

June 17 - June 30, 2022

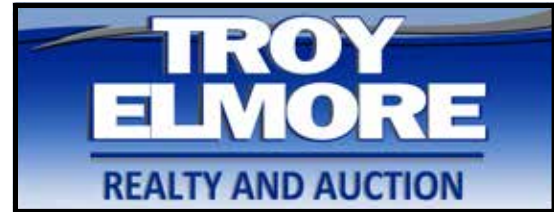
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## Special Feature



**Athens UPS Store #7250 Celebrates Their 2nd Anniversary...**  
Two years ago, Jason and Bridgette Santo took a bold step and opened what is affectionately known as UPS #7250, the UPS "Everything" Store that is located on...  
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## Friendship At Cambridge: Upward Football & Cheer Coming Soon!

By Ali Elizabeth Turner

It has now been two years since Friendship At Cambridge had their first service at the location of one of the most powerful revivals of the 19th century's Second Great Awakening. The congregation has embraced ways to serve the community that have included building a prayer garden and walk which I have personally experienced as re-

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## From The Vets' Museum

### Summertime At The Alabama Veterans Museum...

For many people, Memorial Day is the official start of summer. And for us here at the museum, it is another occasion to remember the sacrifices made by our military heroes ...  
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## Clean, Green And Beautiful



**Q&A With Tamisha Sales, The New Executive Director Of Keep Athens-Limestone Beautiful...**  
In just a few short weeks of serving this wonderful organization, I have received a few reoccurring questions that I would like to share with everyone...  
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## That's SO Art On Market Street: Art That "Speaks"

By Ali Elizabeth Turner

For over one hundred years, the Dobb's Shoe Shop at 110 Market Street in Athens cobbled the shoes of Athenians. Then, that era came to an end and the building became available for sale during COVID. Athens natives Will and Sara Ogles felt prayerful-

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**Contributing Writers**

D. A. Slinkard

Lisa Philippart

Anna Hamilton

Eric Betts

Yvonne Dempsey

Tamisha Sales

Roy Williams

Tim Lambert

Deb Kitchenmaster

Leigh Patterson

Jackie Warner

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**Publisher's Point**

**“If Abortions Aren’t Safe, You’re Not Either”**

A poster that has allegedly been seen around Washington, DC, and is consistent with several recent attacks on pro-life clinics was sent to me by my husband on Wednesday as we were putting the paper together. I wish it was a horrible, phony photo-shopped attempt to get a rise out of conservatives, but according to the things I have read, the group “sponsoring” the no doubt upcoming “Night of Rage” is none other than Jane’s Revenge; they are real, and they ain’t playin’.

“You said you’d riot,” is the taunt fomenting out of the souls of these women who, from every legal standard that is usually used for this kind of thing, qualify handsomely as domestic terrorists. I can’t help but wonder what happened to them long ago to make them this unhinged? To possibly underscore my point, why would women stage an attack on a pro-life center on Mother’s Day, for crying out loud, when “sisterhood” (as we were told back in 1970) is at least supposed to be “powerful”? My reference is to the May 8th arson and vandalism attack on the Madison, Wisconsin, headquarters of Wisconsin Family Action. There have been several in several states, and they are caught on security cameras. And here we have been told for years that it is only looney pro-lifers that bomb clinics!

So, who is Jane, and why does she, he, they want

revenge? According to an article written by Kevin J. Jones, “Jane” was originally an outfit known as the Jane Collaborative in Chicago in the late ‘60s and early ‘70s that made it possible for over 11,000 illegal abortions to be performed. Apparently, there was even a connection to the Mob and abortions in Chicago. They defied the legislature that outlawed abortion openly and with impunity.

And...they’re back! They want to facilitate the killing of pre-born children with no restriction and no consequence. They think that other pro-abortion groups that are less radical are “demure.” In their recent manifesto where they declared “open season” on pro-life organizations, they asserted that “we have demonstrated in the past month how easy and fun it is to attack. **We are versatile, we are mercurial, and we answer to no one but ourselves.**” And there, dear reader is the heart of the matter. When a group says it answers to no one else, it assures its own demise, and it will eventually implode.

I lived in Iraq for three years, and from time-to-time various jihadist factions would attack other Al-Qaeda factions because they weren’t committed enough to the cause of eliminating the presence of the infidels. But I swear, Al-Qaeda of any persuasion never used the terms “easy and fun” when it



came to terrorism!

What is not at all surprising is the “loud level of crickets” when it comes to the current administration’s response to this stuff. So far, they seem to insist on being silent about Jane’s Revenge and the numerous attacks the group calls “easy and fun.” God knows there have been horrible incidents where innocent men, women, and children have died in the last few weeks, and their demise deserves to be

grieved over and grappled with. But if “Jane” actually ends up killing anyone, can we count on the introduction of “anti-Molotov cocktail” legislation to keep us safe? I doubt it.

*Ali Elizabeth Turner*

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





# Eating Crayons Courtesy Of Stanley Kubrick

by Ali Elizabeth Turner



In a lame attempt to be relevant, this year the United States Marine Corps decided to re-lay a message during Pride Month to express its appreciation of gay Marines. Mind you, it wasn't as bad as implying that matching hamburger buns used to hold together a Whopper could convey acceptance of "the lifestyle," as did the Burger King corporation, but it ranks right up there. They used a graphic that appears to be a throwback to the poster advertising Stanley Kubrick's iconic film, Full Metal Jacket, which was produced in 1987, and which was nominated for several Academy Awards.

Please allow me to unfold why the cultural and visual nod to Kubrick's film causes things to go sideways so quickly. Anyone familiar with the film knows that it portrays Marines in the worst possible light—vicious, stupid, easily manipulated, mentally ill, and abusive, and is the ultimate stereotype of the "all soldiers are lesser life forms" myth. Kubrick never served his country, which of course is his right, and I doubt he ever made the ironic connection between the Marines protecting his right to not serve while producing films that vilify the Marines. Methinks the Marines using the Full Metal Jacket

helmet with several bullets in the band around its crown was not all that smart, and they figuratively shot themselves in the foot on the way to being woke.

There has been push-back, and one of the most interesting comments was made by former Fox News producer Kyle Becker who wrote, "The culture wars are not one the Marines were formed to fight. You represent all Americans & not just Woke socialists weaponizing sexual orientation to attack traditional nuclear family & Christian values. Tolerate, yes. Champion a side in a cultural debate? Not your mission."



Another cited only one color as being appropriate for members of the Marine Corps, and that was green. The rainbow was utterly irrelevant. Jonathan Mawby said, "All Marines are green. No colors. No preferences. No special treatment or celebration of any sub-group or category. Just Marines. Leave it at that. Keep social experiments, trendy buzz words, and politics out of it!"

The Law of Unintended Consequences kicked in full strength when it came to examining the bullets that are multi-colored and holstered in the helmet's band used for the Pride poster. They are 5.56 mm NATO rounds. Unfortunately, and I am sure unintentionally, they end up looking like color crayons. While that in and of itself is amusing, what is lesser known is that Marines are at times the object of the pejorative

term, "crayon eaters," which is supposed to be a reference to a "snack" reserved only for Marines because they are historically too stupid to know that they are not eating real food.

So, what we have here is the classic "failure to communicate." The Marines were trying to convey acceptance of alternative lifestyles, and they ended up inadvertently insulting Marines in the process by reinforcing a stereotype. The Marine Headquarters so far has not come out with any kind of statement as to what happened or why they stepped in it so badly, and my guess is that behind closed doors their Public Affairs Office has gotten a dressing down worthy of Gunnery Sgt Hartman's worst invective. Perhaps the Marines should just get back to being Marines, and leave woke-ness to the ones they agree to give their lives to protect.

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# Athens UPS Store #7250 Celebrates Their 2nd Anniversary

by Ali Elizabeth Turner

Two years ago, Jason and Bridgette Santo took a bold step and opened what is affectionately known as UPS #7250, the UPS “Everything” Store that is located on Highway 72 in Athens right across from Chick-fil-A. In many ways, it couldn’t have been a tougher time to become a fledgling franchise owner in a major corporation during an uncertain economy. COVID hit, and on two occasions their ribbon-cutting ceremony with the Chamber was cancelled. Several other things “came at ‘em,” but these guys are seasoned career military retired from the US Army, and they have seen some stuff.

Throughout the two years since they have been opened, they have been committed to this community, especially to veterans, and Jason especially wants to be a support to those who are transitioning to civilian life. In fact, #7250 is hiring full-time, and I can say from experience that his crew is a joy to work with.

Let me tell you about them:

### Caitlin Moore

Caitlin is an artist as well as a computer artist. She loves to

do what are known as “concept pieces,” which is art where the idea or concept is more important or engaging than the art itself. She designs business cards, flyers, invitations, banners, scenery, any type of graphic piece that a customer might need. She shines as far as being professional and friendly, and her favorite thing about the job is when the customer says, “That’s perfect! That’s better than what I imagined, and it is exactly what I wanted, and I didn’t even know it.” If it can be done, Caitlin can get it done.

### Holly Revlock

Holly served in the military, and particularly loves organizing. She is originally from NE Ohio, and after she got out of the Army, she moved to Decatur and started a family. Holly moved to Athens and loves it. Her interests, in addition to her son being active in football, are a life-long fascination with marine biology. Besides keeping #7250 in ship shape, she finds it especially satisfying when she can pack an item to be shipped that might be challenging in shape or especially fragile. To be able to assure



**The UPS #7250 Crew**  
from left, Brett Eason, Jason Santo, Holly Revlock and Caitlin Moore  
Not pictured: Xavier Griffin, Emoni Troup and Jayla Crutcher

her customers that their piece will arrive safely because of the care she has given to prepare the package for shipping is one of the things she loves to do.

