "I could have handled that better." In fact, acknowledging mistakes can often lead the way to fostering vulnerability and trust.



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



# The Alternative Approach

## Autism Awareness

by Gwen Williams

### Editor's note:

**This is a reprint of the article published on May 19th. This time we used the correct photos!!**

In 1970, the Autism Society launched the first National Autistic Children's Week which later evolved into Autism Awareness Month. In 2007, the United Nations General Assembly established World Autism Awareness Day as April 2. As for Limestone County, every day is Autism Awareness Day thanks to Sheriff Josh McLaughlin.

The second week of January, Sheriff McLaughlin contacted me about an idea that came to him in March of 2022 to have one of the Limestone County vehicles custom designed for Autism Awareness. Over the last year, he had consulted with some of trustees that possess the talents to pull this off. All they needed were the funds, and that is where Herbs & More, Athens Alabama Pickleball Association (AAPA), O'Reilly Auto Parts, and private donors came into play.

The sheriff had the idea, his trustees had the talent, and the fundraiser

was born. The first person I contacted was Jennifer Bridges, Vice President of AAPA. With her expertise in organizing fundraisers and love of pickleball, we were going to rise to the challenge! The work began, and over the next few months, Chase Spitzer put together the pickleball tournament that took place in April 21-22 at Athens Recreation Center. Billie Fry created Autism Awareness tee shirts. Behind the scenes, David Chasteen (AAPA president), Teresa Gale (AAPA treasurer), and Rhonda Weatherford (AAPA board member) were busy too. It takes a village, and we have a great one!

The crew that was responsible for the custom detailing of the Tahoe resides at the Limestone County Jail. Sheriff McLaughlin used the resources he had in-house, the talents of trustees. The crew did the design and airbrushed all the art by hand. You would never think this job was done at the jail in a makeshift plastic hung-on-the-walls paint booth. The finished Tahoe is



**AAPA Members**



**Mayor, Josh Moudy, Sheriff**



**Billie Fry and Jenny Ford**



**Chase & Tripp Spitzer**

perfection. Please go by the Limestone County Jail at 101 W Elm Street and see for yourself. To say the fundraiser was a success is an understatement. Not only were the funds for the design of the Tahoe raised, but on May 8, Jennifer Bridges presented Stacey Givens, Make a Way Foundation, with a check in the amount of \$1419.

As many as 1 in 40 children in the U.S. have been diagnosed with autism, according to a new report from the U.S. Department of Health and Human Services and

the Center of Disease Control and Prevention. In collaboration with researchers from Drexel University, Harvard Medical School, and George Washington University, 1 in 27 boys identified with autism and 1 in 116 girls identified with autism.

On an average, autism cost an estimated \$60K a year through childhood, with the bulk of the cost in special services and lost wages related to increased demands on one or both parents. Over the next decade, an estimated 707,000 to 1,116,000

will enter adulthood and age out of school-based autism services.

Once again, the people of Limestone County come together to support those in need. When you see the Autism Awareness Tahoe around the county, you will be reminded of the dedication Sheriff McLaughlin has for others and how he is helping those under his watch to rise above their present circumstances to serve others.

*Your friend in health,  
Gwen Williams*

Herbs & More  
www.newtritionalhc.com

Roy Williams  
Gwen Williams

622 S JEFFERSON STREET  
ATHENS AL 35611  
256.233.0073  
nhcherbs@att.net

Abbie Cooper



# Chicken Salad Chick: *Where Southern-Style Deliciousness Awaits*

by Ali Elizabeth Turner

*continued from page 15*

of opening the first Chicken Salad Chick location. After Kevin's diagnosis of stage-4 colon cancer that had spread to his liver, the direction of the Chicken Salad Chick Foundation became clear.

In addition to finding a cure for cancer, the CSC Foundation is passionate about ending hunger in America. This cause is a natural fit for our foundation since, as a restaurant concept founded with an appreciation for health and family, feeding families in need closely

aligns with who we are as an organization. Food insecurity affects one in six people in America, reaching every community in every state. The CSC Foundation partners with Chicken Salad Chick locations in our various markets to give back to local food banks and food-related charities.

