

June 03 - June 16, 2022

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:

Ali Elizabeth: 256-468-9425
Degan Wilder: 256-426-2493



TROY ELMORE
REALTY AND AUCTION

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

All Things Soldier



"This Uniform's For You"...
In the wake of the recent heart-breaking school shooting at Uvalde, TX, I have struggled to find something to say for...
Page 4

At **ONE LOVE** Hearing Concepts
anyone that wants help can get help!!!!

NOW BUY 1 EAR, get 1 EAR for FREE!!!
4 ModelZ to chooZe from
256-233-3844
Athens, AL

Owner: Joshua Zeke Creasy, BC, HIS
Like Us On Facebook **FREE Consultations**

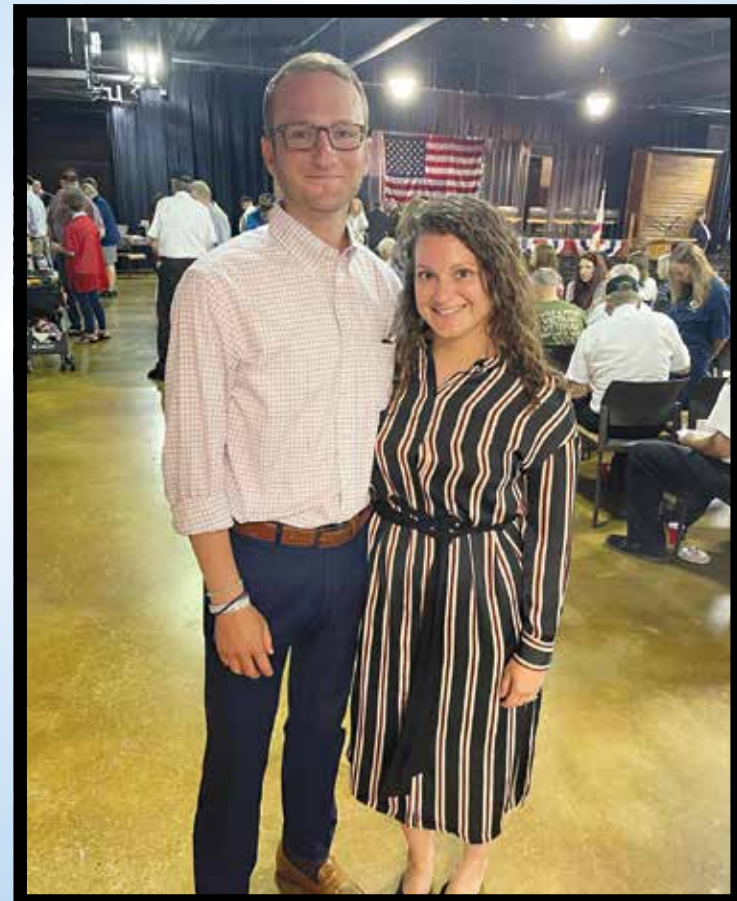


On June 21, Elect Britley Leonard Brown As Limestone County District Judge, Place Two

By Ali Elizabeth Turner

From the time Britley Leonard Brown was young, she always knew her career would involve helping people. Her top two career choices were medicine and law, and ultimately law won out. She met her husband, Jeremy when she was four years old, is blessed to have married her best friend, and they worship at Journey Church in Madison. Britley especially credits her mother, step-father and grandparents with setting an example of commitment to community service, education, personal development, and faith. Britley is the daughter of Ginna Chittam- Jones of Athens and granddaughter of Martha Jo and Fred Leonard of Athens, and Hubert and Judy Chittam of Athens. Britley graduated from the University of Alabama School of Law in 2015, is obviously an avid 'Bama fan, and she loves animals.

Continued on pages 16-17



Clean, Green And Beautiful

See You Soon!...
As some of you know, I have accepted a job with another company, and my time as KALB Executive Director is now over ...
Page 12



Cooking With Anna

Love Does Not Delight In Evil...
On our continual journey of learning to love ourselves more deeply, we have focused on several different aspects of...
Page 13



Frame Gallery of Athens

YOUR HOMETOWN FRAMER
FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNT
(256) 232 - 2302
tracie@framegalleryofathens.com
125 N. Marion Street in Downtown Athens





Trophies - Engraving - Awards

Randy McKinney
Owner

701 HIGHWAY 31 SOUTH
ATHENS, AL
(256) 232-6038

RANDY@ATHENSATHLETICS.COM
fb.com/AthensAthletics



Downtown Athens ~ 256.233.0016

www.bradfordsgunandpawn.com

Voted #1
Gun Shop
2 years
in a Row!

*Source: Athens News Courier

THOUSANDS
OF GUNS IN STOCK
EVERYDAY!

GUNSMITH ON SITE!



Josh Green
Owner

Putting Your Money
Back In Your Pocket!

CDG Collections LLC

(256) 206-2359

cdgcollections@gmail.com



Dugger's Florist
& Gifts, LLC

www.duggersflorist.com

Melinda Dugger
Owner

duggersflorist@gmail.com

800 Hwy 72 East, Suite A

Athens, AL 35611

(256) 232-5777

BRITLEY LEONARD BROWN



DISTRICT JUDGE PLACE 2

Paid for by Friends For Britley Brown, P.O. Box 801, Athens, Alabama 35612

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Sales & Distribution
Degan Wilder

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Anna Hamilton
Eric Betts
Teresa Todd
Roy Williams
Joel Allen
Leigh Patterson
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

From The Vets' Museum . . . 10

Slinkard on Success 11

Clean Green And Beautiful . . 12

Cooking With Anna 13

Health And Fitness 14

Cover Story 16 - 17

Lifelong Learning 18

Jerry's Journals 19

Dog Barker 20

Mental Health Minute . . . 21

Alternative Approach 22



Publisher's Point

Five Words That Gave A Life Pure Hope

I am purposely choosing to write about terrific triumph over all manner of struggles in this edition of *Athens Now* for a whole lot of reasons, including my own self-care. As a culture, we are “weaving to-and-fro like a drunkard”; I find that I have little tolerance for bad news, and my ongoing desire to be “part of the solution and not part of the problem” seems at times a touch worn. It is most definitely a season of “unsettled-ness,” and I know the only answer with any ability to make a difference is going to be found on knees that are intimate with the floor, a voice and hands that reach toward heaven, and a heart that remains relentlessly in pursuit of a righteousness that I could never produce in myself. I don’t have the answers, but I know the One who

does and wants to give them.

So, it is with nothing short of relief and joy that I share the following story with you that landed in my inbox this week from one of my favorite ministries -- Pure Hope Foundation. And while there are so many moving parts that made this story have a happy ending (that I trust will unfold for the rest of this young woman’s life), what I want to underscore is the power of alertness, asking the right questions, and the willingness to take action.

The story of this precious young woman started off with familiar systemic elements that are all too common—drugs, abuse, broken home, sexual abuse, daddy hunger, looking for love in all the wrong places, and

the worst nightmare of all, being trafficked over and over again for nearly a decade. Then one day, the captive young woman experienced something rare, being sent into a Target to buy some candy for “the guy” while her captor kept her ID, wallet, and phones with him in the car. She went into the store, desperate to escape, and terrified at what might happen if she tried.

What happened next? A woman walked up, gently touched her elbow, and asked her, “Are you all right?” From somewhere she got the strength to say, “No.” Then came the second question: “Do you want me to call the police?” This time the one-word answer was a simple “Yes.” The rest of what happened was a montage of miracles. The observant woman stayed with her in the bathroom stall to protect her while the police were called, and the police responded quickly, brought a female officer, and formed a full circular human shield around her while the girl was escorted to the safety of an office in the store. Although she had been cut off from all friends and family, she was able to make a call, “someone answered the phone,” and the next step was to go to the ER to get help.

Then came a chance to go to Pure Hope Ranch in Texas, where she

has been for the last 18 months. At Pure Hope, she has received the best of care; and that means for every part of her being. She is now in college studying to be a social worker and pay it forward to help others like herself. And, as much as that makes me want to dance, here is the best part: because of the total care she has received, she had the courage (with the presence of another set of “human shields”) to face down the trafficker in court, and now he is locked away for 15 years. In the world of trafficking, that almost never happens. And what would have happened if an average woman hadn’t asked two simple questions?

Awareness. Observation. Courage. Questions. Action. A total of five words that led to Pure Hope, the place, and pure hope, the inner space. Glory!

If you want to help, go to www.purehopefoundation.org. The tiniest gift makes a huge difference, and making a difference brings with it an incomparable joy.

Ali Elizabeth Turner

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



athensnowal.com



“This Uniform’s For You”

by Ali Elizabeth Turner



In the wake of the recent heart-breaking school shooting at Uvalde, TX, I have struggled to find something to say for *Publisher’s Point* that hasn’t already been said, was coming up empty, and thought I would move over to “the next page,” *All Things Soldier* to see if anything “popped.” I believe that providentially I was made aware of a kid by the name of Easton Shane whose soul appears to be the polar opposite of the 18 year old who felt that 10 year olds deserved to die for whatever God-knows-what reason, and everything about Easton gives my heart hope.

Easton is now 19, and when he was 14, he wrote a song in tribute to his father, who at the time was active military. Easton would say, “Whenever I ask my Dad why he serves in the mili-

tary, his response has always been, ‘I wear this uniform for you.’...He would remind me that wearing the uniform meant to protect and take care of the ones we love and to act honorably.” Admittedly the video accompanying the song shows the little brother who is “serving on the homefront” to be the perfect angel while he is having to be “the man of the house,” and that is not likely to always be the case, no matter how well his parents have raised him. But this I know from my time in Iraq: kids would step up extraordinarily, and their fervent love for their folks who were in-theatre was a powerful force for good. I would go so far as to say that the love of family back home saved lives, and more than just that of the parent in a combat zone who was on the receiving end.