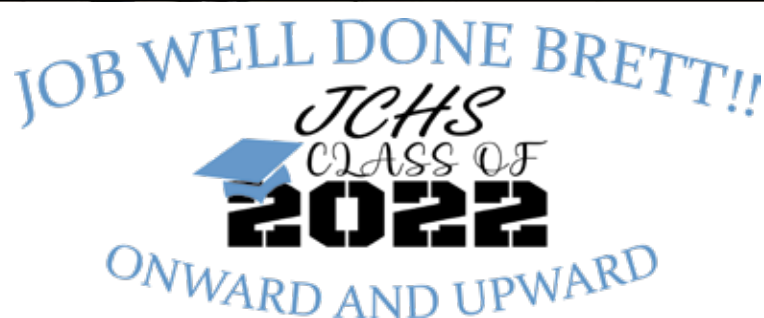
### Brett Eason

Brett is Bridgette and Jason’s son, and he just graduated from James Clemens High School in Madison, and will be attending Alabama A & M in the fall. His undergrad degree is going to be mechanical engineering, and then he is going to med school. He then plans on becoming a cardio-thoracic surgeon. “I know it sounds like a cliché, but I really enjoy helping people. That’s why I am going to become a doctor. I enjoy seeing people happy when they go out the door.”

### Xavier Griffin, Emoni Troup and Jayla Crutcher

I regret that these #7250 team members were not working the day we did this interview, but Jason wanted to make sure that they were mentioned because of the important parts they play as team members.

I think that one of the reasons why UPS #7250 has not only survived but has thrived is because Jason and Bridgette know from their years in the



Army just how important it is to build a strong team. They are both committed to helping young people gain skills and come into their own, no matter what they choose for a long-term career. The commitment they had to their soldiers while in the military, to their family, and to their employees is something that translates into a much-needed strength in our communities, and I am glad that they chose us.

In looking back over the last two years and talking about all that has happened, Jason said something that struck me, and that was, “I am glad that what I thought was going to happen, happened.” #7250 loves Athens, and it shows. Soon they are going to be sending out a piece by way of direct mail that essentially says, “Thank you for allowing us to serve you for the last two years.” His gratitude is full, rich, and deep, as is Bridgette’s.

“We want to express our gratitude to the City of Athens for all their support,” said Jason, and he refers to #7250 as being “his dream.” The Santos researched several franchises before they decided on UPS, and one of the major reasons they chose “the Everything Store” is because of the way they give back to the community, and encourage the shop owners to do the same. Stop by and let them show you why UPS #7250 has earned the reputation of being an outstanding place to work as well as being...Everything.

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# 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](mailto: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.

## **National Fresh Fruit and Vegetable Month June**

National Fresh Fruit and Vegetable Month is great time to support local farmers at Farmers Markets and roadside stands. Here's a little handy guide to help you explore Athens-Limestone's fresh vegetable and fruit.

## **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.

## **Library Hosts John Archibald June 21**

6pm. Athens Limestone County Public Library will host John Archibald. He is a columnist for the Alabama Media Group. His columns appear in the Birmingham News, The Huntsville Times, Mobile Press Register, Al.com and its social brand Reckon. He won a Pulitzer Prize for commentary in 2018. He will be discussing his latest book *Shaking the Gates of Hell*.

Copies of his book will be available for purchase.

## **Athens Lions Club Kiddie Carnival 2022 June 23 – 25**

The Carnival begins Thursday June 23 on Thursday, Friday & Saturday nights from 6:30 – 9:30. They have 10 rides that are best suited for kids ages 2-10 years. Free admission to the carnival and each ride is just a 50¢ ticket. They have bingo and delicious concessions on-site such as hamburgers, hot dogs, chicken sandwiches, chicken fries, funnel cakes, bottled water, and soft drinks. Also served are cotton candy, sno cones, and other crowd favorites. The Athens Lions Club property is located at 309 E Forrest St. in Athens, AL, it's across from the former Athens Elementary School. Free parking!

## **Fridays After Five -- Dance Party Night June 24**

Juice, a party and dance band, will perform from 7:00 p.m. until 8:30 p.m. Based out of Huntsville, they bring an energetic soulful funk sound to the music they play. Over a 10-year span, JUICE has played a variety of venues in the Southeast and shared the stage with Kool & the Gang, BoyzIIIMen, Hootie and the Blowfish, Cowboy Mouth, and many others.

## **Library Hosts Lisa Worthey Smith June 23**

1pm. Athens Limestone County Public Library will host local author Lisa Worthey Smith. A long time bible student with a passion to help people grasp the depths of God's love, Lisa weaves inspiring stories of faith, hope and love, with the common theme of seeing the hand of God at work. Copies of her book will be available for purchase.



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## Amy In The Golden Zone

by Ali Elizabeth Turner



Mayor Ronnie was out of town taking care of our town, and so he asked me to meet with Amy Golden, who wears many hats for the City of Athens as being the one who is in charge of Special Projects. We talked in May about the recently reorganized, refurbished and renewed Athens-Limestone Senior Center located at 912 Pryor St. The Center is open Monday through Thursday, 9 a.m. – 2 p.m., and the phone number is 256-221-0968.

“This is an iconic place for all our community,” Amy said, and added, “it was inappropriate for seniors to not have a place within the city limits.” Amy is glad that the City voted to slate fifty thousand dollars

to get everything up to code and the building made attractive again, and she is grateful to Jackie Jackson and Kay Burlingame for their work with and for the Foundation On Aging.

The morning we got together, Kay came in to lead the Dancercise class, which I had the chance to observe. Everyone was enjoying themselves, and as Amy happily reported, “The numbers (of people coming to the Center) are growing every day.” We talked about the Fun Fest, which had been held on June 10 and was a rousing success. “Over 300 people attended,” she told me, “and people were so glad to be able to get together again.” She also mentioned that people are eager to pro-

vide programs, and eager to attend them.

Amy told me about the day that Mayor Marks, Holly Hollman and she were talking in the mayor’s office about what to do with the Center now that it had become the exclusive purview of the City. “Mayor, I could do this,” she told them, and is enjoying herself so much that it hardly feels like work. “I can’t thank the volunteers enough,” she said. Indeed, Amy is in her “Golden Zone,” and it seems like she was just made for the job.

Here is a rundown of some of the activities on the schedule, with new things being added almost daily. Every day is a Games Day, with dominos, cards, checkers, chess, corn hole,



Amy Golden

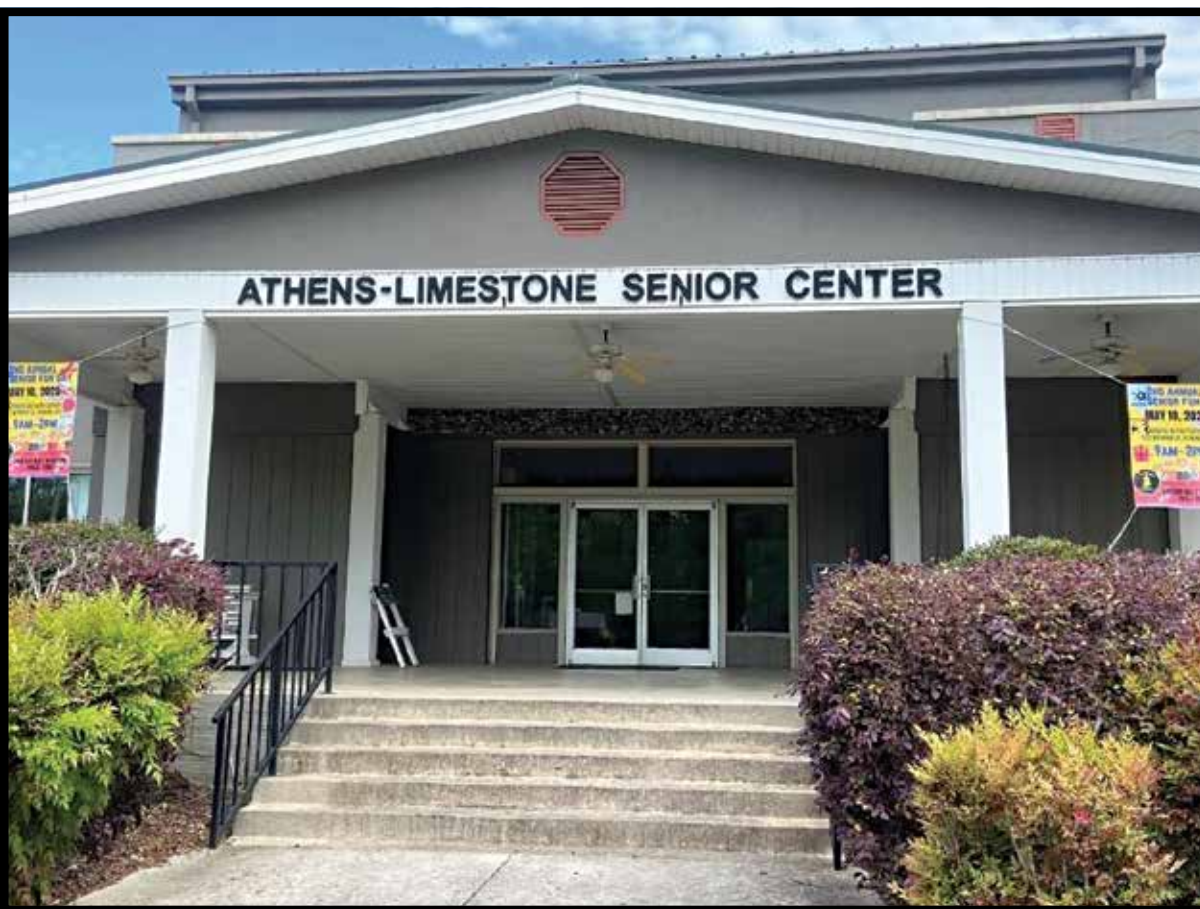
Yahtzee, billiards, and Rook leading the lineup. Bridge is played on Tuesday, and Bev Blakely is taking the lead on organizing Hand and Foot, a card game that takes 5-7 decks in order to play the game, and will be played on Monday.