True to our mission of spreading joy, enriching lives, and serving others, we're honored to have the ability to give back through our Chicken Salad Chick Foundation. Through this foundation, we have tremendous opportunities to impact the lives of our friends and neighbors in

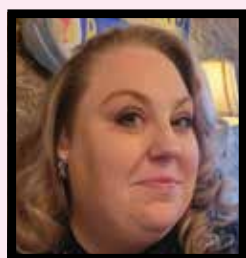
need and in doing so, help secure the future of our philanthropy by setting a positive example across the Chicken Salad Chick organization. Whether fighting cancer or feeding the hungry, this foundation allows us to affect the lives of so many in our communities, as well as on a much broader level.

To continue the philanthropy left by Kevin, the Chicken Salad Chick Foundation raises money at each Grand Opening's private Friends & Family event and donates



it all to a local charity. For Athens, the Chicken Salad Chick Foundation raised nearly \$1,500 for Limestone County Churches Involved.

Come for the chicken salad, stay or get it to go, and just know that you will be treated to true Southern hospitality!



## Cooking with Anna (continued from page 13)

### *Excuses, Excuses*

by Anna Hamilton

*have his treasure in heaven. Verse 23 says that "When the young man heard this, he went away sad, because he had great wealth." He was using the excuse of wealth to not fully follow Jesus. He couldn't become stronger than his strongest excuse.*

*You are so much more than what defines you on this earth. You are more than any earthly possessions, you are more than a number on the scale, you are more than the old life you are holding on to. When we take on Christ as our Savior, we take on an entirely new life. We are called to live a life with no more fear. As 2 Timothy 1:7 says, "For God hath not given us*

*the spirit of fear; but of power, and of love, and of a sound-mind." God has given us power and love and a sound mind! We have all the tools in our hands to achieve the version of our best self.*

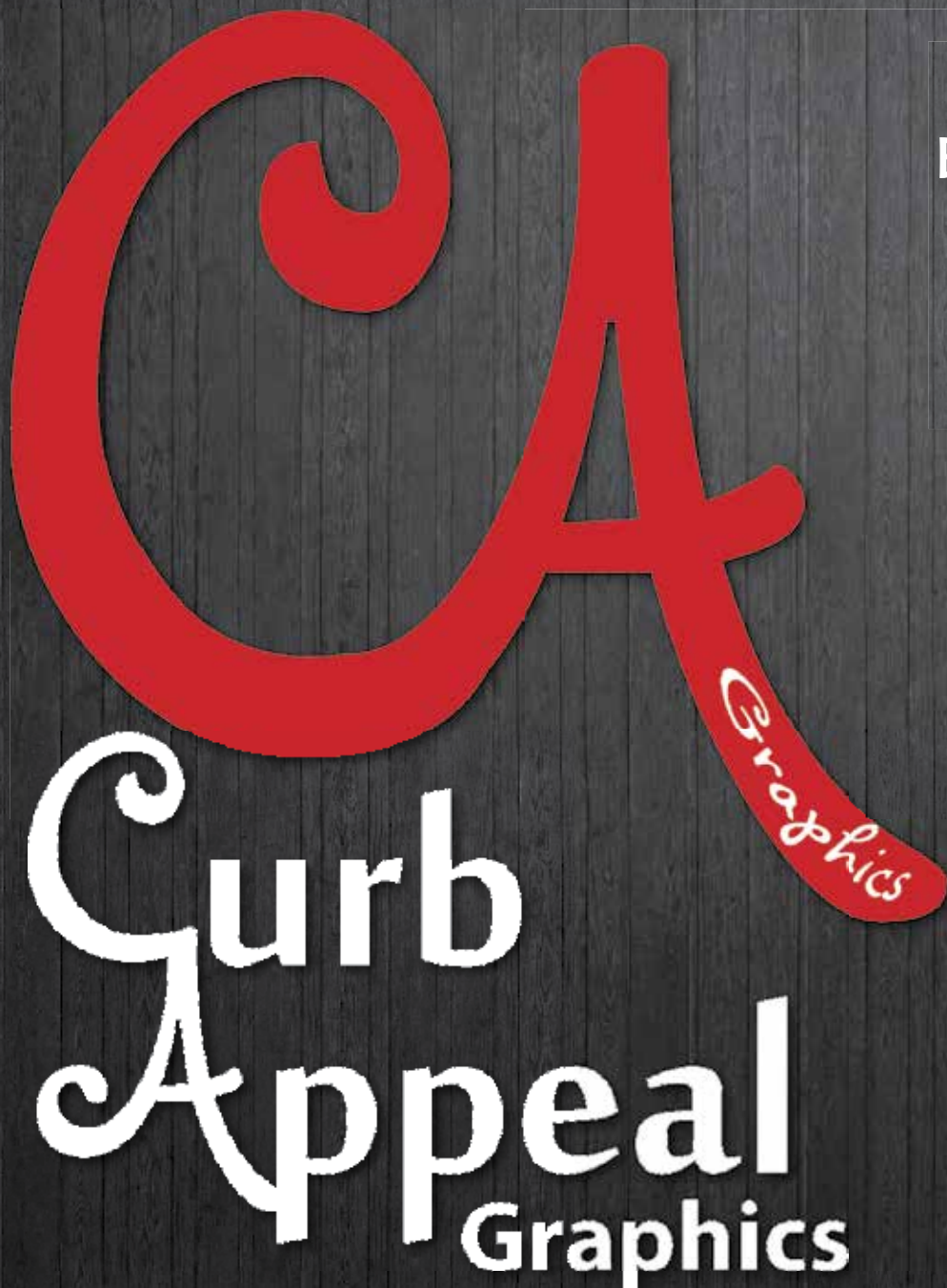
*This week's recipe is a yummy, healthy side dish. It is the perfect addition to any meal and sure to please everyone. As always, feel free to change the ingredients to make it perfect for your family. I hope you love it as much as my family does.*