This past Monday was Memorial Day, and as I attended the ceremony at the Veterans Museum, I was struck by the young parents present with their kiddos who were learning first hand, as we honored the fallen, that freedom isn’t free. I honor those parents for teaching their kids the truth.

Here are the lyrics to “This Uniform’s For You,” and although Memorial Day is just behind us, being thankful for our freedoms here in America is something that we can be every day of the year.

Vs 1

Dad gave me my uniform when I was only four before he headed off to go fight a war

As tears flowed down my mother’s cheeks, Dad whispered in my ear, “Do all the things that I would do if I

were here.”

CHORUS

He said, “You’re the man of the house now son, and I’m leaving it up to you; take care of your Mama, boy, and your little sister, too. I’ll miss playing ball with you and watching you ride a bike. It’s why I wear a uniform; this uniform’s for you.”

VS 2

Dad told me leaving us was the hardest thing he’d done/ But there’s a war to fight and a battle to be won/ We didn’t get to talk that much but he wrote me every day/ He told me that he loved me, and how to find my way

CHORUS 2

We struggled through this time without you being around/ Didn’t understand but now we know what it’s

about/ I just want you to know I’m the man of the house now, Dad, so do what you have to do/ I’m taking care of Mom and my little sister, too/ It’s OK you missed my games, my birthday, Christmas Day, I know you wear your uniform, this uniform’s for you/ Dad, I wear my uniform, this uniform’s for you.

Then, as if that wasn’t enough, Easton wrote the following at the end of the video that says, “Please take a moment to thank those who serve our country and honor those who have paid the ultimate sacrifice.”

I am reminded that we are not alone, we are not to be overcome by evil, but to overcome evil with good, and more importantly, there are untold Eastons out there ready to do just that.



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

ECONOTECH
RECYCLERS
& JUNK REMOVAL



Free Estimates
Licensed/Insured

803 S. Jefferson St.
Athens, AL 35611

Office: 256-444-0478
WWW.ECONOTECHRECYCLERS.COM

RIVER CITY
ROOFING
SOLUTIONS INC.

256-274-8530
WWW.RIVERCITYROOFINGSOLUTIONS.COM

26912 US Hwy 72
Athens, AL, 35613 USA
Between Madison & Athens

Rocket City Motors

One Giant Leap for Alabama
www.RocketCityMotors.com

Phone: Call or Text 256-221-7062
Buy Here Pay Here ♦ No Credit Check




**ATHENS
ALEHOUSE
& CELLAR**

111 WASHINGTON STREET
ATHENS, ALABAMA

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

FACEBOOK: @ATHENSALEHOUSE



Celebrating

34 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS

ATHENS, AL

**WOMEN'S
RESOURCE CENTER**

256-233-5775 • 24-Hr Hotline
727 Market Street W, Ste. D in Athens
www.savalifeathens.org

Calendar of Events

Silver Sneaker Flex™ Classes

Every Tuesday and Thursday

Strength and Balance classes meet every Tuesday and Thursday at 9:00 a.m. beginning 12/7/21. Classes are open to all. No signup needed. Classes will meet in the Lighthouse Building behind Emmanuel Baptist Church at 1719 Hwy 72W. All equipment will be provided. Donations accepted. For information: jhunt9155@gmail.com or 256-614-3530.

Digital Literacy Classes

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

Community Fun Fest

June 4

Join the town of Elkmont, Alabama for the Community Fun Fest with music, food trucks, cruise-in and fun for the whole family. From 4:00PM till 8:00pm

Cruise In on the Square

June 4

Limestone County Courthouse Square, 123 South Jefferson Street in Athens starting at 6:00PM. No judging, no trophies - just show and shine and enjoy the rides, shops, and restaurants.

Coffee Call

June 4

Veterans of all wars and their families are invited for breakfast and fellowship. 8AM-9:30AM. Alabama Veterans Museum (100 West Pryor Street in Athens). 256-771-7578.

D-Day Remembrance

June 6

A day to remember D-Day and the landing of Allied forces on the beaches of Normandy, France in 1944. Step inside the Alabama Veterans Museum and Archives (100 Pryor Street W in Athens) and explore the life of our military as well as their families on the home front. Free and open to the public (donations welcome). If you are entering the State of Alabama on Interstate 65 South, you have the chance to stop at the Alabama Welcome Center. At the base of the towering Saturn 1B rocket are the veterans monuments. The public is invited to pause and reflect upon the names of each monument.

Author Michael Guillebeau

June 9

Join us on Thursday June 9 at 6pm at the Athens Limestone County Public Library. We are hosting author Michael Guillebeau with **52 Weeks of Sun**. This book is a collection of stories read on WLRH'S Sundial Writers Corner during 2021, featuring 42 local writers. These writers will share their stories. Books will be available for purchase.

Athens Saturday Market

June 11

Athens Saturday Market is a state-certified farmers' market. Enjoy fresh produce, baked goods, music, art, and crafts at the Green Street pavilion (409 West Green Street in Athens) from 8:00AM to 12:00PM.

Kids' Fishing Rodeo

June 11

The Limestone County Sportsman Club is hosting the free fishing rodeo from 9:am till noon. Prizes and lunch take place at noon. Located at 23117 Kennedy Road in Athens. For more information call 256.434.1674

Food Truck Saturday

June 11

Enjoy the Food Truck Saturday in Ardmore featuring Southern WAGYU Meat Markets, Tow Dames with Dogs, Diamond Diva Donuts and Teresitastamales. Corner of Main Street and Ardmore Ave. More info call (256) 423-6177

Singing on the Square with Scott & Kristi Nix with the SideHustles

June 17

Concert begins at 7pm till 9pm on the Courthouse Steps at the Downtown Square. This is a FREE event however, donations are encouraged! Marion Street will be closed between Washington and Market to allow for guests to bring their own folding chair to sit in. Food trucks will be available as well as the local restaurants. Rain location will be at the Vietnam Veterans Building of America, @ 17915 West Elm Street. *PLEASE NOTE : THERE WILL BE NO PARKING ON THE CLOSED OFF PORTION OF MARION STREET DURING THE CONCERT.

Ardmore Truck and Tractor Pull

June 17 & 18

Bring the family and enjoy the Ardmore Truck and Tractor Pull at 226425 Hamlett St in Ardmore. Part of the Lucas Oil Pulling League, there will be classes in six different divisions. Gates open at 5PM and competition begins at 7PM For more info (256) 262-2649

Kingsmen Quartet

June 19

Kingsmen Quartet coming to Berea Baptist Church on Sunday June 19 at 6PM. Free admission, love offering will be received. 16779 Lucas Ferry on west side of Athens.

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

**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



OPEN

Alabama Biz Finder

... Always Open - 24/7

alabamabizfinder.com

The
Last Word
Vinyl Creations

Where you always get THE LAST WORD!

**VINYL
EMBROIDERY
SCREEN PRINTING
BOUTIQUE CLOTHING
GIFTS & MORE**

256-434-1314

27490 Capshaw Rd Athens, AL 35611

<https://alabamabizfinder.com/listing/last-word-vinyl-creations/>

EvoQore
Technologies. Inc.

Torrie Q. Fuller
Chief Executive Officer

Office (256) 680-3774 ext 712
Cell (256) 606-0678
Torrie@evoqoretech.com

630 B South Jefferson St
Athens, AL 35611
www.EvoQoreTech.com

What Makes Ronnie Roll

Don't Ever Think Your Vote Doesn't Count

by Ali Elizabeth Turner



The primary election had occurred after our last meeting, and what a time it has been. When we met on Wednesday rather than our usual Monday because of the Memorial Day holiday, the news had broken the day before that the “upset of all time” had occurred between Jay Hovey and incumbent Alabama State Senator Tom Whatley in the district that includes Auburn. Tom Whatley had served for three terms, and Jay Hovey is a political newbie. What was the buzz? That Hovey won by one vote. I learned that in the State of Alabama there is a protocol when this happens, and Mayor Ronnie wanted to post information so that voters would understand the process when provisional votes come into the election process. Basically, if you are a registered voter and you go to your polling place to vote and can't find your name, you cast a provisional ballot that is confirmed after proper identification can be produced, and it must be counted up or down by one week after the election by noon of the seventh day.

Vote 411 says further:

A provisional ballot is voted the same as any other ballot except you must sign an affidavit attesting to your eligibility to vote and complete a voter update form.

If your name is not on the poll list, the provisional ballot will be counted only if the county board of registrars is able to confirm, after the election, that you are a duly qualified elector of the county.