One the last Tuesday of every month there is the Lunch With Friends catered meal for all senior adults who have attended the center at least four days during each month. There is live music, and reservations are required. Silver Sneakers exercise class is on Wednesday from 9-10 a.m., and each Thursday from 11 a.m. to 2 p.m., Me-

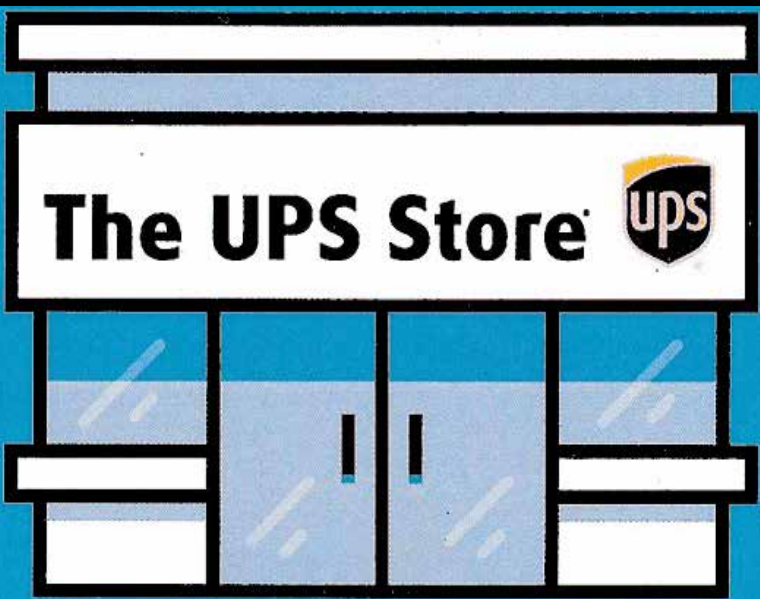
linda Jones with the Athens-Limestone Library comes and talks about some of her favorite books and brings puzzles. There is also a free lending library with no library cards or fines—you just take the book, read it and bring it back; or keep it if you wish. Also on Thursday is what Amy calls “Athens Opry,” a live music event that features country, folk, gospel, and some contemporary tunes.

But wait! ...there’s more -- crafts, big band music, rocking in the rocking chairs, and there is talk of gardening with raised beds....

Our time flew by, our joy quotient had increased significantly, and then it was time for Amy and Ali to roll.







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From The Veterans' Museum

# Summertime At The Alabama Veterans Museum

by Yvonne Dempsey



For many people, Memorial Day is the official start of summer. And for us here at the museum, it is another occasion to remember the sacrifices made by our military heroes. Our annual Memorial Day event was attended by a full audience, and we were grateful to have such a turnout. We are thankful to have the freedom to hold such events and take every opportunity to remember all of the men and women who served our country. We are also thankful to be in an area where patriotic Americans proudly show their support for our military and our museum.

Now that school is out and families are looking for places to go and things to see, it is a great time to tour our museum. We serve to help educate the public and preserve military history for future generations. Items from the early times of the Revolutionary War to present day, from the

homefront to countries around the world, all branches of service, and a plethora of stories and mementoes, we have all this on display. We also have an extensive library which is open to the public. Our gift shop has something for everyone, and we are constantly getting new items as well as restocking popular ones.

My husband and I have our youngest grandson, 9-year-old Matthew, for the summer. One of his favorite activities is visiting our museum. Matthew loves to compare and critique movies, books, games, and various tourist attractions. He last saw the museum when we were in the process of moving to our new location. I wanted to see what he thought of the place now. His initial reaction, "Impressive!" Then as we toured a bit, the word "interesting" was used. But one of his favorite words that I learned is high praise from him is "legit." Mat-

thew not only used this to describe our museum, but also one of our favorite volunteers -- Jim Watson. Jim has a way with kids and Matthew enjoys hanging out with him and learning from him.

Our museum would not be the success that it is if not for the generous donations of our many benefactors, donations of items as well as monetary donations. We have always relied on these donations to keep our museum open. We were recently blessed to receive \$1,000,000 from the State, and while that sounds like a lot, it will be going toward our 2nd phase of growth. We still have many repairs and changes to be made to our building. Our day-to-day operational budget still relies on the generosity of the public. Memberships are a great way to support our museum. Giving a membership to someone for their birthday, anniversary, or to commemorate a special occasion is



Jim Watson explaining how the woodburning stove works

a great idea, especially for someone "who has everything." Come by the museum to donate or purchase a membership.

Many museums have a salaried staff but also volunteers who work tirelessly to bring the displays to life and educate visitors. Tour guides and other volunteers are personable, knowledgeable, and efficient are the backbone of every successful museum. Our museum is no different. Currently, we have opportunities for adult volunteer tour guides, especially on Saturdays. You might be thinking, "I'd like to help out, but I really don't

know much about military stuff." Well, that is okay, you will learn. If you think that you would have a few hours to volunteer and would like to get involved in the success of our museum, please come by to meet our staff, and fill out a volunteer form. Perhaps you could become a "legit" volunteer also.

Museum hours are Monday-Saturday from 9 a.m.-3 p.m. We welcome group tours but ask that we have a few days' notice to ensure that we have enough volunteers on hand. Have a great summer, and come by for a visit.



Jim telling Matthew about the WWII deep-sea diving suit nicknamed "Charlie."




## Slinkard On Success

# “L” Is For Listen

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)*



The next letter in our series is “L” and stands for “Listen.” I never thought I would be writing an article about the importance of listening; however, I have learned to never say never! In fact, I recently celebrated nineteen years of being married to my beautiful wife, and I have found that when I listen to what my wife says versus just hearing her, I tend to stay out of trouble. When I listen to my wife, I can better comprehend what she is saying, and I am not just hearing the words she speaks.

In fact, I believe this is a problem our society is plagued with in that too many people do not take the time to listen to others when they speak. I think back over the course of my life and wonder how many arguments or misunderstandings I could have personally prevented if I would

have just listened to the individual I was speaking with, instead of already thinking about what my rebuttal was going to be. Do you ever find yourself in a conversation, not listening to the other person, instead just waiting for your opportunity to jump in and speak what is on your mind? Yep, I am guilty of this too.

I believe it takes a special skillset for an individual to learn how to listen. If listening was easy, then everyone would be able to do it. Bosses would not have to repeat the instructions twice, fast food drive-thru would be much faster...and possibly the food orders would actually be correct. I know, I may be pushing a little too far on that last one, but just imagine a world in which people took the time to actually listen to what others were saying. I wonder how many “police brutalities” would not ex-

ist because of listening to direct commands the first time. I wonder how many unemployment lines could be avoided because of listening to the instructions of the company. I wonder how many divorces could be prevented because of spouses taking the time to care what the other has to say?

The ability to listen really does have more of an impact on our lives than what we realize. How many times could I have done better on exams throughout my educational career if I would have just listened a little harder to what my teacher was teaching in the classroom? Instead, I was thinking about a baseball field or hitting a hard line drive into the gap to win the ball game or thinking about anything other than the subject being taught in the classroom. This all begs the question to how much trouble could be avoided by

“troubled” teens if they would just listen to the teachers in the classroom setting?

How does a person become a better listener? First, we need to listen to learn, not to just be polite, yet too often this is what happens. We take no real interest in what the other person is saying, thus it is easier for us to become distracted. We cannot control what others do; however, we can control ourselves, and we need to focus in on exactly what the other person is saying. When we take the time to ask questions, not only do we listen better but we also have a better understanding of what the other person is trying to say. It can also be beneficial to repeat back what you heard because in case of misunderstanding, this is a perfect way to clear up any confusion.

Another important aspect to think about when

learning how to listen is to think about and pay attention to your talk/listen ratio. I have heard it said like this, “You have two ears and one mouth, so you should listen twice as much as you talk.” What does your listen-to-talk ratio say about you? I have found it helpful to wait until others are finished speaking until I begin to respond.

To achieve success in life, there are some things we need to work on to improve who we are as individuals. I am not always the best listener, but it is something I am working on. I am curious as to what are some of the struggles other people have. Feel free to email me and let me know what you struggle with and how you overcome these struggles. Who knows – your struggle could be one of the topics for an upcoming article for Slinkard On Success.





Clean, Green And Beautiful

# Q&A With Tamisha Sales, The New Executive Director Of Keep Athens-Limestone Beautiful

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



In just a few short weeks of serving this wonderful organization, I have received a few reoccurring questions that I would like to share with everyone.

**Your first day on the job with Keep Athens-Limestone Beautiful was on June 1. What is your impression so far?**

With Athens and Limestone County experiencing substantial growth, here at KALB

there is undeniable momentum about where KALB is going, what KALB already is, and what it can be as an organization. I am genuinely excited to be a part of this well-established organization.

