

June 18th - July 1st, 2021

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## All Things Soldier



*A Muzzled Memorial Day...*  
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By Ali Elizabeth Turner

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## Clean, Green & Beautiful

*Many Thanks For Your Continued Support...*  
We at KALB have so many things to be thankful for, and during this past year of uncertainty, though some events and programs were...  
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*Sing Anyway...*  
Life is hard and it is so easy to become discouraged. Maybe you aren't seeing the results of your extra effort at work, maybe you feel your...  
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**Publisher's Point**

**Jorge The Good Steward**

In the late '80s, I experienced something I would never wish on anyone: divorce. In addition to that, I was now raising two kids on my own. Anyone that has experienced the one-two punch of a shattered relationship and then limping through single parenthood will tell you that it ain't no picnic. Now, to be fair and faithful to thank God for all His provision in those years, I had a remarkable support team comprised of members of my church as well as neighbors. People took care of my kids and didn't charge for it. People donated everything from cars to secretly paying for tuition for Christian School and my children got to go to summer camp on scholarships. We were even given an Arabian gelding along with the free use of 36 acres upon which he was boarded,

and I experienced the power of equine therapy in no uncertain terms. It was the best of times as far as the kindness of friends, family, and strangers; it was the worst of times as far as having a broken heart was concerned. When I married in 1976, I married for keeps, and now as a divorced person I felt like I was living on another planet, a desolate one.

The story I am about to tell is so simple that I have little confidence that I will find the words that adequately describe the power of a kind act. To this day it brings grateful tears to my eyes. I spent 14 years working at a 5-star convention hotel in Seattle. I waited on everyone from the homeless to celebrities to sports stars to heads of state. This hotel was a joy in which to work—somehow it was free of much of the drama that shows up in the hospitality industry, and I enjoyed my

work and my co-workers. There were no meat cleaver throwing chefs, very few prima donnas, and a staff that was very much (pardon the cliché) like family.

One such man was a steward by the name of Jorge. In hotel parlance, the stewards basically were dishwashers. They assembled the necessary tableware, silverware, and glassware to set up for thousands, and we would bring back the dirty dishes to them by the six-tier cartload. Jorge was Hispanic, very rarely spoke, but was a hard worker, had a quiet gentleness that was unwavering, and he was invariably kind.

In preparing for a banquet, various responsibilities are always given in addition to setting the tables, and this particular day I had to do butters and creamers for 400. The room had been set with 40 round tables of 10, and there needed to

be two small plates of butter balls per table and two silver creamers per table as well. I had assembled what I needed to complete my assignment and was working by myself at the end of a long steel prep table. That day being a divorced single mom was weighing on me heavily. Jorge came through the double doors of the kitchen and started to walk by me to the dishwashing area. Then he stopped, came over to the other side of the table and opened one quart size carton of half and half for me. He smiled slightly and then went back to the dish room.

Now mind you, I hadn't been struggling with a heavy or awkward piece of equipment. My assignment was not a tough one, and we were not under a lot of time pressure to get the room ready. But I think somehow Jorge, the good steward, knew I was struggling and just wanted to appropriately let me know that I wasn't alone. It was a simple, silent act of kindness for which I am thankful to this day. What is the point of this Point? Don't ever get to the place where you are too big for your britches and lose your ability to be like Jorge, the good steward. You just may be remembered for it for decades afterward.

*Ali Elizabeth Turner*

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# A Muzzled Memorial Day

by Ali Elizabeth Turner



Each year for Memorial Day, active duty and retired officers from all the service branches give speeches to remind their audiences of the history and reason for the need to have a ceremony to remember the fallen. Almost always, they will do their homework and find out about a local hero and tell their story.

Such was the case of Retired Lt. Colonel Barnard Kemter, who for the second time since was asked to speak at a ceremony held at a cemetery where vets are buried in Hudson Ohio, about 15 miles away from Akron. Parts of his speech will be visible below, and then I'll tell you what happened while he was speaking.