“We really have to remember how important our vote

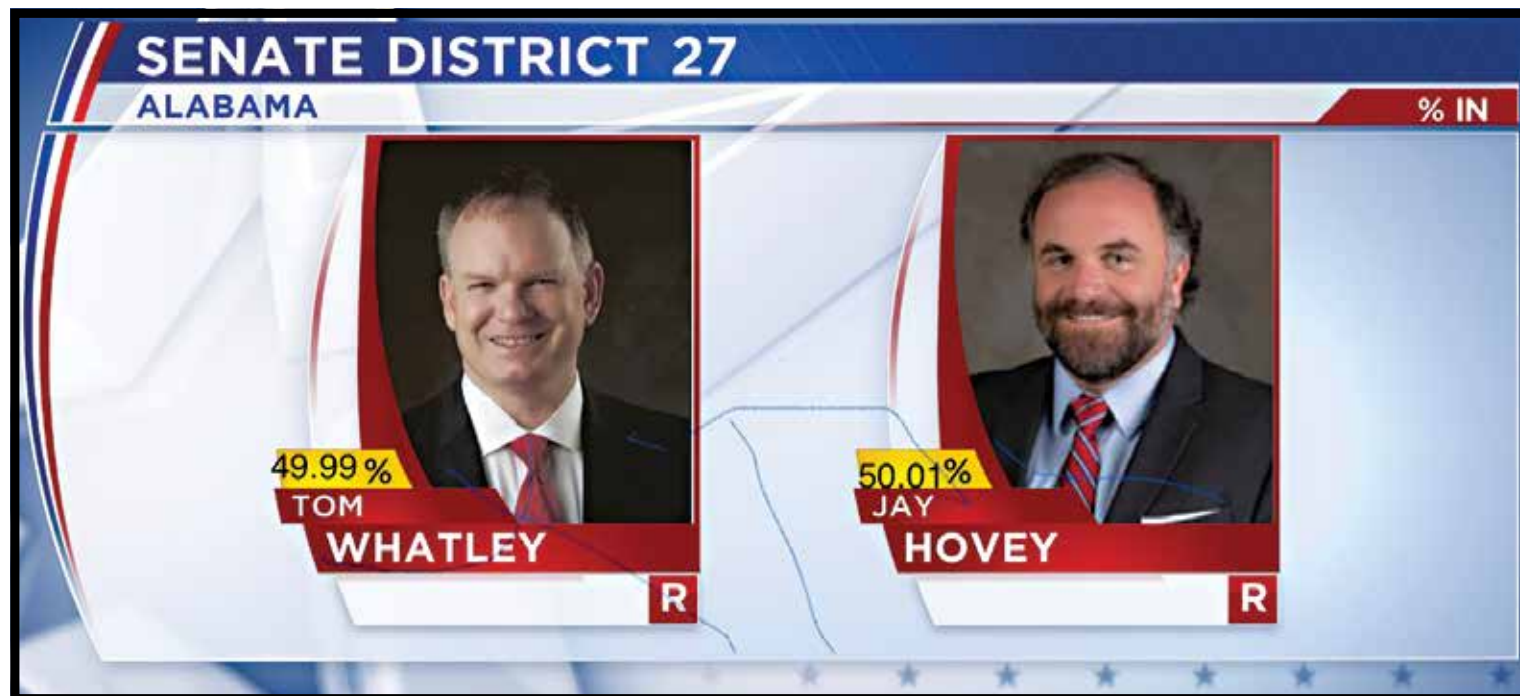
is,” the mayor said with a chuckle. I countered with, “Who would have thought that this was possible?” He continued with, “This transcends party and politics,” and told me that one of the most important aspects of what the kids learn in the Mayor’s Youth Commission is not only the importance of voting, but learning what it takes to get registered to vote and then doing it.

The mayor went on to tell me about one time when he voted provisionally when he and Sandra were living at a different address that was in a different district, and they didn’t know it. So, he had been through the process, and was grateful for it. “It’s part of our checks and balances,” he said.

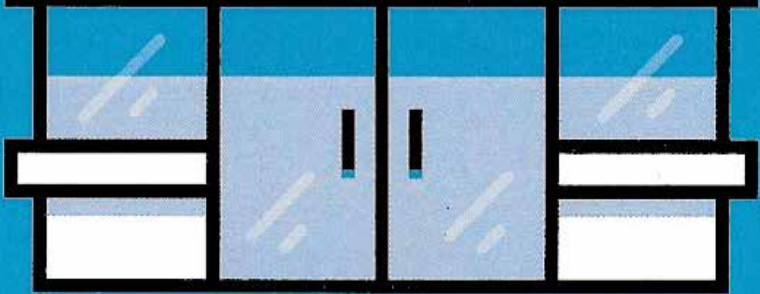
The Center for Lifelong Learning at Athens State University had announced that they are going to use the space on Marion Street for business development, and the mayor was going to attend the kick-off later that morning.



We moved on to the subject that is making our whole nation ache: the shooting in Uvalde. “It’s important that we stay grounded in the Constitution, that we protect our most vulnerable, children and the elderly,” the mayor said. He continued and said, “Can you imagine what they are going through? I shook my head no. We then prayed earnestly for Texas and Alabama, their town and our town, and then it was time for Ronnie to roll.



The UPS Store



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 

MAXIMIZE YOUR

CREDIT SCORE

BANKRUPTCY LATE PAYMENT
PUBLIC RECORDS JUDGMENTS
EVICTIONS FORECLOSURES
IDENTITY THEFT MEDICAL BILLS
AND MUCH MORE

Lynn Martin
Financial Literacy Coach

Call Now For A FREE Consultation

931-706-3156

BRAD STOVALL'S AUTO BODY

Let us get your
BODY back
in **SHAPE!**



Behind Tanner Post Office • 233-5140



Tourism

Remember And Honor

by Teresa Todd



Memorial Day Program 2022 Monday, May 30th



Memorial Day - 2022
Remember & Honor
Alabama Veterans Museum and Archives | 114 W. Pryor Street | Athens, Alabama



Thank you to the Alabama Veterans Museum for the Memorial Day program.



Slinkard On Success

“K” Is For Knowledge

by D. A. Slinkard

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

Continuing in our series of the “ABC’s of Slinkard on Success” – we have come to the letter “K” and our word is Knowledge. There is a big disconnect with this word because many people think knowledge is the key to life. There is a quote that states, “Knowledge is power,” however, Tony Robbins once said, “Knowledge is NOT power. Knowledge is only POTENTIAL power. Action is power.”

Having knowledge can be a great thing, but what we do with that knowledge is another thing. We live in a time when it is easier now more than ever to obtain knowledge, but having the knowledge is not enough. If a person wants

to lose weight, they can watch videos, read books, and gather information all from the Internet. You can become an expert on any topic you so choose, but being an expert and being able to actually apply your knowledge is a completely different realm.

In your life, what is something you would like to be able to achieve or accomplish? Going off the premise that knowledge is only potential power, what would you like to achieve in your life? Too often, people do not take the time to sit down and properly plan out their life. In failing to plan, they are planning to fail. I do not believe anyone purposely sets out with their life to be a fail-

ure, but too often people fail to achieve simply because they fail to take the time and map out a course for their life. Is this you? I admit that there have been times I have just tried to wing it and in doing so I have drifted off my desired course.

I believe having knowledge in how to do things is greatly important, but we need to realize there is more to life than just possessing the knowledge. We have a generation of Americans growing up who are failing to utilize the technological advancements all around us. We have information at our fingertips, and I cannot help but chuckle to think back to when I was growing up and the times I had

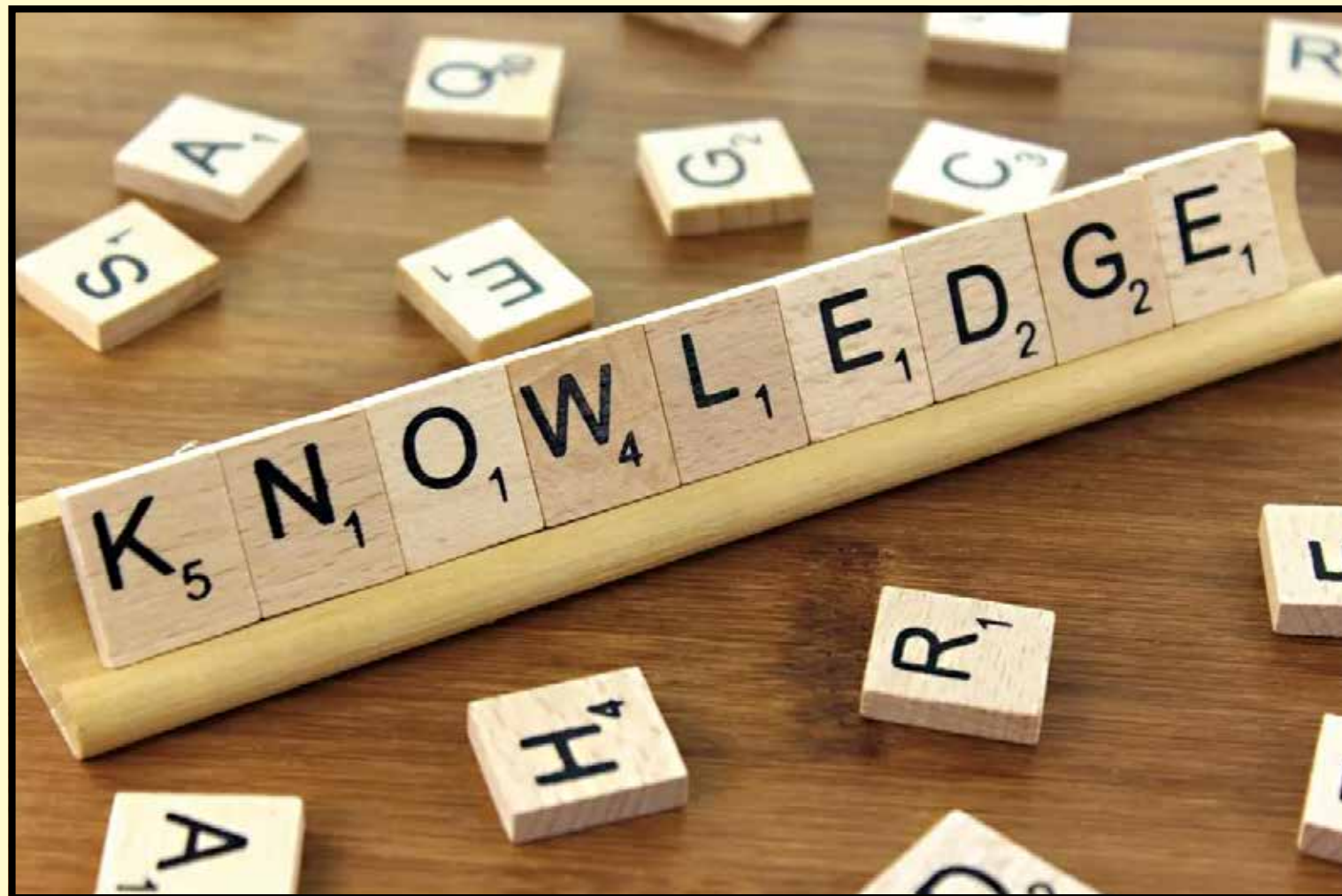
to use an encyclopedia in order to find out information that is readily available today on the Internet. Yet, we have a society of people growing up who do not know how to properly utilize the tools they have, and it is not their fault.