**What is your impression of the community members that you've had a chance to meet?**

I have met with KALB board members and with a few elected officials. Everyone has

been so kind, helpful, and welcoming to me. Of course, by the nature of this role, I have met quite a few individuals via answering the office phone, by emails, or simply walking over from the park across the street. Many are seeking guidance for their recycling and hazardous waste needs. However, I have been taking these interactions as an opportunity to introduce myself. In doing so, I have even had a few

people tell me I brighten their day. Although I have lived in Athens for a while, there are still so many people I have yet to meet. So, I look forward to putting my heels on the ground to serve in this county.

**What are you most looking forward to while serving as the executive director?**

There are several things that I look forward to in this role. Two things that quickly come to the forefront of my mind are: 1) harnessing the growth in the county and 2) engaging diverse individuals, groups, and businesses in projects to beautify communities.

As new businesses and people enter the area, this could mean more litter and waste. At the same time, it can mean more people are concerned about their community and want to get involved. So, I view the growth as an opportunity to partner with community leaders, individuals, and businesses to get things done. Also, I am finding that more businesses are embracing the corporate social-responsibility aspect of

doing business and are looking to connect with organizations such as KALB. Not only because it provides competitive advantages such as branding and reputation, but because they understand that it is also their responsibility to care for the community in which they operate, and where their employees and their families live.

**Tell us a little bit about yourself.**

I was born and raised in Florence. Later I moved to Rogersville, Alabama. I am an alumnus of Athens State University and have resided in Athens for over a decade. My entire professional career has been in the nonprofit sector, helping to address various community needs and social issues. Anyone who knows me knows that I am passionate about people and communities and that I don't mind getting my hands dirty and my clothes a little sweaty to help someone in need.



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





## Cooking with Anna

# Love Rejoices With The Truth

by Anna Hamilton

*The second half of verse 6 in 1 Corinthians Chapter 13 focuses on the happiness that truth in love can bring. We are taught from a very young age that being untruthful is wrong. Telling our parents a lie was never acceptable. All of us have been caught in a lie and know the feeling of shame and regret that it instantly brings. So why do many of us continually lie to ourselves?*

*I have become an expert liar when it comes to my internal dialogue. I will tell myself that I weigh too much to go out and have fun at the amusement park. I will tell myself that I am not smart enough to talk to others about my faith. I will tell myself that I am not worthy of love, so I close myself off*

*to friends and family. I tell myself that I am not good enough to receive God's salvation. I'm too fat, I'm too ugly, I'm too stupid, I'm not good enough.... You may have said the same things to yourself. All of these are lies and are not from God.*

*The true love from God in 1 Corinthians is patient, kind, it does not envy, it does not boast, it is not proud, it does not dishonor, it is not self-seeking, it is not easily angered, it keeps no record of wrongs, and it does not delight in evil. Love rejoices in the truth! Our truth in Christ is that we are made new. That internal dialogue*

*continued on page 23*

## Frozen Yogurt Bark with Berries

### Ingredients:

- 2 cups nonfat plain yogurt
- ¼ cup maple syrup (you can use honey or agave as well)
- ½ tsp vanilla extract
- ¼ tsp fresh lemon juice
- Pinch of salt
- Strawberries, sliced
- Blueberries
- Raspberries
- Pecans, chopped
- Feel free to add grapes, kiwi, bits of apple, mandarin oranges, pineapple, or any other fruit

### Directions:

- Line a baking sheet with wax paper and set aside.
- In a large bowl combine yogurt, syrup, vanilla, lemon juice and salt. Whisk until thoroughly combined.
- Spread yogurt on prepared baking sheet. Make sure it is spread to an even thickness.
- Top with berries
- Garnish with nuts
- Freeze for 2-3 hours, or until firm.
- Cut into pieces and serve. Keep in freezer.





# Why You Need To Know About Postbiotics In 2022

courtesy BrandPoint content

(BPT) - You prioritize your health and wellness, so you want to do what you can to support your immune system. Many people reach for vitamin C, zinc and elderberry supplements to supercharge their immune health, but there's another option to consider that can directly impact the immune system: postbiotics that provide immune support at a cellular level.

## The immune system and gut health

The majority of your immune system is located in your gut and GI tract. In fact, millions of immune cells are located in the intestines, so it makes sense that the foods you eat and supplements you take impact your immune system.

Healthy gut nutrition that supports the immune system includes prebiotics, probiotics and postbiotics. You may have heard of pre- and probiotics, but postbiotics are not as well known to many people. Here's what you need to know about these three related components:

**Probiotics:** These live microorganisms (mainly bacteria and yeasts) impart health benefits to the body when consumed. In general, probiotics help maintain a healthy population of microbiota (or flora) living in the gut, positively affecting digestion and overall well-being. Probiotics are found in fermented foods, such as yogurt, kefir and kombucha, as well as dietary supplements.

**Prebiotics:** These are nu-

trients, such as dietary fibers and minerals, that feed and promote the growth of the healthy bacteria living in the gut. In other words, prebiotics are the food probiotics need to thrive. Prebiotics are found in many whole foods you eat, such as apples, bananas, asparagus, legumes and wheat. Some probiotic supplements also include prebiotic ingredients.

**Postbiotics:** These are not living microorganisms, but rather nonviable microbial cells that provide health-promoting properties when consumed. Referred to as the probiotic paradox, scientists report many of the beneficial effects from live cells can also be obtained by consuming a population of dead cells, such as postbiotics.

Postbiotics are the third and final piece of the biotics that work through the gut to support your health.

However, not all postbiotics are equal and if you choose to take a supplement, it's important to look at ingredients.

For example, IMMUSE™ LC-Plasma is a patented heat-treated strain of *Lactococcus lactis* from science technology companies Kirin Holdings Company Ltd and Kyowa Hakko Bio. Co. Ltd. It is clinically shown to activate your body's natural defenses at the cellular level to provide immune support year-round.

## Critical cells of the immune system

The immune system is made up of many different types of cells. Plasmacytoid dendritic cells - commonly called pDCs - are leaders of the immune system. Think of pDCs as the quarterback of the immune cell team. Once they are activated, they help activate other critical immune cell types like natural kill-

er (NK), killer-T, helper-T, and B cells, providing more comprehensive immune support.

\* The pDC is a unique type of immune cell that acts as the commander of the immune system. Once activated, pDCs recruit and stimulate other important immune cells.

\* NK cells are involved in the first-line immune response, immediately responding to any outside stimuli the body encounters.

\* B cells are part of the longer-term adaptive immune response and specialize in the production of various antibodies.

\* Helper T cells coordinate the adaptive immune response by communicating with other immune cells and assisting them in their unique role. They help stimulate B cells, increasing the

production of antibodies, and support killer T cells.

\* Killer T cells are part of the adaptive immune response and respond to antibodies produced by B cells.

Backed by 29 published studies, IMMUSE™ is the only postbiotic ingredient available to consumers that is shown to activate pDCs to support immune system health at the cellular level. Learn more and find a supplement containing this ingredient at ImmuseHealth.com.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

*IMMUSE™ is a clinically researched lactic acid bacteria developed by Kirin Holdings Company, Ltd.*





# Friendship At Cambridge: Upward Football & Cheer Coming Soon!

by Ali Elizabeth Turner

*continued from page 1*

flective and refreshing, along with partnering with other churches for cross-congregation services, community outreaches, a tent revival, and more.

Recently the congregation, which is pastored by John David Crowe, decided to start an Upward Football and Cheer program, and the doors of provision to make that happen have opened widely. "The church needs to get out of the building," John David told me. He is personally bothered by the fact that the lion's share of peoples' tithes and offerings go to church property and not the gospel, and he also knows that these days, presenting the gospel is akin to what the Apostle Paul meant when he said to be "all things to all people." You have to find ways to get the Word out that perhaps are not through the use of traditional methods. Sports are huge, especially in the South, and Upward is a way to have a clean and safe place for kids to play sports, and "They and their parents get to hear the gospel every half-time," he said.

By way of background, the Upward organization has this to say about who they are and what they do:

Founded in 1995 out of a church in Spartanburg, South

Carolina, founder Caz McCaslin had a passion for sports and a deep desire to reach his community. He created a sports experience that met the unmet needs of children and their families, focused on the sports experience and sharing the love of Jesus Christ. This vision for one community quickly grew into a team of individuals committed to supporting churches everywhere to maximize their unique resources and personalities to serve and meet the needs of their communities.

Today, there are over 2,800 Upward sports experiences across the U.S. serving hundreds of thousands of young athletes playing basketball, soccer, cheerleading, volleyball, and flag football. What began as a local, recreational basketball league focused on reaching the surrounding community with the message of Jesus Christ has grown into a nationwide movement helping churches use sports to engage their local communities with the gospel.

Several churches in the Athens-Limestone area have offered Upward to their congregations for years, and Friendship At Cambridge felt they needed to get involved as well. "We may be in our front yard, but at least we are out of the church building," John David chuckled. The decision to do Upward set miracles



*Friendship celebrated their 2nd anniversary with confetti and cheers*

in motion. For example, the contractor who was doing the "dirt work" at Friendship was contacted by Buckee's right when dirt was needed to finish upgrading the Friendship field, and Buckee's donated several thousand dollars' worth from their new facility being built on Lindsay Lane South. All Friendship had to do was move the 260 loads of dirt, and that effort was donated.