**Lieutenant Colonel Kemter forged ahead when they turned off his microphone for two minutes of his Memorial Day speech. As a result, the Ohio American Legion has temporarily suspended the Hudson post, and he has been invited back to give the speech in its entirety.**

Photo courtesy of Hudson Community TV via AP

*"Today is Memorial Day. This is the day that we pay homage to all those who served in the military and didn't come home. This is not Veterans Day, it's not a*

*celebration; it is a day of solemn contemplation over the cost of our freedom. Memorial Day was born out of necessity. After the American Civil War, a battered United States was faced with the task of burying and honoring the 600,000 to 800,000 Union and Confederate soldiers who had died in the single bloodiest military conflict in American history. The first national commemoration of Memorial Day was held in Arlington National Cemetery on May 30, 1868, where both Union and Confederate soldiers were buried.*

*But in recent years the origins of how and where Decoration Day began has*

*sparked lively debate among historians, with some, including Yale historian David Blight, asserting the holiday is rooted in a moving ceremony held by freed slaves on May 1, 1865, at the tattered remnants of a Confederate prison camp at Charleston's Washington Race Course and Jockey Club – today known as Hampton Park.*

*More importantly than whether Charleston's Decoration Day was the first is the attention Charleston's Black community paid to the nearly 260 Union troops who died at the site. For two weeks prior to the ceremony, former slaves and Black workmen exhumed the soldiers' remains from a hastily dug mass grave*

*behind the racetrack's grandstand and gave each soldier a proper burial."*

What happened next is to me so disrespectful, both to history as well as to an officer who served in the first Gulf War that I find it breathtaking in its arrogance.

The event's organizers, who worked for the American Legion, by their own admission turned off the microphone into which Kemter was speaking for a full two minutes. They did so because they felt that the mention of former slaves burying dead soldiers was "not relevant for the program." Why? Perhaps because it was May and not February, when we as a nation celebrate African-American History Month? On what planet does such a set of

actions seem appropriate?

In her disastrously tone-deaf defense, Cindy Suchan, the president of the Hudson American Legion Auxiliary, told the Akron Beacon Journal, "We asked him to modify his speech, and he chose not to do that." And, she and another organizer are now no longer working for the American Legion Auxiliary.

Still, I want to make sure I have this right, Ms. Suchan. You thought it was appropriate to kill the mic of a decorated combat officer for a full two minutes of his speech because he didn't say what you wanted to hear? Well, I guess it doesn't really matter all that much, now, because in the words of a former US President, who used to say in a "former life," "You're FIRED!!"

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# Calendar of Events

## **Ardmore Lions Club Tractor and Truck Pull June 18 & 19**

With the Ardmore Boys and Girls Club and MidSouth Pullers Association at John Barnes Park (Hamlett Street in Ardmore, TN). Classes include Super Modified Two Wheel Drive Trucks, Light Weight Super Stock Tractors, Limited Light Super Stock Tractors, and Limited Pro-Stock Tractors starting at 7:00PM. Gate admission is \$15 per person. Kids age 10 & under and free

## **Athens-Limestone Community Blood Drive June 21**

At the Athens-Limestone Visitors Center. 100 North Beaty Street in Athens. From 12:00PM-4:00PM. Covid-19 Antibody Testing will happen. Learn about your eligibility after vaccination here. All donors will receive a long-sleeve t-shirt. Register for your time slot at [RedCrossBlood.org](https://www.RedCrossBlood.org) and use Zip Code 35611 and select Athens-Limestone Visitors Center then see times to schedule a slot.

## **Ask A Master Gardener June 22**

At the Athens-Limestone Public Library. 603 South Jefferson Street in Athens. From 10:15AM-2:15PM with the Athens-Limestone Master Gardeners. For more information about the Master Gardeners, you can contact them at [limestonemg@yahoo.com](mailto:limestonemg@yahoo.com).

## **Athens Lions Club Kiddie Carnival June 24, 25 & 26**

Kiddie Carnival opens at 309 East Forrest Street (at the corner of Beaty and Forrest Street across from Athens Middle School) in Athens from 6:30-9:30PM. Tickets are \$0.50 each; 1 ticket for each ride. Concessions available.