*"For nothing will be impossible with God." Luke 1:37*



# Graphic Design Services

ONLINE AND PRINT PUBLICATION  
LAYOUT AND DESIGN  
FROM START TO FINISH!



LOGOS • BUSINESS CARDS  
BOOKS • CALENDARS • CATALOGS  
CD PACKAGE ART AND DESIGN  
MENUS • FLYERS • BROCHURES

.....

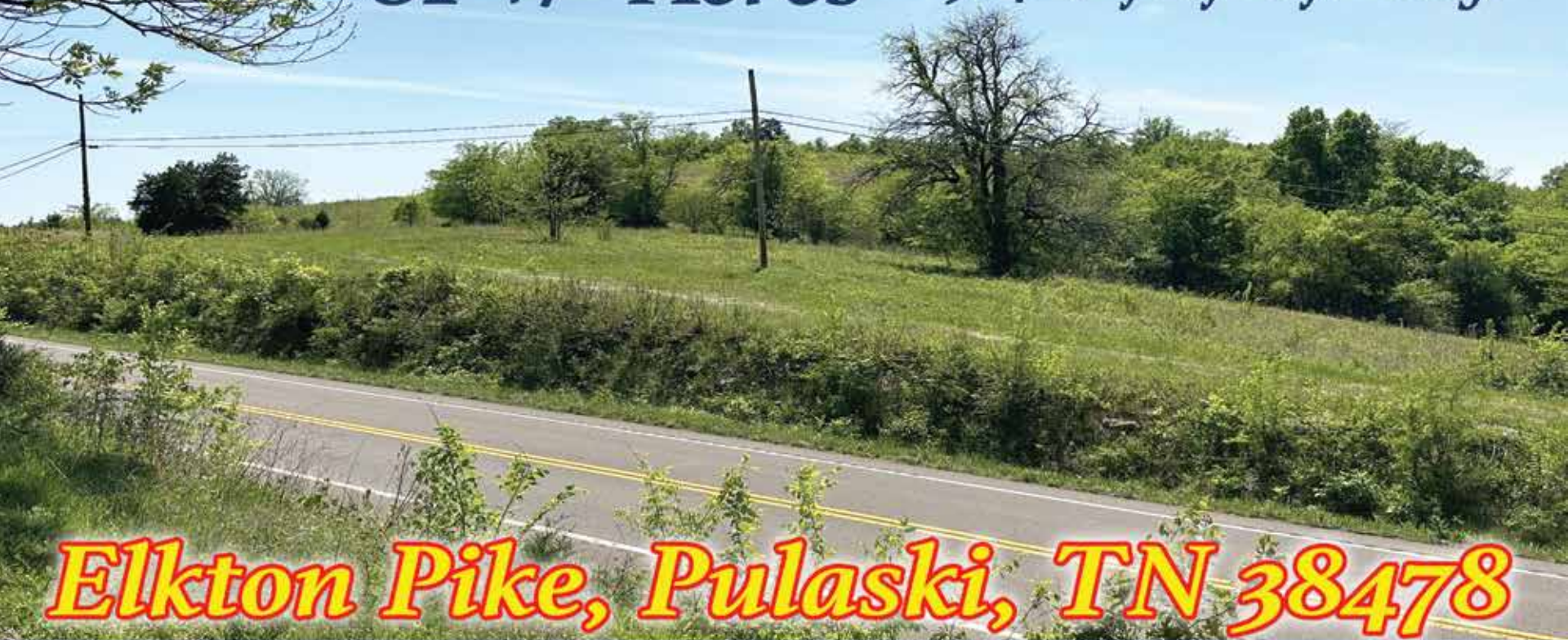
**COMPLETE CUSTOM  
GRAPHIC DESIGN  
FOR YOUR  
GROUP OR BUSINESS**

**Jon Hamilton**  
**(256) 335-4356**  
**jrhd@att.net**



# NEW LISTING!

81 +/- Acres 1584 +/- ft of rd frontage



**Elkton Pike, Pulaski, TN 38478**

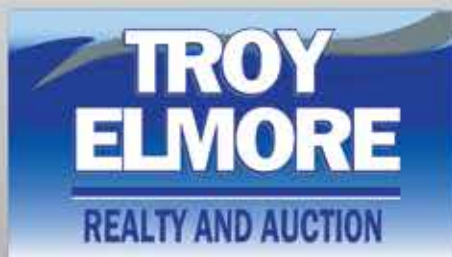
2 Entrances & Great Views! \*Agent has ownership interest.



**Brad Butler**  
REALTOR®

Cell: 931.580.9423

Office: 931.908.0124



117 Mill Street Lynnville, TN 38472

This Office Is Independently Owned and Operated



[hwy64@me.com](mailto:hwy64@me.com)