A couple by the name of Clark and Crystal Cook were building a home at the end of Cambridge Lane, and felt drawn to Friendship At Cambridge. They made it their church home, and coincidentally, Clark has extensive experi-

ence running Christian sports camps. Clark heads up I AM Sports Mission at Cambridge. On and on it goes, and this is consistent with the kinds of things that have happened at Friendship At Cambridge from the get go.

Future plans include an enclosed playground that younger kids can use while parents watch their Upward children play flag football or cheer. Friendship also wants to add a soccer team to the Upward ministry opportunities. They are going to hold a tent revival in the fall on the original historical site with faith that revival will occur there once again.

"We aren't building a Field of

Dreams," said John David, "we are building a Field of Faith, and we want to be excellent stewards of what we have been given in all that we do." It has been the testimony nationally of the Upward organization through the years that parents as well as kids who would not otherwise consider darkening the door of a church receive ministry that results in them making decisions to follow Christ, and that is what it is all about! If this is something in which you want your child to be involved, then go to [iamsports@friendshipumc.org](mailto:iamsports@friendshipumc.org) to register. Early registration for both programs ends on June 30.



*The "Field of Faith"*



# Housekeeping And High-Fives

by Tim Lambert

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



Spring sports for a couple of our local schools extended just past the deadline for last month's column, so let's get caught up on how they finished their seasons -- the Athens High softball team won the Class 6A state tournament with a 4-2 victory over Helena. The Lady Golden Eagles went undefeated, knocking off Pell City, Calera, and Helena in round three. In the state baseball tournament, Lindsay Lane fell to Bayshore Christian to finish as runners-up.

The East Limestone fishing team won the Alabama B.A.S.S. Nation state championship. Jamison Drake and Alex Girodo were runners-up for Anglers of the Year.

The Cottontown United 03-06 boys came out on top in the soccer competition at the Alabama State Games. They now look forward to competing in the nationals in Des Moines, Iowa, in July.

New head coaches have been hired for various local schools: East Limestone picked Clint Woodfin as their new football coach. Christopher Bunio is the head football coach at Elkmont. Bryant O'Donnell comes in as boys' basketball coach at Ardmore. Jake Moran was also announced as East Limestone's boys' basketball coach. Whitley Berryhill will be head volleyball coach at Athens High. Jake House will also be the new band director at Clements.

Congratulations to local scholarship signees: James Clemens' Carlos Loza is headed to Belhaven University to play soccer, Tanner's Keyera Jeanes signed with Calhoun basketball. Lindsay Lane's Roderick Watkins will go to Kansas Wesleyan for football and track. James Clemens' Jack Mitchell and Athens' Nolen Wolfe made golf commitments to the University of Alabama and Samford respectively.

Athens High's Emma Johnson for made the All-Girl Cheer Team at the University of Alabama. Jordan Anderson of Athens also made the South Alabama cheer squad.

Athens High and Athens Middle School Athletic Director Linda Moore was chosen as the Class 6A recipient of the AH-SAA's Making a Difference Award for making an impact as an exemplary role model. The honorees from each classification will be recognized at the Summer Conference Championship Coaches' Awards Banquet, which will be held July 22, at the Montgomery Renaissance Hotel and Convention Center.

Lindsay Lane's Ray Anderson, Sam Hogue, Micah Perkins, and Max Morrison were named to the first team of the Class 1A All-State baseball team. Hogue was also the Hitter of the Year and Charles Morrison was honored as Coach



Athens High School won the state softball tournament (Courtesy photo)

of the Year. Athens Bible School's Spencer Blake and Connor Abernathy were 1A second team members. Elkmont's Mykell Murrah was first team in 3A with teammate Shane Boger making honorable mention. Athens' Sam Sandy was tapped for 6A second team. James Clemens' Noah Berry made 7A honorable mention.

Athens High's Emily Simon was named Player of the Year, Pitcher of the Year, and first team member of the Class 6A All-State softball team, as well as part of the Super All-State team. Teammates Anna Carder and Morgan Stiles also made the 6A first team; honorable mention went to Katie Simon. Travis Barnes was Coach of the Year. In 5A, Ardmore's Bo Riley was on the second team, while Ella Singletary made honorable mention along with East Limestone's Amaya Green. Elkmont's Alyssa Harwell earned 3A honorable mention. Ath-

ens Bible School's Cana Vining made the Class 1A first team; teammate Claire Holt was on the second team. Honorable mention went to Lindsay Lane's Allison Bates.

Lindsay Lane's Ray Anderson was selected as a pitcher for the North All-Star baseball team. Cana Vining of ABS and Ardmore's Ella Singletary were also picked for the North All-Star softball team. East Limestone's Lily Hosmer and Tanner's Junior Diaz were added to the North All-Star soccer teams. The annual North-South games will be played in Montgomery during All-Star Week July 18-22.

Elkmont's Astul Irias and Tanner's Junior Diaz were added to the first team of the boys' Super All-State soccer team. Both were

also members of the 1A-3A first team along with the Rattlers' Manuel Felipe. James Clemens' Caila Batchelor was named to the girls' Super All-State soccer first team and East Limestone's Lily Hosmer on the second team. Batchelor was also on the 7A All-State team while Hosmer and teammates Raegan Kelly and Errin Martin were Class 4A-5A first team members. Tanner's Bryonna Castrejon and Elkmont's Ester Marcial, Daisy Hernandez and Morgan Morris were on the 1A-3A first team. East Limestone coach Max Norman was 4A-5A Coach of the Year.

The North All-Star golf teams were selected. Athens High's Nolen Wolfe made the boys' team while James Clemens' Gracee Prince was on the girls' team.





# That's SO Art On Market Street: Art That "Speaks"

by Ali Elizabeth Turner



*continued from page 1*

ly that they were to get it and repurpose it as an art studio as well as a private office place for their jobs in software development. They wanted to give an opportunity for the people of Athens-Limestone County and beyond to discover for themselves the peace and positivity that can be experienced through what Sara calls "functional art," art which is meant to be used and loved.

As is the case with all great art and music, usually the creator goes through some version of what is classically referred to as "the dark night of the soul," and that was certainly the case for Sara. "I went through a dark spot in 2019, quit my job, and took eight weeks to create something every day. It helped me through," she said.

I should say at this point that both Will and Sara are people of strong faith and attend Central Church of Christ. But believers, just like anyone else, can be hit with depression for any number of reasons (just read the Psalms) and no one is immune. It has been proven that enjoying art, God's creation, being creative, and caring for others all can be part of the way through, which Sara discovered. And in addition, she has by grace beautifully turned her pain into purpose. Her "darkest time" painting is right there on the wall, juxtaposed with one of the other things for which she is well known, which includes wa-



tercolors of local historical buildings as well as private residences, along with giclées (a printing technique developed in the late '80s using high-quality inkjet) of places like Samford Hall at Auburn University. That watercolor is officially licensed by Auburn University.

Getting the Dobb's building into shape was a huge undertaking, and now it showcases the charm of the old brick that was under the plaster and blends it with modern amenities. The original ceiling beams are exposed, and they were able to keep the well-used outside door while installing new windows facing the street. They put in new wiring, plumbing, a slab floor, HVAC system, and a roof. The result is a comfortable, airy room that serves as the perfect location to be creative as an artist as well as thrive as entrepreneurs.

Will graduated from Athens Bible School in 2003, and Sara from Athens High School in 2004. They were married in 2005 and have

two children. Sara studied graphic design at the Savannah College of Art and Design. Will heads up a software team, and Sara describes him as "having a fire that burns to help people." In addition to the studio, Sara works for Jonathan Barksdale and Untether, LLC here in Athens. For now, That's SO Art is only open on Fridays, but people are welcome to shop online and arrange for local pickup during the week.

Sara especially enjoys making patterns, and has parlayed them into everything from stickers to stationery to Sherpa blankets. She has produced notepads, journals, lanyards, lined notebooks, zippered pouches, and also has a cabinet of her favorite art supplies that are for sale. "It saves a trip to Madison, and I like to teach people why these are my favorites," she said.

When Sara was in her time of "therapeutic creativity," she taught herself how to do modern calligraphy, and has several faith-based barnwood pieces of wall art



*Sara Ogles delighting in a dream come true*

for sale. However, her current creative love is taking Bibles and customizing the exterior with a hand painted pattern or scene. She applies several coats of what is called gouache, a type of paint that sits somewhere between soft-bodied acrylic and watercolor. She lets it dry and then creates the scene or pattern. She also has a table with several of her creations from which to choose. "Sometimes I spend all day on just one," she told me, and has the joy of making it possible for someone to own an original piece of artwork while having their own Bible; any way you look at it, these are heirlooms. Sara has a solid following on Tik-Tok, and has been shipping items across

the country since 2020.

Sara also will open the shop for a private shopping opportunity by request. That's SO Art participates with Athens Main Street for the Fridays After 5 events, and the regular store hours are Fridays from 10-5. Stop by and enjoy an approach to creativity and life that will nourish your soul along with your artistic senses. It is truly "art you can use."

## *That's SO Art*

110 Market St W,  
Athens, AL 35611  
Facebook: @thatsSOart  
Instagram:  
@thats\_SO\_art\_  
Email:  
sara@thatsSOart.com



# Equip And Empower Others

by Eric Betts

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



One of the secret keys of leadership is the ability to empower others and help them to become the best version of themselves for the good of the organization and its cause. John C. Maxwell, leadership success expert, writes about the law of empowerment. Many leaders make the mistake of viewing those they lead as competitors. Due to the spirit of competition, many leaders fail to encourage and equip those they lead because they believe that their growth will force them (the leaders) to be replaced. John Maxwell argues the reverse. He suggests that empowering other makes leaders irreplaceable. The leader who empowers holds the position that the persons operating in the system are not competitors but team-mates.