## **2021 Summer Concert Series: Singing on the Square June 25**

On the Limestone County Courthouse Eastside Steps. 150 South Marion Street in Athens. From 7:00PM-9:00PM. Grab some takeout, nestle in with your camp chair, and enjoy the music with Athens-Limestone Tourism as they present Matt Prater and Friends. Free and open to the public; donation welcome. Marion Street will be closed off starting at 5:30PM to allow for setup. Rain location: Vietnam Veterans of America Building (17915 West Elm Street in Athens). For more information: Visit [AthensAL.com/singing-on-the-square](https://AthensAL.com/singing-on-the-square) or 256-232-5411

## **Athens Saturday Market June 26**

Athens Saturday Market is a state-certified farmers market. Enjoy fresh produce, baked goods, music from John David

Crow from 9:00AM-11:00AM, art and crafts under the Green Street pavilion (409 West Green Street in Athens) from 8:00AM to 12:00PM. [athensmainstreet.org](https://athensmainstreet.org)

## **"Junior Historian" Walking Tour June 26**


With the Town of Mooresville starting at the Stagecoach Inn. 4936 High Street in Mooresville. From 10:00AM-11:00AM. This special family-friendly Historic Walking Tour is geared for children pre-K to 5th Grade giving your "junior historians" a chance to explore the breath-taking Town of Mooresville in a fun-filled, intriguing, and educative way during this 1-hour, safe-walking tour. Casual dress; comfortable shoes. Open buildings are not wheelchair accessible. Parents are encouraged to follow along with the tour. Adults will be just as captivated with Mooresville's stories and legacy as the children. \$10.00 per child. Tickets Required, Purchase Tickets: <https://www.mooresvilleal.com/junior-historian-walkingtours/>

## **Red, White & Boom: Drive-In Edition Athens Fireworks Show July 4**

At the Athens Stadium. 100 U.S. Highway 31N in Athens. No stadium seating. Viewable from adjacent properties including Central Church of Christ, Athens Shopping Center, Athens High School. Please respect private property and traffic right of ways. Please remain in your vehicles and enjoy the firework show after dark provided by Athens-Limestone County Tourism, City of Athens and Limestone County Commission. Tune into Outlaw 105.1 for the music.

## **6th Annual Bay Village Firework Show July 3**

Viewable at Lucy's BARge at Lucy's Branch Marina (6049 Bay Village Drive in Athens) or from your boat at Tennessee River Mile Marker 287 at sunset. Amateur show hosted from a floating barge just offshore of Bay Hill/Lucy's Branch hosted by local families, weather permitting, donations welcome from 8:30PM-9:00PM. A GoFundMe has been set up to help fund this privately sponsored show.