The kids these days not knowing how to put into action the knowledge they have readily available – the potential power – is our fault and not theirs. If we want our kids and grandkids to be successful in life, it is going to take an active approach to learning. We cannot be passive in the knowledge we pass down because too often we think our kids are going to learn by watching us live our daily lives, and this is just

not true. We have an entire generation of boys that are growing up not to be men but are growing up to be sissies. Our boys need to be men and our girls need to be women. We need to show our boys how to be a man and our girls how to be a woman.

However, we have a society that is teaching our men to be ashamed of who they are, and that masculinity is a bad thing. Of course, this is also coming from the same group of people who cannot identify or give a definition for the word “woman.” The basic concept and ideology of gender is now a confusing topic because we have blurred the lines between common sense and reality. We have people who try to sound sophisticated, yet the only ones they are impressing are the ones who are blinded by their lies.

If a person wants success, they must learn to be honest with themselves and seek out knowledge and then be able to apply this knowledge to their life. If a person wants to be the best real estate agent, they need to study what the best of the best do, and then put these practices into action. If you want a different life, you need to obtain the knowledge of what you need to do and how you need to do it, and then take action on a daily basis to achieve these results. Getting the wrong knowledge and disinformation leads to failure and even confusion such as what we see going on in this world. Will you turn your knowledge into action?



See You Soon!

by Leigh Patterson - Executive Coordinator - Keep Athens-Limestone Beautiful



As some of you know, I have accepted a job with another company, and my time as KALB Executive Director is now over. Words cannot adequately express how much I have enjoyed my time with KALB over the last nine years. The relationships and friendships that have been formed over the years will hopefully last for years to come. This organization means the world to me, and I will miss being involved in the day-to-day activities. I plan to stay active as a volunteer in the future, so this is not goodbye, but see you soon!

The KALB organization is made up of volunteer boards who care

so much for our beautiful city and county, and they continually strive to make it a better place for all of us. It has been a joy to work with them and I thank them for all their hard work. KALB would not be able to continue its projects, programs and events without the many volunteers who work behind the scenes.

Litter is an ongoing issue unfortunately, and I would like to encourage those in this community to step up and take an active role in improving our city and county. Many already have and continue to do so, and for that we are truly grateful. For those who would like to be part of the solution but may not know where to begin,

here are a few suggestions.

Begin at home: It sounds simple enough, but don't litter and teach your children not to litter. Strive to be a good steward of the things that have been entrusted to us, which includes taking care of our own property and the world around us. Take responsibility and dispose of your trash properly. This will go a long way in making our community better. Also, be sure to bag your trash properly. Loose trash in garbage cans easily blows out when the trash truck is making its rounds, and this just adds to the litter problem.

Volunteer at a cleanup event: KALB hosts several cleanup events

through the year. If you've never participated in a cleanup, it is very eye opening. Until you get down into the ditches or on the sides of the roadways, you just don't realize how much litter is present. I would encourage you to include your children in these cleanup events as well, so that they may learn from an early age that litter is harmful and that caring for our environment is important!

Organize a cleanup: If you would like to host a neighborhood cleanup or if you are part of a group looking for a way to give back, consider organizing a one-time cleanup event. KALB will be happy to provide cleanup supplies to help you accomplish this, along with information on how to host your event.

will provide you with the supplies needed to clean the area. If your area is located within the city limits, you can earn a little extra cash for the non-profit club or organization of your choice! Call the KALB office for more information or visit the website KALBCares.com.

The KALB organization has been around since 1977, and it is still going strong today! I am leaving the organization in good hands, as the KALB Commission is a very strong and active board. I am pleased to announce that Tamisha Sales has been hired as the new Executive Director. She comes to KALB with over 15 years of experience in the nonprofit world. I look forward to seeing what the future holds for KALB as Tamisha takes on this role. She will do great things! I encourage you to welcome her and embrace her. As for me, I will be around, and I look forward to seeing you soon.

Consider KALB's Adopt-A-Spot program: This program allows you to take on a more active role by cleaning a specific area regularly. Groups or individuals may adopt a stretch of roadway in Athens or Limestone County, and KALB

Limestone County 4-H student volunteers at KALB's Elk River Cleanup event on 4-2-22



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



Cooking with Anna

Love Does Not Delight In Evil

by Anna Hamilton

On our continual journey of learning to love ourselves more deeply, we have focused on several different aspects of 1 Corinthians 13. This week we are going to focus on not delighting in evil. What exactly does it mean to “Delight in Evil?”

Love, in its purest form, is pure. It is true and just. I am aware, most of the time, when I have done something wrong in my life, something sinful. There have been many times that I was ashamed of things in my life. As you know from my previous articles, I have always felt the need to “keep up” a certain appearance to others around me. Anytime something was going wrong in my life, I would totally sweep it under the rug. No one could know that I was struggling. I would cry in the shower so no one would be the wiser.

I would do anything in my power to cover up any sin in my life. By covering up all my problems, I would begin to justify the wrongdoing to myself in order to cope with the guilt. True love does not try to find ways to get away with bad behavior. My biggest problem was that I felt I could do it all on my own, which is the furthest thing from the truth. I would retreat inside myself and my feelings. I would turn to food in order to soothe my soul.

You may not think trying to cover up sin or seeking justification for wrongdoing is delighting in evil, but it is definitely not seeking the truth. True Godly love treasures the truth. True Godly love has nothing to hide. So, any time you are harboring a sin in your life, you are seeking comfort, delight, in that evil.

continued on page 23

Supreme Pizza Cauliflower Casserole

Ingredients:

*Large head cauliflower, trimmed into florets
½ cup plus 2 Tbsp parmesan cheese, divided
1 Tbsp plus 1 tsp Italian seasoning, divided
3 cloves garlic, minced
3 Tbsp olive oil
Salt and Pepper to taste
½ cup pizza sauce, divided
¾ cup mozzarella cheese, shredded, divided
2 oz Canadian bacon
2 oz pepperoni
1 small green bell pepper, diced
1 small red bell pepper, diced
1 small onion, diced
Optional toppings: Black or green olives, jalapeno peppers, bacon, sausage, or any of your favorites.*

Directions:

*Preheat oven to 400 degrees.
In a large mixing bowl, combine cauliflower florets, ½ cup parmesan cheese, 1 Tbsp Italian seasoning, garlic, oil, salt and pepper. Toss until ingredients are well combined and cauliflower is coated.*



Bake cauliflower on a baking sheet for 30 minutes. Remove cauliflower from oven and transfer back to mixing bowl. To the bowl add ¼ cup pizza sauce and ¼ cup mozzarella cheese. Toss until ingredients are well combined and cauliflower is coated.

Transfer cauliflower mixture to a casserole dish. Layer on remaining pizza sauce and mozzarella cheese. Top with Canadian bacon, pepperoni, bell pepper, onion, and the rest of your favorite toppings. Sprinkle remaining parmesan cheese and Italian seasoning over top.

Reduce oven temperature to 350 degrees and bake for 30 minutes. Enjoy!

10 Tips For Getting Outside To Ease Your Mind

courtesy BrandPoint content

(BPT) - Physical activity and time outside are two wonderful gifts for your body and mind; they're proven to reduce stress and anxiety, and offer a greater sense of well-being. L.L.Bean recently partnered with Mental Health America to share 10 ways getting outside can boost your energy, mood and state of mind.

Set aside just 10 minutes.

Just 10 minutes of moderate or vigorous activity outdoors twice a day can significantly benefit your mind and body.

Set yourself up for success.

Plan for moments in the day when you typically have the most energy. If you enjoy morning walks, for example, set out everything you need the night before so you don't have to think about it in the morning.

Treat it as a treat.

Outdoor activity isn't a chore or an obligation; it's a well-deserved break in your day. You're treating yourself to fresh air, more focus, a healthier body and a better mood.

Give yourself a goal.

Maybe your goal is to try

a new yoga flow, walk a new trail or try a new style of workout. That's plenty to focus on for now. Just making this time for yourself counts as a win.

The outdoors is your playground.

Step outside and take in all the possibilities. Practice meditation or strength exercises right on your front step or in your backyard, or take a walk or jog around your neighborhood or local park.

Do what feels good.

"Moderate or vigorous activity" can mean a lot

of things - it doesn't have to mean running a marathon or lifting heavy weights. Safely choose an activity you love and embrace the feeling.