Empowerment means to give someone the authority or power to do something: Additionally, empowerment means to make (someone) stronger and more confident. It also means to unchain, unshackle and equip. Empowerment happens when a leader has the skills and intelligence to create success, but delegates someone else to do it for the good of the organization.

President Theodore Roosevelt stated: "The best executive is the one who has sense enough to pick good men to do what he wants done, and the self-restraint enough to keep from meddling with them while they do it."

When a leader empowers others, according to Maxwell, they must believe in those they are leading and help them maximize their gifts and abilities for the success of the overall organization. Successful leaders know how to empower others through believing in them, placing their confidence in them, giving them room to make mistakes, and giving them the credit for their accomplishments. Empowerment also means delegating responsibility.

Maxwell argues that the law of empowerment is not often understood, due to how many are uneducated about what it means to be a leader. Maxwell

brilliantly exposes why so many fail to become empowering leaders through two games that are learned as children: King of the Hill and Follow the Leader.

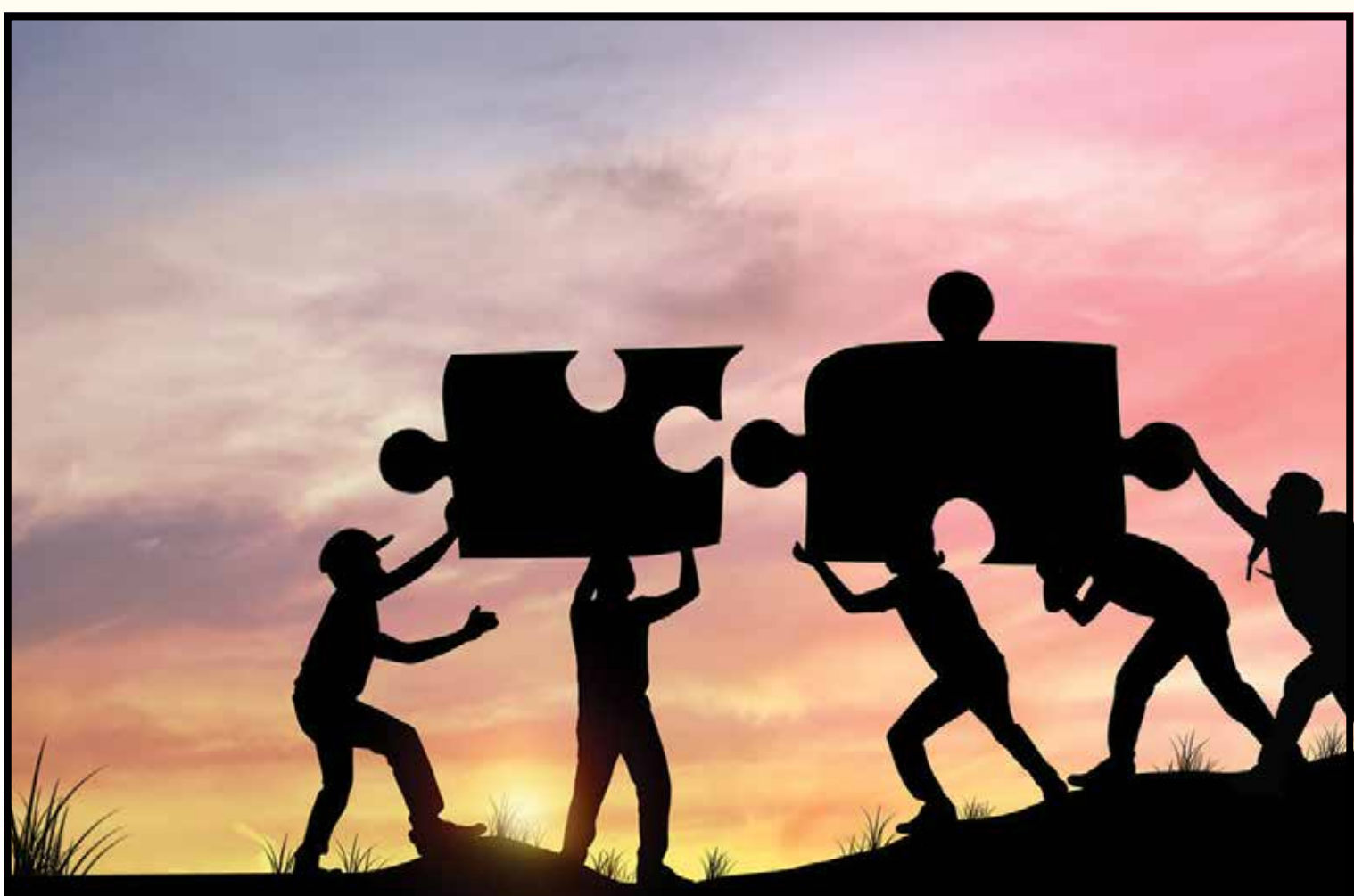
*What was the object of King of the Hill? To knock other people down so that you can be the leader. And what's the point in Follow the Leader? You do things you know followers can't do to separate yourself from them and make yourself look more powerful. The problem with those games is that to win, you have to make all of the other people lose. The games are based on insecurity and the opposite of the way to raise up leaders.*

Those who are not empowered by one organization's leader may very well go to another organization where they can maximize their potential.

The main disincentive for leaders empowering others is the false notion that they will fade into insignificance and thus become disempowered. However, this is far from the truth and a wrongheaded way to lead. Such a mindset actually exposes the weaknesses, insecurities, and low self-esteem of the leader. Successful leaders can simultaneously empower others while maintaining supreme confidence in themselves. They fear giving others credit for fear of not being

acknowledged for their personal achievements.

When leaders empower others, they are helping the organization succeed and their efforts will not go unnoticed. They will be applauded for their efforts to build the organization by allowing others to develop and grow. However, the successful leader does not look for applause, but believes in the goals of the organization, and is fulfilled when those goals are successful. This is the heart of a true leader. They do not focus on enriching themselves but empowering others. Everyone benefits, including themselves, when they work for the empowerment of others.





# Self-Esteem - God's Worth

by Jackie Warner

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



I had the honor of speaking to a group of students this past weekend at a youth day on the subject of "Building Your Self-esteem Through Godly Values." We shared a lot and we all learned a lot about ourselves and what a true brand is in God. So many of us look to the Internet, social media, and what others think to define who we are and how we should feel about ourselves. What is your destination when you are not building your self-worth and self-esteem in God?

Psalms 118:8 - It is better to trust in the LORD than to put confidence in man.

**Having confidence that I am who God says I am.**

We must understand that this is not dependent upon our own abilities but instead on knowing that God provides and will equip you for the work He has set out to be completed in your life.

## 2. Jeremiah 17:7

But blessed is the one who trusts in the Lord, whose confidence is in him.

## Psalm 139:13-14

For you created my inmost being; you knit me together in my mother's womb.

**1 Peter 3:3-4** Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

**Psalm 143:8** Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

When everything about you feels wrong and broken and misfit in this world, choose to rely on the fact that **God created You** just the way you are, on purpose.

You were fearfully and wonderfully made by an Almighty God who

does everything on purpose.

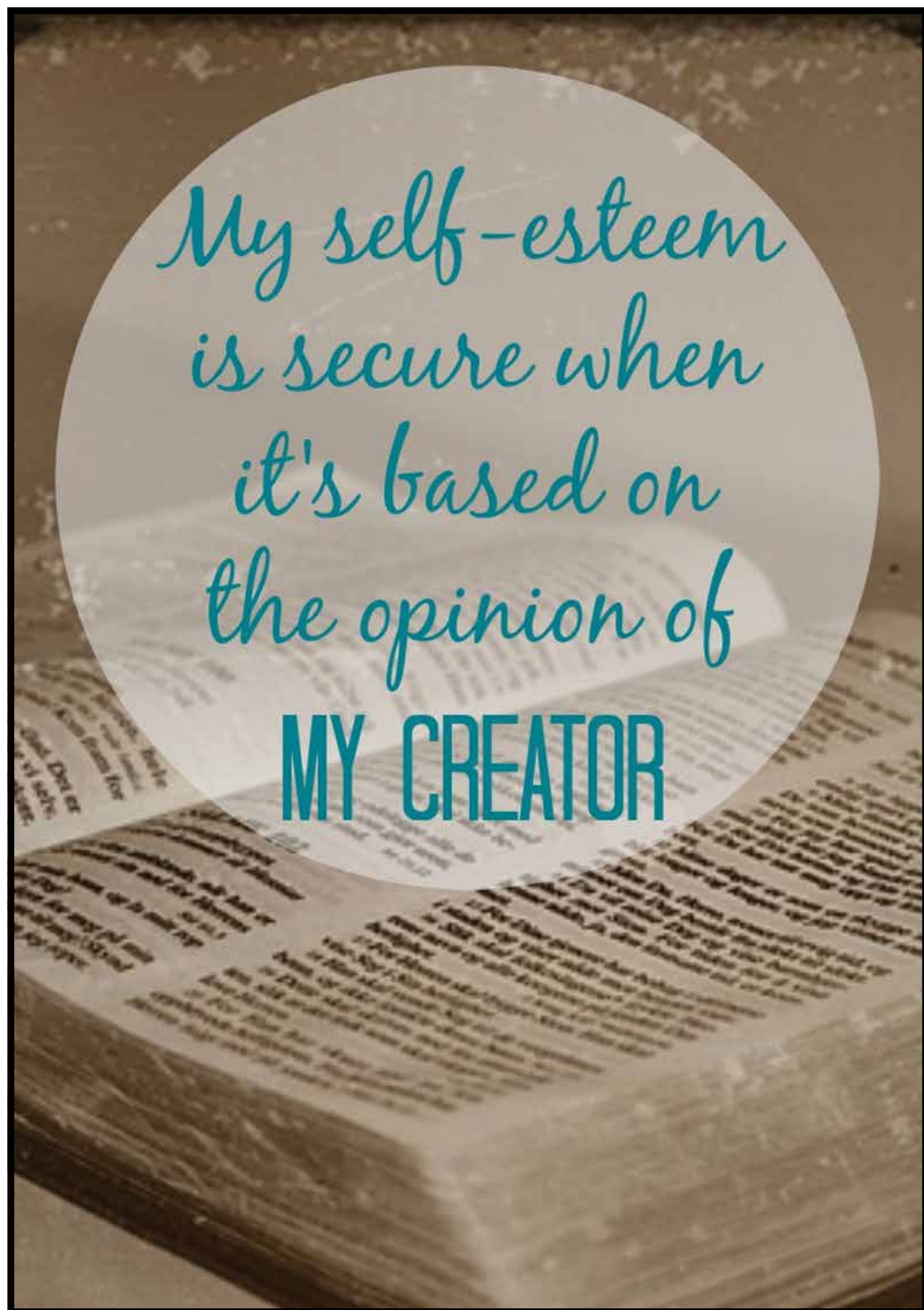
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## Life Or Death?