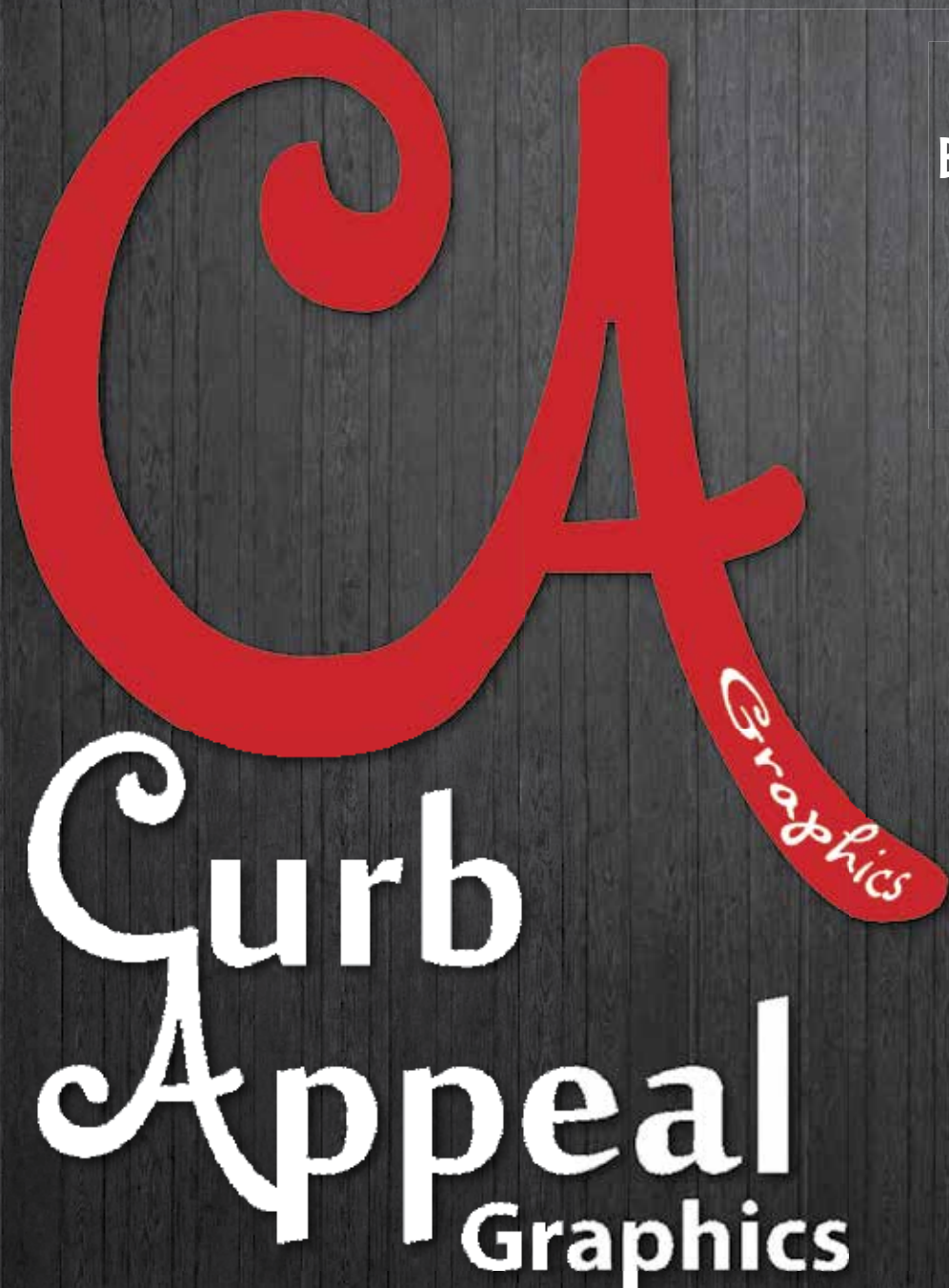


**For the health and safety of our volunteers and the public, we regret that the VVA Spaghetti Day has been canceled until further notice. Thank you for your support and understanding.**



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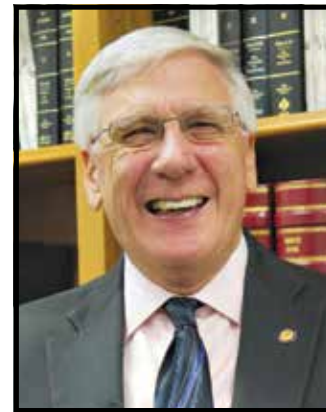
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## What Makes Ronnie Roll

# Lakeisha Johnson And Loving The City

by Ali Elizabeth Turner



This week I had the pleasure of interviewing Lakeisha Johnson, a planner for the city of Athens who agreed to fill in for Mayor Marks. We featured her back in January of 2021 when she first started working for the city, and I was more than happy to have a chance to sit down with her and learn more of her story. We talked about everything from structurally risky architectural projects in Dubai to how to successfully raise children, and I am just so glad she is here.

Lakeisha is a graduate of Alabama A & M, and hails from St. Louis, MO. Her undergrad degree is in political science with a minor in urban planning. Originally her minor was in English, and she had planned on going to law school, but

urban planning “grabbed” her, and she went on to get her master’s degree in it. Technically, she is what she refers to as a “MURP,” which stands for Masters in Urban and Regional Planning. Her degree has the added designation of being “Professional,” which means she also gets into social planning and practical applications. For Lakeisha, urban planning is a “hands-on” job. “Because I am a visual person, I need to go out to sites to see how things are going,” she told me.