Stay mindful.

One of the great benefits of time outside is that it arouses a feeling of awe - a sensation of being in the presence of something bigger and more powerful than us. Savor that feeling and be present for the taste of air on your lips, the warmth of the sun on your skin and the feeling of the ground beneath your feet.

Notice the benefits.

As you cool down from your activity and get ready to head back inside, notice how you feel. Is your head clearer, your focus sharper? What about your mood - are you less stressed? Fully absorb the benefits of movement and think about what you need to do to make it most effective.

Change it up if you need to.

Do you find you are too tired at the end of the day to head outdoors? Next time, try it first thing in the morning. Are you having trouble staying focused or motivated? Team up with a friend so you can keep each other on track (and keep each other company).

Have patience with yourself.

According to Mental Health America, it takes an average of 66 days for a behavior to become automatic - so if it doesn't feel natural or routine for you right away, you're not alone. Every time you go outside, you're doing something good for yourself, and taking care of your physical and mental health.

This piece is brought to you through a partnership between L.L.Bean and Mental Health America aimed at helping more people to uncover the wellness benefits of time spent outside. To learn more about these efforts, visit [Explore L.L.Bean](#).



Tennessee Valley Spotlight



Mondays at 10am
1080 AM WKAC

On June 21, Elect Britley Leonard Brown As Limestone County District Judge, Place Two

by Ali Elizabeth Turner

continued from page 1

Britley is an Athens native, attended Cowart Elementary, Athens Middle School, and graduated from Athens High School. Prior to getting a degree in law, she completed an undergrad degree in business and commerce at Alabama, and during college was active with student activities such as tutor-

ing. She was a member of the Honors College. After graduation, for two years she worked at Compass Bank, and then returned to the University of Alabama.

Britley passed the bar exam the first time, and was accepted into both the Alabama Bar as well as the Limestone County Bar Associations. She became an attorney for the U.S. District Court for the North-

ern District of Alabama in 2016. She has worked as an associate at Hand Arendall Harrison Sale LLC since 2016. The other members of the firm, including Athens City Attorney Shane Black, and his law partner, Anne Burrows are solidly behind her decision to run, and at the same time don't relish the idea of losing her to the Limestone County bench.

Britley has served as a guardian ad litem, (GAL) which in the State of Alabama can only be done by a lawyer. GALs advocate for a child in cases such as dependency or termination of parental rights, and sometimes those which involve an incapacitated adult. The only duty of a guardian ad litem is to the child and the child alone, and Britley has always had

a heart to protect and defend kids.

Britley is a member of Rotary International and has been involved at Athens High with getting the youth version of Rotary (known as the Interact Club) up and running. Because friends and family took the time to invest in her while serving the community themselves, Britley has done the

DISTRICT JUDGE PLACE 2

- Serves as an Associate Attorney at Hand Arendall Harrison Sale, LLC since 2016
- Represents hundreds of clients in litigation before Circuit and District Courts; Juvenile Court of Limestone County, Probate Court, and the Bankruptcy Court AL Northern District
- Graduate Athens High School
- Married to Jeremy Brown
- Graduate University of Alabama School of Law 2015
- Rotarian in the Athens Rotary Club
- Member in Good Standing Alabama Bar and Limestone County Bar Associations
- Britley and Jeremy attend Journey Church in Madison

BRITLEY LEONARD BROWN

VOTE JUNE 21st

PAID FOR BY FRIENDS FOR BRITLEY BROWN • P.O. BOX 801 • ATHENS, AL 35612

same. She is also a part of the Athens Limestone Foundation on Aging, is on the board of United Way of Athens, is a member of the Limestone Area Community Foundation and is a strong supporter of veterans.

It is important to Britley that voters understand the kinds of things that take place in the Limestone County District Court. First of all, cases are heard by the judge only, and not a jury. Known as bench trials, there are slightly different terms used, such as judges issue findings rather than verdicts. If elected, the types of cases that Britley would hear would be misdemeanors, child support, juvenile delinquency, truancy, along with district civil cases and preliminary felony hearings.

In a bench trial, because there is no jury to hash out the merits of the case, everything falls

on the judge's shoulders. Any judge in this position must be an unusually good listener as well as have a thorough understanding of the law; Britley has both.

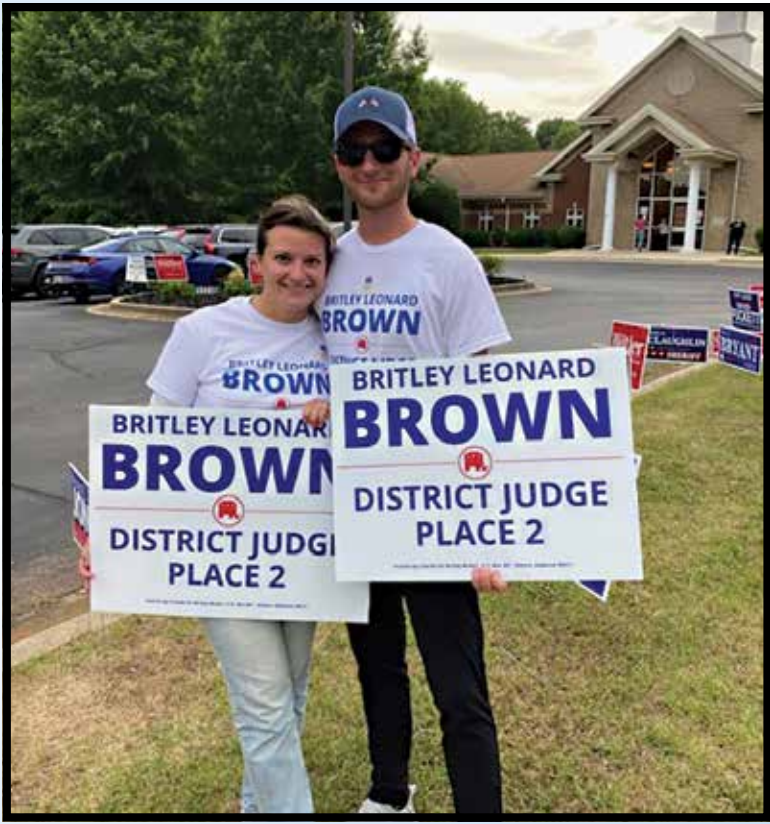
In the six years that Britley has been a member in good standing of the Alabama Bar Association as well as the Limestone County Bar Association, she has practiced law in several Alabama counties, including Limestone, Morgan, Madison, Lauderdale, Jefferson, Shelby, Mobile and Montgomery. She has dealt with the following types of cases: corporate, probate, real estate, juvenile (including dependency), civil, bankruptcy, estate planning, conservatorship, personal injury, eviction and formation of corporations.

Britley has represented hundreds of clients in circuit and district courts; Juvenile Court of Limestone County, Alabama; probate court; and the Bankruptcy Court of the Northern Dis-

trict of Alabama

In terms of her personal mission, Britley wants to educate voters and help them to know and understand the Constitution as written. Her values are conservative, and she believes strongly in the rule of law. She has no problem being tough, and said, "I will hand down punishments on a case-by-case basis. I have no problem putting people in jail when that is the necessary thing to do."

That being said, Britley will also work to see the current backlog of cases streamlined, and for non-violent first-time offenders, wants to explore options that will help get offenders back on track. She will be tough on child support offenders and will seek additional work release opportunities to ensure the child has proper care and maintenance throughout the possible jail sentence. Britley wants to



make sure that interviewing techniques are consistent with guidelines set forth by the State of Alabama. This is especially important when it comes to working with youth. "I want to focus on working the Child Advocacy Center with respect to juvenile of-

fenders," she said. Britley Leonard Brown is asking for your vote in the run-off election on June 21st, and pledges to be a fair and impartial judge who will serve the citizens of Limestone County honorably.

BRITLEY LEONARD BROWN



DISTRICT JUDGE PLACE 2

Paid for by Friends For Britley Brown - P.O. Box 801 - Athens, Alabama 35612

Jesus Wept!

by Eric Betts

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



Too often, when this country learns about another horrific massacre as has recently occurred in Uvalde Texas, after a week or so, the media reports simply move to the next story. One of the worst school shootings to date occurred in Uvalde. The barbaric act was committed by an 18 year old who had recently made violent threats on social media and purchased a powerful weapon on his birthday in order to carry it out. Among the murdered were 19 children and 2 adult teachers. Another 17 persons were wounded in the attack. Sadly, the incident occurred on May 24, a day before the end of the school year.

Among the deceased, was 10-year-old Jackie Cazares. Her father wrote an extremely moving note to his deceased daughter in the wake of this tragedy. Jacinto Cazares tearfully typed the following in an online post:

Tragedy has hit our hometown of Uvalde. As a community we've been affected one way or another. But there is a select few, that won't be kissing or hugging our babies tonight. My baby girl has been taken away from my family and I. We're devastated in ways, I hope no one ever goes thru. Taken out of arms and lives, in this freaking cowardly way, so young, so innocent, full of life and love. It hurts us to our souls. We thank everyone from the bottom of our



hearts, for your love, support and prayers. My baby girl will always be with us and those she has touched. May your passing not be in vain, something will be done, I promised you. Be in piece with the rest of the angels, sweetheart. Daddy, Mom, Sister, Brother and the whole family are going to miss you forever. Baby girl we all love you with all our hearts. Rest in peace, my Babygirl.