**New Home**

*15813 Davis Rd  
Athens, AL 35611*

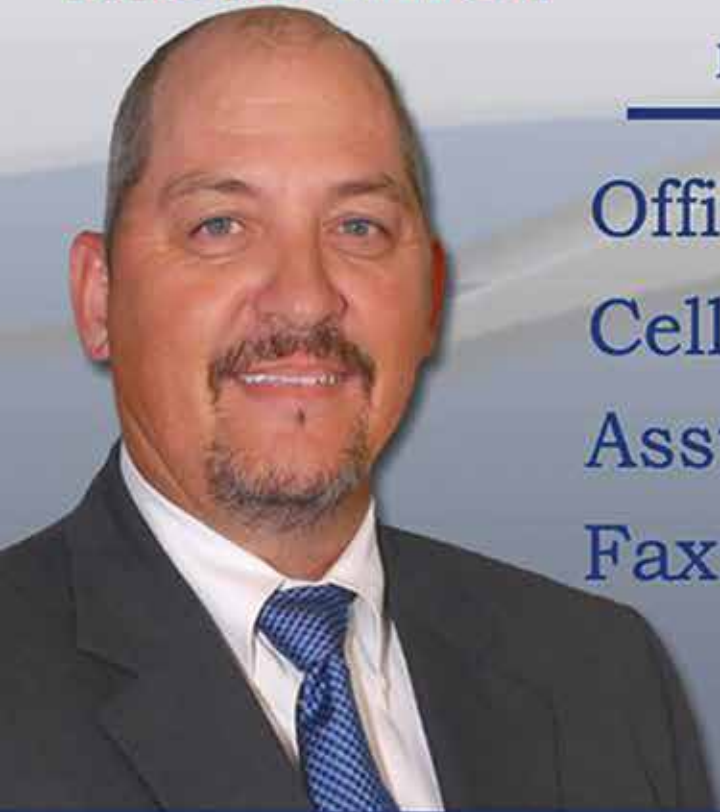
**3 BD / 2 BA**

**\$309,900**

**Call Me For  
More Info!**

**Troy Elmore**

BROKER/OWNER/AUCTIONEER/REALTOR®



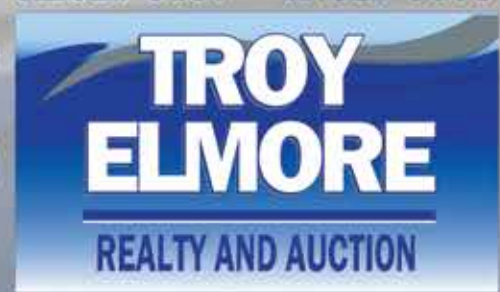
ALSL# 5137 ~ TNSL# 6503

Office: **256.232.9604**

Cell: **256.777.3710**

Asst: **256.679.6353**

Fax: **256.232.9583**



**www.TroyElmore.com**

121 CLOVERLEAF DR, STE A ATHENS, AL 35611

This Office Is Independently Owned and Operated

**trelnore@aol.com**



**MLS**



Licensed in Alabama & Tennessee!

**TROY  
ELMORE**  
REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

121 Cloverleaf Drive Athens, AL 35611



*Troy Elmore*

**Your Local  
Real Estate Expert**

*Serving Athens for 20 years.*

**256-777-3710**

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

[trelmore@aol.com](mailto:trelmore@aol.com)

*Call TODAY for a FREE CONSULTATION!*





# SUDOKU

	3	2			5	6		8
				2				1
	4			8	6	9	3	
					7	8		4
2	8	9				3	5	7
6		4	3					
	9	3	5	1				2
5				6				
4		6	7			1	8	

“Your passion is waiting for your courage to catch up.”  
~ Isabelle Lafleche



## ANSWER KEY:

5	8	1	6	3	7	9	2	4
3	6	4	2	9	8	7	5	1
6	7	2	1	4	7	2	6	8
9	7	4	3	5	8	2	1	9
7	2	8	9	6	4	1	3	5
4	3	5	1	2	9	7	8	6
2	7	4	5	1	8	6	9	3
1	9	6	8	4	2	3	5	7
8	4	8	1	3	2	9	7	5

# NEED ROOFING?



**MCPMAHAN CONSTRUCTION  
& ROOFING**

**256-527-6549**

LICENSED AND INSURED



# TROY ELMORE

REALTY AND AUCTION



## ESTATE LIQUIDATION

*in Alabama and Tennessee!*

We specialize in assisting families, trustees, executors, and others in estate liquidation, downsizing, and business liquidation.

It can be a difficult and intimidating process. Let us use our experience and expertise to help get the results you are looking for.