by Deb Kitchenmaster

This can be a touchy question, can't it? There are times when family and community members need to come together and talk about things that can be uncomfortable to talk about with each other -- to listen, to hear, and to understand with our hearts. I ask that the Great Comforter, the promise of our Heavenly Father, (the EX-ACT SAME Spirit that raised Christ from the dead) come upon you as you continue to read.

Do you realize the power you have INSIDE? It's the power of CHOICE. Made in the image and likeness of God Himself, He knitted you and me with a FREE WILL. He gave it. It was His idea, and He won't remove it or take it away, regardless of what we individually choose.

Written and settled forever and never to change (whether we believe them or not) are these WORDS: "I call heaven and earth to witness against you today, that I have set before you life and death, blessing and curse. Therefore, choose life, that you and your offspring may live."

We choose whether to buy or sell a horse. We choose to groom, pet or ride a horse. We used to choose to slaughter horses here in the United States. Horse slaughter in the United States ceased with the closure of the last slaughterhouse

in 2007. The reason we engaged in the practice of horse slaughtering was to produce meat for consumption. Humans have long consumed horse meat; the oldest known cave art, the 30,000-year-old painting in France's Chauvet cave, depict horses with other wild animals hunted by humans.

It's not illegal to eat horse meat in the United States, however, it is illegal to sell a horse for consumption in the United States. The USDA documented that 92.3 percent of horses sent to slaughter are in good condition and can live out a productive life.

The movie HIDALGO is based on the true story of Frank T. Hopkins who entered his South Dakota Mustang (Hidalgo) in the greatest long-distance race ever. This was a 3,000-mile race in the Arabian Desert referred to as The Ocean Of Fire. At one point, the valley of the shadow of death looked like the destination of this mustang. The word mustang comes from the Spanish mestengo, "wild, stray, or having no master (untamed). When Frank and Hidalgo returned to the United States, choices had been made by the federal government to round up wild horses, holding them in a large corral to be shot by soldiers in the military. Frank pays the price and life is chosen over death for these captured horses.

Former President Ronald Reagan, known as



the Father of the Pro-Life Movement, said the people who are for abortions have been born. Think about it! A congressional report dated February 3, 2021, stated that more than 62 million babies have been killed by abortion in the United States since Roe

v Wade. A friend recently celebrated a birthday. I wasn't sure of what to bless her with in her celebration of life, so I asked. Her text suggested I contribute to this ministry that helped men and women with their emotional pain that comes from having an



abortion. Let's look at these choices together. As an individual you choose to express your voice through your vote. You choose to vote for someone who is choosing to pass laws supporting murder. The voted-in community commissioners and voted-in-by-we-the-people governmental seats choose to have our votes counted by corrupt, unsafe machines rather than to choose to replace all machines with quality valid paper ballots counted by human beings within a reasonable time frame. And I am being asked by someone I deeply care about to help people who are struggling with pain that comes from choosing to act upon the legalized act of murder. People, there is something desperately wrong with this picture.

Here in our beautiful state of Alabama as a shining light throughout our country let us choose to act upon three things together at this time. (1) Choose to get rid of all machines connected with our votes in our state and replace them with paper ballots (2) Choose Life (3) Choose kindness to horses.

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Deb Kitchenmaster  
Corral Connections  
256-426-7947*

*Animal B.E.S.T. practitioner  
horsinaround188@gmail.com*



## Mental Health Minute

# FODO

by Lisa Philippart,  
*Licensed Professional Counselor*



*“What kills us isn’t one big thing, but thousands of tiny obligations we can’t turn down for fear of disappointing others.”*

- Alain de Botton

You have probably heard of FOMO, fear of missing out-- but what about FODO, fear of disappointing others? While FODO has less name recognition than its more popular sibling, fear of disappointing others is every bit as important to recognize because of its subtle but significant long-term consequences. Often chronic stress, anxiety, overwhelm, worry, and even burn-out are driven primarily by FODO. For example, you may be stressed out because you have a hard time setting boundaries and just saying no. And you are unwilling to say no because you are afraid someone will feel disappointed with you. Like any excessive fear, there’s only one way to get over it: You have to face it...repeatedly and willingly. You have to prove to your brain that the thing it’s terrified of isn’t actually dangerous. It’s by approaching things you are afraid of, instead of avoiding them, that our brain learns to stop fearing them. Let’s take a look at some ways to get over the fear of disappointing others.

You may want to consider the costs of your FODO. One effective way to boost your motivation to face your FODO is to remind yourself of the costs and consequences of never saying no. For example, if you are struggling to end a relationship because of FODO, you might consider the damages incurred by staying in the relationship. The stress it’s creating is causing physical, mental, and emotional symptoms. All the time and energy you put into this relationship could have been better spent investing in a more positive relationship. The emotional energy you have spent over making this decision is energy you don’t have for the important people in your life. In other words, there are emotional opportunity costs to your fear of disappointing others and avoiding facing up to that fear. As painful as it may be, facing up to these costs can boost your motivation to change and do something different.

Remember that you are not responsible for other people’s emotions! You are not responsible for things you can’t control. While it is unfortunate when someone feels disappointed in you, it is not something that you have direct control over. How we feel is the result of how we think -- which means other people’s emotions are their



responsibility, not yours. Of course, you do have a responsibility to behave well, because your behavior is something you can control. You are responsible for your own actions, not other people’s feelings. And how another person interprets and feels about your behavior is not something you have to manage.

Try to reframe your FODO as uncomfortable, not dangerous. Remember that emotions like fear and anxiety are unpleasant—painful even—but not themselves dangerous. No matter how afraid you feel, your fear can’t hurt you. Even panic, the most extreme form of anxiety, isn’t itself dangerous. One of the reasons we have such a hard time facing our fears is because our tolerance for fear itself is so low.

And it’s low because we mistakenly assume that because fear and anxiety feel bad, they are bad. As a result, we believe we should avoid them. If you are going to get over your fear of disappointing others, you are going to have to face that fear head on. Which means you are going to have to willingly feel afraid and tolerate that feeling for a while. Just because something feels bad doesn’t mean it is bad. Reframe your fear as uncomfortable but not dangerous, and you will

be a little more likely to tolerate it instead of impulsively trying to avoid it.

In my next article we will continue to explore ways to overcome your FODO.

*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.*

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# The Alternative Approach

## Skin A Cat

by Roy Williams

Most likely, you have heard the phrase, "There's more than one way to skin a cat." If there has ever been a time in society when we should be incorporating that statement into our lives, it's now. Everything we once thought was right is now considered wrong and the things we thought were wrong are now considered right.

We live in some of the most confusing times ever. Those that are in power want us to do everything they need us to do. They want us to buy their products, go to their gatherings, read and listen to their material, purchase their permits, and follow their education plans.

What's even more ridiculous, those in power will not tolerate any new ideas that are outside their narratives. It is as though they believe that they already have all the answers. Even if you come up with a new concept that makes more sense, saves time, costs less, and performs better, they will not even consider it. We live in a socialist society that says, "It's our way or the highway." They truly will not accept the fact

that there is more than one way to skin a cat.

We must accept what they want our children to learn, even if it goes against our beliefs or morals. If a child is born male but wishes to dress like a female and compete against the females, you must allow them to do so. You believe in God so you teach your child that God created man in His image. The system insists on teaching your child evolution, which implies that we evolved from monkeys, and he or she must pass a test that implies that it is a fact. Yes, it is their way or the highway in many cases.

The same is true in many areas of life. The school system will teach many things that are no more than theories but designed to make the student think that they are facts. When this is happening, one must remember that they have an agenda behind their desire to push the concept.

The medical profession and the pharmaceutical industry would have you believe that the only way to successfully treat the human body is with synthetic drugs that are by



prescription only. If you try to do it any other way, you will be met with resistance, shame, or character assignation. They have even gone to the point of passing legislation and using governing agencies against you in a court of law to try and stop you from going any other direction.