Part of being human and member of the human family, is the ability to see ourselves in others that we may not personally know. It is true that news media has historically maximized its viewership by understanding our triggers, but that reality should never cause us to forget that there is a lot to grieve about in our world. We should not harden our emotions or become cold or callous in order to avoid being a victim of media manipulation. We should

as humans feel as much pain and grief as possible when we see a community hurting. Remember, even "Jesus wept." It is reported that the Uvalde community is so small, that everyone knows someone who has been impacted. Upon witnessing the grief of the families and the tears streaming down the faces of members of that community as they laid flowers and wreaths at the makeshift shrines, it becomes heartbreaking. I see their tears and I see a picture in a sense of Jesus' weeping.

In the aftermath of these incidents, the problem is not media manipulation, but rather the media moving on to the next story in a matter of days. Perhaps it is the underreporting that is posing a problem, especially in the case of the deaths of 10-year-old innocents. Perhaps the problem is that we move on too quickly, and we fail to hear the stories and feel the heartbreak of our fellow human beings.

Is it possible that, as a society, we rely so much upon data and statistics surrounding deaths that we do not focus on the stories of mothers and fathers? So often, the attention turns to the question of "Why did this happen?" or "Why does this keep happening?" and consequently, the stories become impersonal. Too often the attention goes to the question of "Who failed?" These are legitimate questions, and solutions should be vigorously sought after. But while searching for solutions, may it not be that amidst the finger pointing, we forget the personal human stories and our love for humanity. Whatever the disagreements, we can together relate to the personal stories and grieve with the families, and perhaps dwelling upon them will help us see more clearly our way out of this epidemic of school shootings.

I am reminded of the words of an ancient He-

brew prophet who after seeing so much death and suffering, resisted all attempts to simply move on from a long period of grief, tears, and despair. He pleaded and wished for more tears and a longer period of grief. The words capture what should be the spirit of those who may not have been personally affected but are affected as fellow humans. The words are as follows: *Oh, that my head were waters, and mine eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people!* Jeremiah 9:1

The same ancient prophet referred to a group of mothers, of whom the mothers of Uvalde might be able to relate. They too refused to move on, because they could not move on. *A voice is heard in Ramah, Lamentation and bitter weeping. Rachel is weeping for her children; She refuses to be comforted for her children, Because they are no more.* Jeremiah 31:5

Indeed, there is much work to be done to solve the problems of insane massacres in our society, but part of that work is learning what it means to be human, seeing ourselves in one another, and refusing to move on to the next political issue or exciting story. It is true that thoughts and prayers are not sufficient considering the changes that are needed, but corporate tears and community grief is a part of the change that is needed.

Discovered Letters from Vietnam

by Jerry Barksdale



It was Wednesday, January 11, 1967.

Specialist 4 Paul A. Lauziere, age 20, a cryptographer/messenger with 121st Signal Company, 1st Infantry Division, hunkered inside his tent at base camp in Dian, South Vietnam, and wrote a letter to a total stranger 9,000 miles away in Athens, Alabama. He was lonely and needed a pen pal.

Earlier, after receiving a "Dear John letter," he had gone to Red Cross in Siagon where there was a pen-pal box. He pulled out a name. It was Miss Sally Johnson, a 16-year-old sophomore at Athens High School.

"I would like very much to be pen pals with you," he wrote. "Believe me I need the mail. You never get enough in this place. I have 17,280 hours left in Vietnam which makes it 104 days before I leave the country and go back to the world, as they say."

Lauziere, a native of Lewiston, Maine, had been in Vietnam 9 months living dangerously and counting the days. When atmospheric conditions prevented him from sending coded messages, he had to personally deliver them. His worst days were during the first time. He landed at an LZ, delivered the message, and asked the Commander about a return ride. "That's your problem, son. I've got 200 other men to worry about." Paul set out on a one week walking and hitch-hiking journey through dangerous country, armed with an M-14 and three clips of ammo.

He longed for home, the sweetest word in the English language ... "Well Sally, when I get a letter from a girl," he wrote, "it makes me happy. Make me happy, okay?" He requested her photo, asked her age and what she liked to do.

Sally, the daughter of Philip and June Bowers Johnson was a busy young lady. Her life was filled with sorority activities, band practice, singing, running track, sports, and her favorite love - marching with the Golden Eagles Band as a Majorette.

Patriotism and love of country also tugged at her heart strings. "I tear up when I hear the National Anthem," she recently told me. Someone wrote long ago about soldiers, "You can lock him out of your house but not out of your heart. You can take him off your mailing list but not off your mind."

Just ten days earlier, Athens became the first high school in the nation to sponsor a blood drive for troops in Vietnam. They collected 557 pints. Sally answered Paul's letter, told him about her singing, and in particular the blood drive. She also included her photo.

Two weeks later Paul replied. "I must say that you are a very attractive blonde and I know you must have a wonderful personality or you wouldn't be writing me," he said. "They call me Frenchy because I speak French. Please send more pictures. Oh, I am glad your school is trying to raise blood for us over here but I tell you a little secret, they would rather have beer and liquor than blood." And "good food," he added.

Sally replied in early February, telling him that miniskirts were in style. Paul immediately wrote back. "One day after college, I'll get married. At least I hope so. So the fad around the states are [sic] miniskirts. Boy, I can't wait to get back there and see for myself." He said he was going to Japan on February 26 for R & R. "I can't wait to get there and take my first hot shower and hot shave in 11 months and also not to be worried about being shot at all the time. Please write back as soon as you can. Love, Paul." Again, Sally replied and Paul answered. "I'm leaving for Japan in three

days," he wrote. "I'd love to have a letter from you when I get back on the 26th of February. I can't hardly wait to be there. There is only one thing wrong about the whole thing. I have to come back to this place. I will have about 52 days left in Vietnam when I do get back. That's not too bad I guess." He concluded, "You make me feel special. Keep on writing. Love, Paul."

Paul returned from Japan and was happy to find Sally's letter waiting for him. On March 5 at 2 a.m. he replied telling her about the beauty of Japan and friendly people. "Next month I will be home by the end of the month. I hope that you will still write me because I like to keep you as a pen pal." He told her he might drive to Alabama and see her once he is stationed at Ft. Bragg, North Carolina.

The letters were written 50 years ago, the last one on April 15, when Paul was leaving Vietnam. "I will be waiting for your letter," he wrote. "It felt good this morning when I turned in my flak vest, ammo and M-16. And it will feel good getting on that plane home. I hate to leave my buddies... but I can't wait to see my family and drive my own car. I think I could really get to like you." Then he added, "I already like you."

Sally had no further contact with Paul. She didn't know if he was dead or alive. Her life went on. She graduated from Athens High in 1969, was a Majorette at Florence State and received her Master's degree at Memphis State. Following marriage and divorce, she returned to Athens, became active in the community and retired as Limestone County Victim Service Officer in 2013. She hadn't thought of Paul in years. Then one day while cleaning her closet she found her Athens High scrapbook along with nine letters in a box. "They were all in the closet together," she

said. Old memories, clouded by 50 years, rushed in. Was Paul alive? she wondered. Finally, she sent a message to Paul Lauziere in Maine. "Are you the Paul that had a pen pal from Athens, Alabama, in 1967? If so, I'm that person." He replied. "I only had one." Sally called him. A soft-spoken man, he said when he got home he was a "real mess" and couldn't find a job.

After swapping missed calls, I finally got Paul on my black, flip top cell phone. He had enlisted in the Army at age 18, went through basic training at Ft. Dix, New Jersey; Advanced Infantry Training at Ft. Gordon; then to Vietnam. After leaving Vietnam, he was ordered to Special Forces at Fort Bragg, North Carolina. He was transferred to 3rd Army at 333 Signal Company and assigned to the communication center for the 18th Airborne Division as a cryptographer.

Following the Army, Paul went to work at the Goddard Space Flight Center in Maryland for approximately 8 months as a cryptographer. He never ventured down to Alabama to meet his pen pal. "I came back to Maine and was a hermit for three years. Did nothing," he told me. "I got up in the morning and went to the woods. Just walked around. It felt comfortable." While working on his B.S. at Thomas College, he met Helene - "the love of my life." They married 42 years ago and have a daughter, Anne Sauceir (36) and John Lauziere (39).

Paul retired from the post office after 35 years. "I have PTSD and still under treatment," he said. He is also taking treatment for cancer.

Sally, married to David Marks for 29 years, chuckles when she thinks about some of the things she wrote as a sophomore. She doesn't remember who put her name and address in the Red Cross pen-pal box. Too many years have passed. Sally is a member of the Ala-

bama Veterans Museum and continues to show her patriotism and community spirit. She is a former board member of the Chamber of Commerce and Athens-Limestone Tourism Association and Spirit of Athens volunteer. She was an actress in Poke Sallet for years and can always be counted on where veterans are concerned.

Back in the "Sixties" when some young people were burning our flag, others were fighting under its banner in Vietnam. And, on the homefront, there were Sally Johnsons offering them hope and encouragement. Sally purchased a memorial brick for Paul and is gifting his letters to the Alabama Veterans Museum.

Sally and David decided to take a fall trip to Maine, see the foliage, and visit Paul. She talked to Paul. "He didn't say come up. I think he may have been a little skeptical," she said. They flew to Boston, rented a car and drove to Lewiston, Maine, and stayed at the Hilton Garden Inn where they agreed to meet. Sally was nervous. How would his wife, Helene react? What would they talk about? "Out stepped Paul, we hugged. Helene got out of the car and we hugged." So far so good. Paul invited them to lunch; David and Sally followed behind in their car. At lunch, Paul, who is a man of few words said, "I didn't have any idea what you looked like." Later, he took them to their War Memorial where his name is chiseled on the monument, his Shriner's Temple, and gave her a Vietnam Challenge Coin. Paul also took them to dinner. As Sally and David were preparing to depart the next morning, Paul walked over to Sally's side of the car and said, "You don't know what you've done for me." Everyone got out of their car and hugged goodbye. "I'm coming to Alabama," Paul said. "Come ahead," Sally replied.