**CALL TODAY FOR A FREE CONSULTATION**

**[www.TroyElmoreRealtyandAuction.com](http://www.TroyElmoreRealtyandAuction.com)**

**TROY ELMORE**

ALSL# 5137

**256-777-3710**





**Spacious Home in City Limits**

**5 BD / 3 BA**

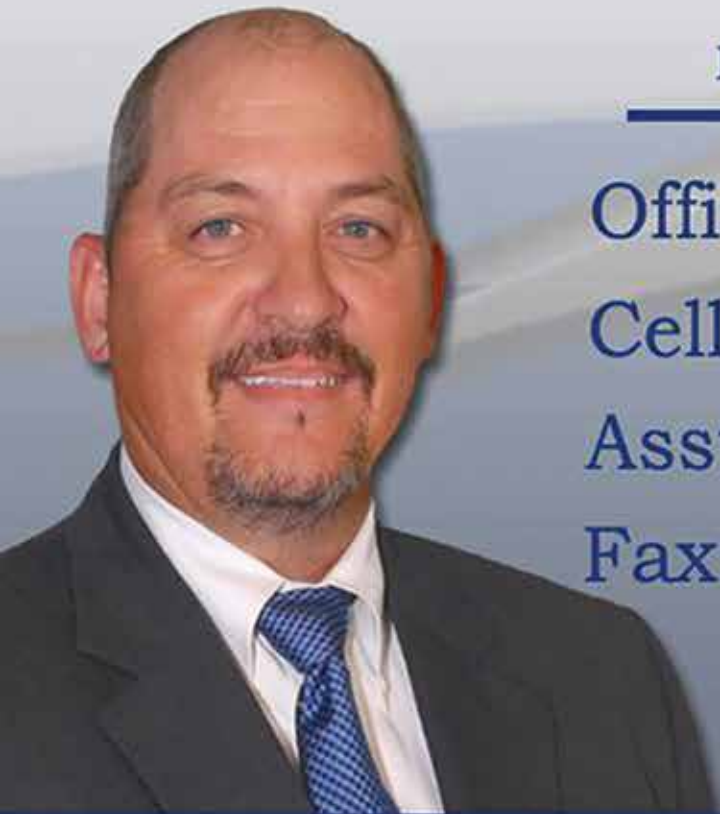
**30 Sandra Lane  
Athens, AL 35611**

**\$314,900**

**CALL TO VIEW!**

**Troy Elmore**

**BROKER/OWNER/AUCTIONEER/REALTOR®**



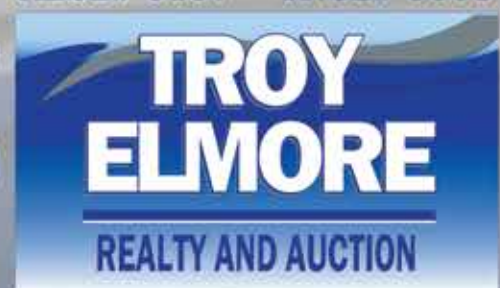
ALSL# 5137 ~ TNSL# 6503

Office: **256.232.9604**

Cell: **256.777.3710**

Asst: **256.679.6353**

Fax: **256.232.9583**



**www.TroyElmore.com**

**121 CLOVERLEAF DR, STE A ATHENS, AL 35611**

*This Office Is Independently Owned and Operated*

**trellmore@aol.com**



**MLS**





# AUCTION!

OUR PAST SUCCESSES SPEAK FOR THEMSELVES



**256-777-3710**



**HUNDREDS OF PROPERTIES  
AUCTIONED AND SOLD!**

*Experience Matters!*

**TROY  
ELMORE**

**REALTY AND AUCTION**

**RESIDENTIAL • LAND • COMMERCIAL**

**LICENSED IN AL & TN!**



ALSL# 5137 TNSL# 6503



# AUCTION

*Living Estate*



**auctionzip.com #29747**

**gotoauction.com #10767**

**Spacious 3 Bedroom / 3 Bath Brick Home**  
 Large office and 2 car garage with workshop area.

*\*Personal Property Visit Us Online*



**SAT. JUNE 17TH 10 AM**

**24498 Lisa Drive Athens, AL 35613**

**158x120 +/- Lot Size**



**TROY  
ELMORE**  
 REALTY AND AUCTION

**256-777-3710**

Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

with deed. As in all auctions this property is being offered in "as is where is" condition. The Auction Company or sellers make no warranty either implied or expressed as to property size or condition. Buyer purchases property based solely on

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials.

Troy Elmore ALSL#5137 