For several years, Lakeisha worked in the City Clerk’s office in Decatur, and did accounting as well as urban planning. She routinely met with city council members and other professionals, and Mayor Ronnie made it

really clear when she was hired that he was thrilled to have someone with her background who could “hit the ground running,” especially given how fast our area is growing.

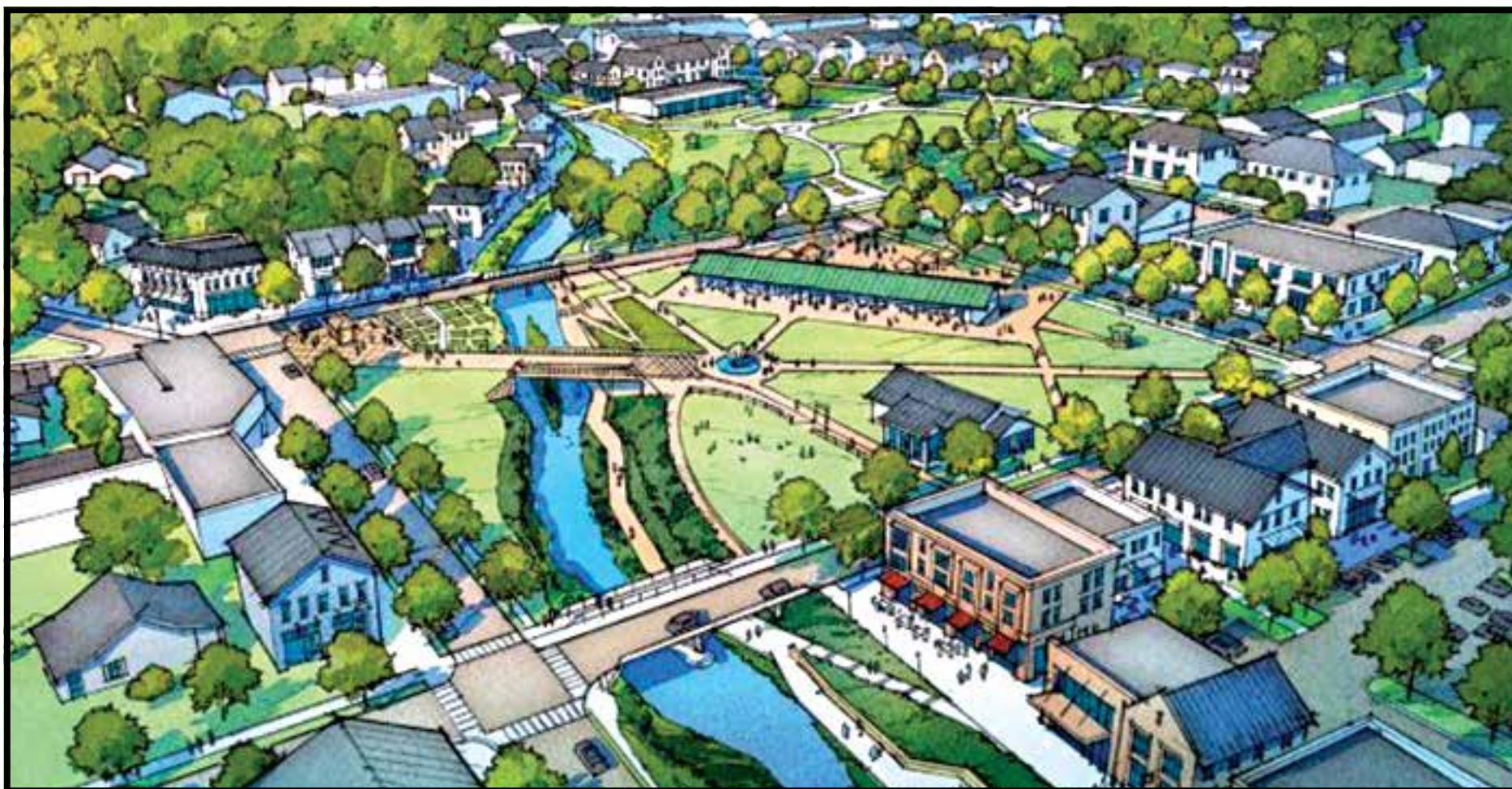
One of the challenges of being an urban planner is to see how various projects in a city affect each other, and how to best bring about planning which results in cohesiveness for a city as a whole. When developers come in, they understandably are focused on their own specific project, and as Lakeisha’s background includes a great deal of experience in organizational development and leadership, it often falls to her to help everyone see the “big picture.”