What It Is Like Having A Service Dog

by Joel Allen



Hello, folks! This month I wanted to share with everyone who is curious what it is like to have a service dog and some of the things we have to deal with daily when out in public.

My journey started with Zues. The picture seen in all my articles is Zues and me. He was a Great Dane and always alerted to my blood sugars going up or down. There was a day I was driving and he signaled to me by placing his paw on my arm. I thought it was him wanting my attention, and I shrugged it off until he became more persistent and I began to get the cold sweats and shakes. Along with that look he was giving me, I noticed my vision had become “tunnel vision.” I immediately pulled the car over and checked my blood sugar. Sure enough my meter read “LOW” which meant I was in danger of passing out or having a seizure. Lucky for myself I had some peanut butter crackers and ate them along with a soda. After waiting a bit and feeling better, I carried on with my trip. I know if it were not for Zues warning me, the situation could have ended badly.

There are many people out there who use service dogs, but to look at them, one would never know they needed one. There are many reasons for the use of a service dog. Let me give everyone some idea; there are service dogs for the blind, deaf, seizure alert, diabetes, physical assistance,

and Post Traumatic Stress Disorder (PTSD), to name a few.

So, what is it like to have a service dog? Let me say that it can be stressful at times because we, who legitimately use them, do not like to be seen as different. It cannot be helped that having a service dog draws attention to us, though we might wish it were otherwise. So much for stealth, eh? I know it is a hard thing to understand, but we train our dogs not to respond to others as much as possible. Partly, because they have a job to do, and because we know that not everyone likes dogs. Some people are scared of dogs and many of us who have service dogs try and accommodate those people who are. We have to deal with different people on a daily basis out in public. Sometimes it is nerve racking when parents do not control their children and let them run loose to the point they run straight for the service dog(s) because they are too young to know any better; and they love dogs. It is no worries for me because my service dog(s) know not to react. I teach them that children will not harm them. Houston will try and avoid children most of the time, though, by hiding behind me.

Then there are those who mutter things just barely audible for those of us to hear like, “I don’t see anything wrong with him/her. What do they need a service dog for?” Folks, when we hear some-



one say this, most of the time we ignore them unless they make it a spectacle, then there are other ways to handle it. Then there are the “AH-AHs!” which are people who are trying to catch me lying about having a service dog and why. There are times, LOL, where I want to “AH-AH” them back.

Having a service dog means having him/her with me twenty-four hours a day, seven days a week. When I wake up, they are there. When I go to bed, they are there. We are a team, and our mission is to prevent me from becoming a casualty to my disease.

Yes, we deal with a variety of different people, and we do it well. From the people who don’t ask to pet our service dogs and do it anyway, to the stress of hearing people say things they should not, and then there are the people who are ig-

norant of the Americans with Disabilities Act altogether. I have to shake my head sometimes and wonder. I know it sounds like a lot of stress, but having a service dog is rewarding also.

Mine have awakened me when I have been asleep and my blood sugars were on their way to becoming dangerously low. I heard it said recently, that with all the technology out there, why use a service dog? Some reasons could be the fact that service dogs do not need batteries, they have the ability to alert their person way before a meter or machine can, and they carry our medicines, which can be many.

For those who have PTSD, their companionship is invaluable and keeps their human in touch with reality. The blind benefit by their service dog guiding them away or around obstacles and danger. The

deaf are watched over by these angels when they cannot hear traffic coming or going. There are just so many benefits that still beat technology.

So, to those who still cannot fathom seeing a service dog and have nothing nice to say, just “Move out and draw fire!” as we say in the Army, and realize something else, the Americans with Disabilities Act protects those of us with service dogs. It is the law written by Congress and our Legislatures (State and Federal). Until next month folks!

“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**

Confidence Habits: Part One

by Lisa Philippart,
Licensed Professional Counselor



“Experience tells you what to do; confidence allow you to do it.”

- Stan Smith

Confidence is about what you remove from your life, not what you add. Most of the time people don't lack confidence in the fundamental sense. Instead, their natural, good-enough level of confidence is being blocked or interfered with by inner obstacles, like chronic worry and anxiety, negative self-talk, or compulsive avoidance. For example, do you start worrying like crazy before speaking in public, which then makes you feel like you lack self-confidence? Or do you just lack self-confidence? Worry is a habit you can do something about, and increased confidence will be a side effect of managing your worry better. This month, I'll walk you through some of the most common habits that interfere with your self-confidence. If you can learn to identify and eliminate these habits, you will start to feel more confident.

Let's begin with anxiety. Most people who struggle with confidence also experience a lot of anxiety...concern about what others think of them, not performing well, etc. The natural response most people have to anxiety is to try and cope with it. We are instructed to reach into our toolboxes of cop-

ing skills and quickly do something to try and “deal” with the anxiety, such as deep breathing, distraction techniques, or mindfulness meditation. But here's the problem: When you immediately try to get rid of your anxiety by applying coping techniques, you teach your brain to view anxiety as “dangerous.” This means when you start to feel anxious or inadequate, you're going to feel ashamed or anxious about feeling anxious! Stop just coping with your anxiety and learn to accept it. Anxiety may feel bad, but it's not dangerous. Start validating difficult emotions instead of avoiding them and see if your emotional esteem/confidence will rise.

Nobody likes feeling inadequate or incompetent. These feelings lead to an understandable mixture of anxiety, shame, disappointment, and even hopelessness. When you feel bad, it's natural to look to someone, or someone, to help you feel better. And when you turn to others, most people in your life want to be nice, telling you things that make you feel better. Of course, in that moment it's reassuring and relieving to hear these things and be comforted by other people. But, if you always outsource your emotional struggles to others, you deprive yourself of the opportunity to gain confidence. A big part of emotional maturity (and the confidence that results



from it) comes from taking responsibility for your own feelings. I agree that your feelings of insecurity or inadequacy are difficult. But they are your feelings. And managing them is your responsibility. When you accept this responsibility, confidence will emerge.

It's hard to feel confident when you are constantly telling yourself that the world is about to end. Now that may sound dramatic, but many of us have gotten into the habit of catastrophizing. Catastrophizing is the immediate obsessing over the worst-case scenarios every time something negative happens. This is the inner world that you've created for yourself. Even if you know intellectually that the worst case isn't likely to happen, if you

constantly tell yourself it is, then that's how you feel. After a few short minutes of “what-iffing,” you find yourself feeling incredibly anxious, insecure, hopeless, and not very confident! Catastrophizing is like turbocharged worry. If you struggle to feel confident and have this catastrophizing habit, it's critical that you learn to identify what you are doing and start to break it. As difficult as it may seem in the moment, it is possible to

control your attention and not let your mind spiral. Learning to replace mental distortions with cognitive clarities is the place to start.

Lisa Philippart is a Licensed Professional Counselor, who divides her time between her own private practice in Huntsville and providing personal counseling services at Athens State University.

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





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, simply 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
www.newtritionalhc.com

Roy Williams
Gwen Williams

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

Abbie Cooper



Cooking with Anna (continued from page 13)

Love Does Not Delight In Evil

by Anna Hamilton

continued from page 13

Also, anytime you have pleasure in seeing someone else struggle with their sin, you are delighting in evil. You are gaining joy from someone else's suffering. We all have smiled when we see the bully get what was coming to him but is that true Godly love. True love rejoices in the happiness of others not in their troubles.