Yes, to them, there is only one way to skin a cat, and when it comes to health and healing, they will go to extremes to try and stop anything that gets in the way of their narrative. Supplements don't work, they will say. You are just creating expensive urine. Those products have not been FDA approved. There are no double-blind placebo studies to show any benefit.

At the same time, they will admit that prescribed drugs, taken as suggested by the doctor, are killing over 110 thousand Americans a year, not to men-

tion the terrible side effects that cause millions of hospitalizations each year. I always challenge them to show me one cure using synthetic drugs. The fact is that they have not developed one drug that cures anything in over 70 years. If anyone tries to compete with them, they will send the full power of the federal government to put a stop to it.

What are they afraid of if what they are teaching and doing is so effective that it should be the only choice for a free citizen? If they have all the answers, where are the cures? Why does it cost so much for their treatments, hospital stays, and insurance? Why can't you get them to do legitimate studies on natural supplements that, in many cases, have hundreds or even thousands of years of success stories? Why are they so afraid of competition?

Take it from someone who

has been in this industry for over 30 years. Are you and I supposed to just ignore thousands of people whose own medical reports show everything from pain relief, lowered cholesterol, improved blood sugar levels, and improved quality of life from taking nutritional supplements? Are we expected to just accept that their way is the only way when it comes to our health, even though the average life span of a medical doctor in America is only 56?

To learn more about natural health and how to stop being dependent on a system that has no desire to solve any medical problems, go by Herbs & More in Athens or NHC Herb Shop in Killen or go to [www.nhcherbs.com](http://www.nhcherbs.com).

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Cooking with Anna (continued from page 13)

# Love Rejoices With The Truth

by Anna Hamilton

*continued from page 13*

*telling us the lie that we are not worthy of love is not something that brings us joy. There is no rejoicing in a lie. The only one that rejoices in a lie is the devil.*

*In John 8:44, it speaks of the devil as, “When he lies, he speaks his native language, for he is a liar and the father of lies.” The devil wants nothing more in this life than for you to listen to him, for you to believe him and not trust that what God tells us is truth. The Devil’s native language is lies, meaning everything that come out of his mouth is a lie.*

*When we accept Christ into our lives as our Savior, it is another blow to the devil. Everything about God is love. Everything about Satan is a lie. “And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God and God in them.” 1 John 4:16. When we rely on the love God has for us, the lies we tell ourselves will stop. Fully believing in God’s love and trusting in his truth will drive the devil out of our lives.*

*I read a quote, and I am unsure of who said it first, but it is worth repeating for sure! “God did not put your beautiful soul on this planet so that you could listen to the enemy in your mind tell you that you aren’t good enough.” Your soul is beautiful, everything about you is beautiful and has been made perfect in Christ. There is no room for the devil’s lies in your life. You are made in the image of God, not the*

*image of Satan.*

*So rejoice in truth! Rejoice knowing that God has set you free from all the negative internal dialogue you have. Loving yourself does not include telling yourself that you are unworthy of anything. True love will drive out all of the devil’s lies that he allows you to tell yourself. Learn to lean on the true love of God.*

*This week’s recipe is a yummy, healthy summer treat that everyone will love. Even kids will love eating this “dessert.” It’s a delicious, frozen yogurt and berry treat, perfect for these hot summer days.*

*“So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.” 1 John 4:16*

*Love does not  
delight in evil  
but rejoices  
with the truth.*

1 CORINTHIANS 13:6



# Be A Hope Dealer

by Mae Lewis

I recently heard of a man who has been fighting for his life -- dying of cancer -- for the last five years. He and his wife have a newborn son. His life philosophy is poignant: "My goal is to gift everyone I spend time with, with the most beautiful and loving memory I can."

He is a "hope dealer." In the face of adversity, he recognizes that his job is to bring beauty and joy into the lives of others. How beautiful our world would be if that is what we all strove for.

Life is hard, and ugly, and terrifying. There is so much despair around us, yet, each of us has the ability to transform the lives of others. When you see something beautiful in someone, tell

them. It may take seconds to say, but for them it could last a lifetime. It has been said that we can never understand the battle that someone is facing in their own life. We don't get to see or hear the voices that someone carries around in their head.

Assume that everyone is having a bad day... how do YOU encourage them? Be a hope dealer.

We are just the flowers that "appear for a moment, then fade away." Are we bringing beauty to the world or are we being weeds that steal from others beauty?

Are you planting gardens or weeds in the people around you? Are your words and actions hateful, ugly, or filled with anger and pain?

Or are your words and actions the kind that leave people healed and whole and full of joy and peace? You might say something as simple as, "What a nice smile you have," but it can make a difference. Be a hope dealer.

It's true. Our world is very broken. Destruction and pain and suffering will come to each of us in some way, and the best that we can hope for is to have a Good Samaritan along the way to help us through. Then, in turn, we can be a Good Samaritan in someone else's pain.

But it's not easy to be a Good Samaritan. Remember in the story of the Good Samaritan, the man helped his enemy heal. This means we

must set our own prejudices and judgments aside, and not decide in advance who we think people are, or whether they are worthy of our "gift."

Robert Greene said, "Our first instinct when we meet someone new or a stranger is to categorize them: good or bad, friendly or unfriendly, Republican or Democrat, my tribe, or not my tribe. As opposed to, maybe there is something more complex there, maybe there is something more interesting there. Maybe people aren't just one dimensional. Maybe people could be likable but also have some disliked qualities, but that doesn't mean anything bad about them. So I want to drum it into your

head: Your first instinct is not to judge people, but to understand them. That's going to create a revolution in your brain. So when you meet someone, your task is to try and figure out who they are, what makes them tick -- what it's like to be them, to get inside their mind, their mentality -- as opposed to stepping back and saying, bad person, good person, nice or not nice."

That's how you start being a Good Samaritan. Recognize that each person has a beauty and pain within them. Regardless of their religion, political affiliation, or hairstyle, weight, or skin color, each person is worthy of love and the privilege of life.

But it is not enough to just be a Good Samaritan. The whole Jericho road must be transformed. The whole road must be rebuilt, brick by brick. It is each of our job to fix the road at every place we can.

Each of us has the ability to transform the world around us. What is your superpower? Maybe you have a gift to make people laugh. Maybe you have an ability to listen to someone's pain or someone's dreams. Maybe you have the gift of encouragement. Can you help someone find their strengths? Can you give emotional or financial support? Can you help someone chase their dreams?

"Gift" everyone with something beautiful. Speak hope, speak life, speak healing.





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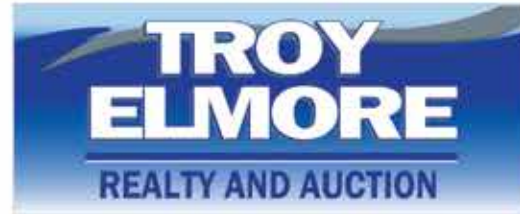


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Owning a home is a keystone of wealth... both financial affluence and emotional security.

~Suze Orman



## ANSWER KEY:

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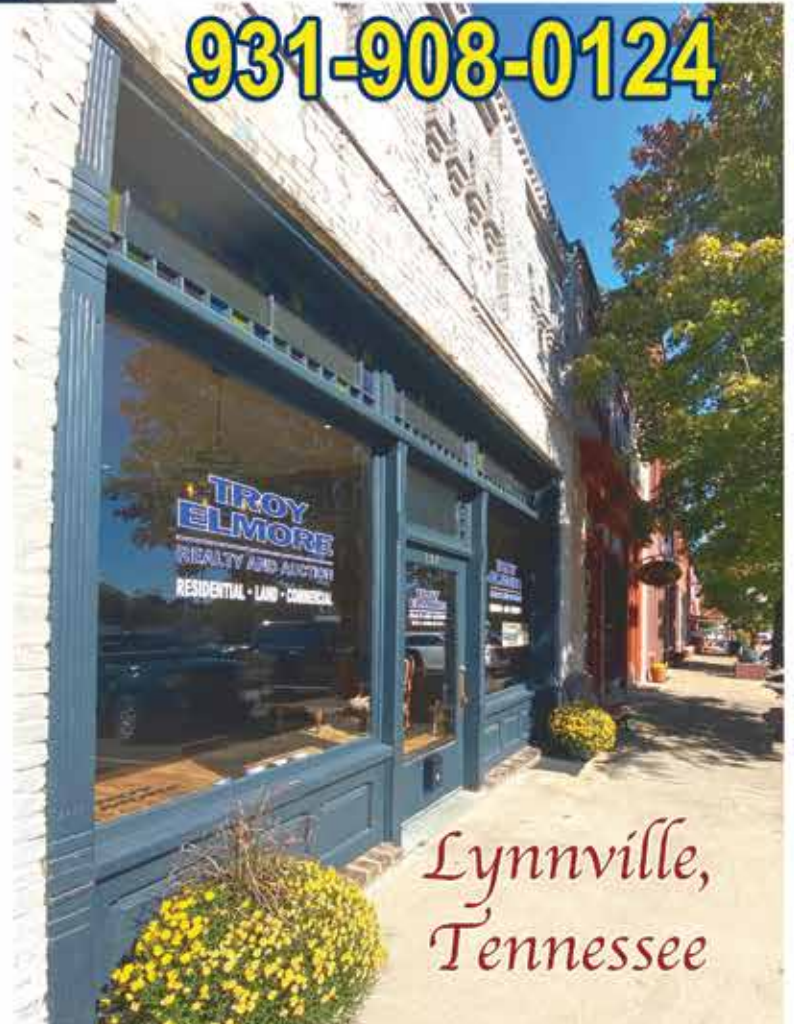
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