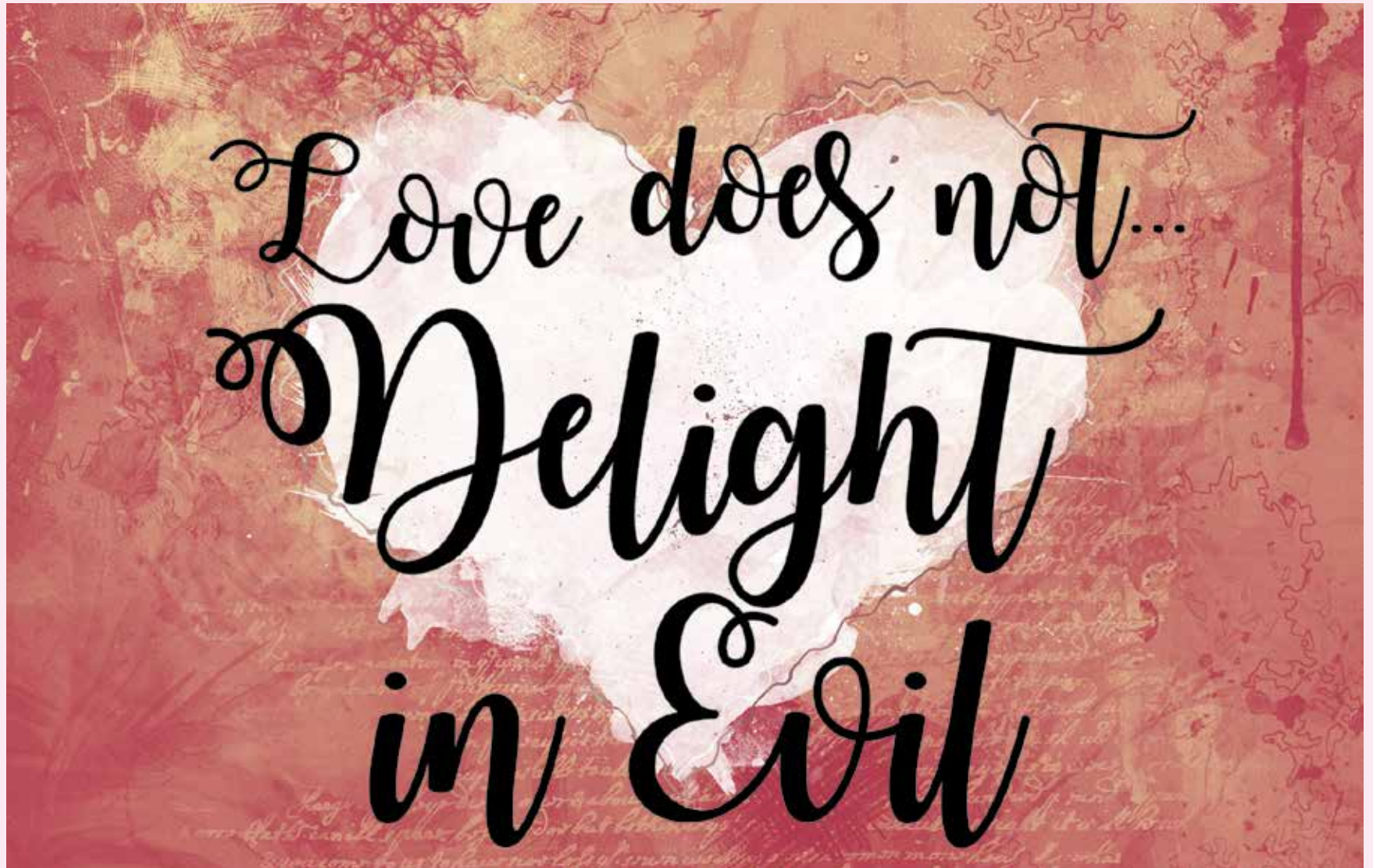
The next time you are doing your best to keep up a certain appearance and trying to keep others from knowing the sins in your life, remember you are delighting in that evil. Don't start justifying your sins by delighting in the evils in your life. Take joy in truth. Remember that true love has nothing to hide.

"Fall in love with taking care of yourself. Fall

in love with the path of deep healing. Fall in love with becoming the best version of yourself but with patience, with compassion, and respect to your own journey." S. McNutt

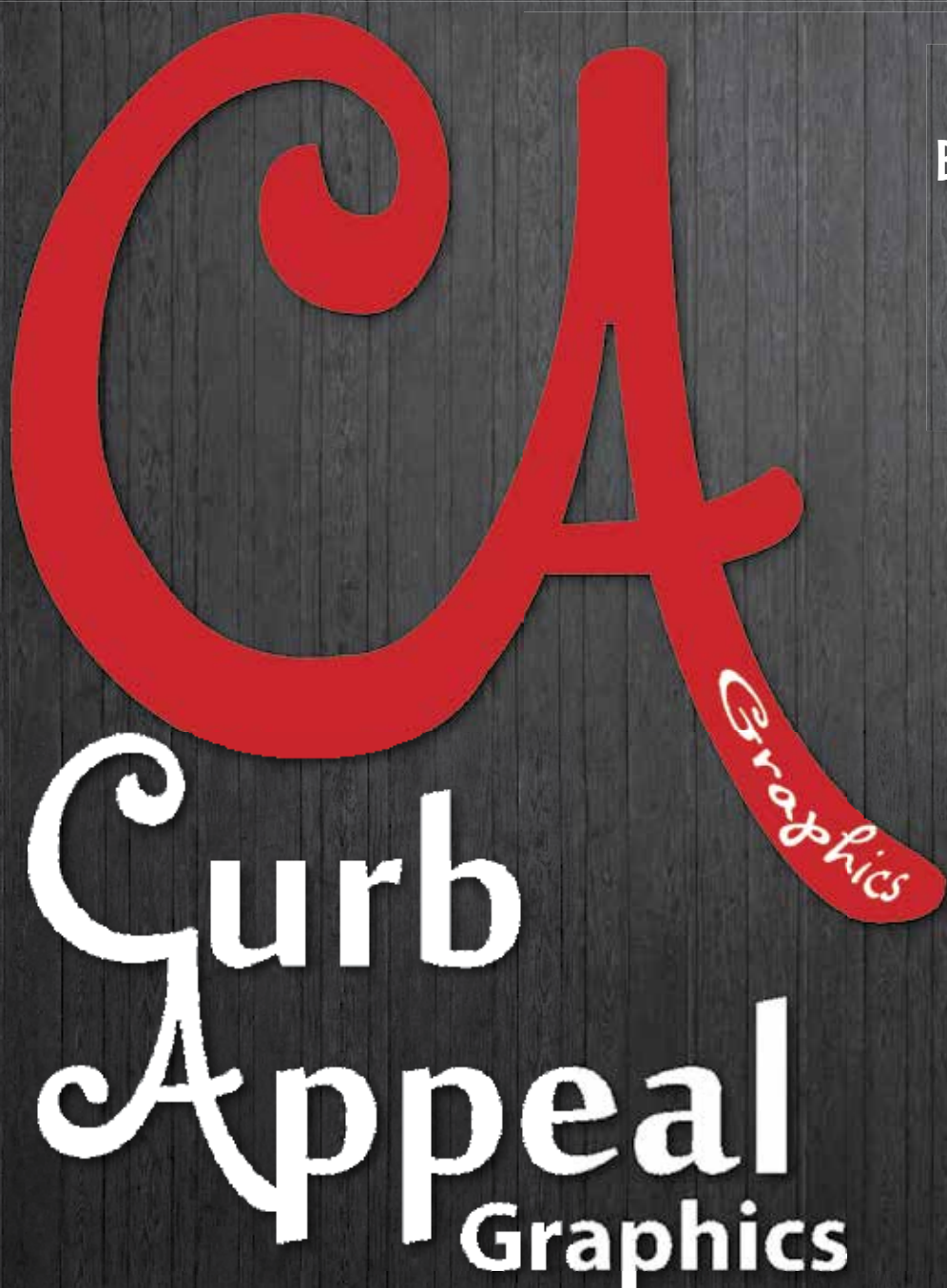
"You know where I go and where I lie down. You know everything I do. Lord, even before I say a word, you already know it. You are all around me - in front and in back - and have put your hand on me. Your knowledge is amazing to me; it is more than I can understand. Where can I go to get away from your Spirit? Where can I run from you?" Psalm 139:3-7

This week's recipe is pizza! Everyone loves pizza, but it doesn't always fit in with a healthy lifestyle. This delicious pizza is sure to please everyone in your family and you will have zero guilt indulging in this cheesy yumminess.



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

Licensed in
TENNESSEE & ALABAMA



**TROY
ELMORE**

REALTY AND AUCTION

*Carol
Green*

256-771-8724



256-232-9604

www.TroyElmoreRealtyandAuction.com



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

trelmore@aol.com

Call **TODAY** for a **FREE CONSULTATION!**





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

SUDOKU

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

“When things
go wrong, don’t
go with them.”

~ Elvis Presley

**TROY
ELMORE**
REALTY AND AUCTION

ANSWER KEY:

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



BUYING OR SELLING?

Vance Dutton

Realtor®

256-614-5308

**TROY
ELMORE**

REALTY AND AUCTION

121 Cloverleaf Drive Athens, AL 35611 

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

TROY ELMORE

ALSL# 5137

256-777-3710

FOR SALE

17234 Shaw Rd Athens, AL 35611



\$689,900



**TROY
ELMORE**
REALTY AND AUCTION

NEW HOME

4 Bedrooms / 3 Baths Home With Acreage!

This new custom 4 bedroom, 3 bath home situated on 3 acres has so much to offer. The spacious open floor plan features gas log fireplace with cedar beam mantle and shiplap accent, granite countertops and stainless steel appliances, wood flooring throughout main level, tile in wet areas, Primary Suite with private luxury bathroom and walk-in closet, second floor bonus room + 4th bedroom, 2 car attached garage, tremendous covered porch with large patio boasting country views. Attention to detail at every turn. Don't let this one get away! Call to view!

Agent has ownership interest.

Call **Troy Elmore**
for more info!
DON'T MISS OUT!



Troy Elmore
Broker®

CONTACT INFORMATION

Mobile: 256-777-3710

Office: 256-232-9604

Email: trelmore@aol.com

ALLIC#71065



BUYING^{OR} SELLING?



**TROY
ELMORE**

REALTY AND AUCTION

**Logan
Elmore**

256-777-4993



Office:

256-232-9604

LoganElmoreRealEstate@gmail.com

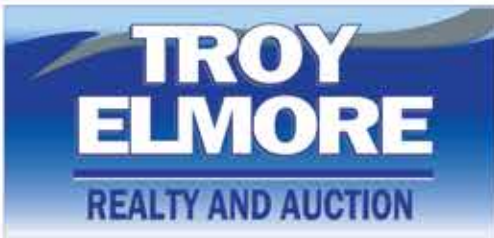
AUCTION

Saturday, June 11th at 10:00am



256-777-3710

606 Coleman Ave Athens, AL 35611



Charming 4 bedroom, 2 bath home on corner lot with bonus room, 16x16 outbuilding in Athens City Limits! Don't Miss Out!

www.TroyElmoreRealtyandAuction.com



CORNER LOT 145 x 115 +/-



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