Nowhere was that subject

expertise more intensely needed and demonstrated than when the City of Athens sponsored the Planapalooza project a month ago. From May 15-19, there were morning to night presentations and workshops that heard from citizens, listened to their ideas and concerns, and produced renderings of possible projects that could greatly enhance the quality of life in an already wonderful town. As readers of Ronnie already know, “growing well” is a topic that surfaces regularly in this column. It was Lakeisha’s job to oversee the Planapalooza event, and she was pleased with how everything went. She is looking forward to receiving their phase one detailed report in a few weeks, and the City of Ath-

ens will then begin to plan how to proceed with the best of the ideas that were generated that week.

Lakeisha asked me what my favorite idea and artist’s rendering was from Planapalooza, and it was what was called the Creek Center. I had never thought of the fact that historical Athens Creek from start to finish could be made into a place where people could gather or rest, dogs could play, and businesses and restaurants could thrive. After I saw the rendering, I was sold, and asked if we could illustrate this edition of Ronnie with that illustration. Lakeisha smiled and said she would get it right to me, and then, sadly without the joyful presence of Mayor Ronnie, it was time for both of us to roll.







## PlayAction Sports

# Honors Come With The End Of The School Year

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)

Announcements of various All-State/All-Star teams were made recently. Ardmore's Luke Hogan made the Class 5A baseball first team while teammate Cole Cheatham was second team. West Limestone's Colin Patterson and Thorne Slaton were on the 4A second team and Logan Martin was honorable mention. Clements' Ian Ezell was a 3A second team pick and Elkmont's Mykell Murrah was honorable mention. Lindsay Lane's Sam Hogue made the 1A first team with fellow Lion Max Morrison on the second team. Athens Bible School's Connor Abernathy and Kacen Pierce were honorable mention. Athens' Emily Simon and Morgan Stiles were members of the 6A softball first team with teammate Katie Simon as honorable mention. Ardmore's Ella Singletary made 5A first team along with the Lady Tigers' Bo Riley and East Limestone's Rylie Grisham on the second team. Elkmont's Alyssa Harwell and Brilee Miller were tapped for the 3A first team. Athens Bible School's Cana Vining and Lindsay Lane's Ava Whitmire were on the 1A second team. James Clemens' Abby Woodberry and Haley Patterson were picked for the second team of the girls' Super All-State soccer team. Patterson was also on the 7A first team. Woodberry and Abby Patterson made the

7A second team. Tanner's Nehemias Vicente, Frankie Vicente, Manuel Felipe, and Randy Cortez made the 1A-3A boys' soccer first team while Emanuel Gonzales and Franklin Vicente were second team along with Elkmont's Josh Burrows. Clements' Leslie Gonzales and Elkmont's Steph Villa Marcial were added as members of the girls' team. Tatum Leathers of James Clemens and Tanner's Manuel Felipe made the All-Star soccer teams that will compete during All-Star Sports Week in July. Lindsay Lane's Angela Kahler was chosen for the North All-Star tennis team.

Congratulations to East Limestone's Tyler Kelly, who signed to play football at Tennessee Valley Prep Sports Academy.

New coaches were hired in at various Limestone County Schools: former Athens assistant Grace Newton will be Clements' new girls' basketball coach, former Austin assistant Michael Pendergrast is Elkmont's new head football coach, former James Clemens assistant coach Adam Brown will serve as East Limestone's head baseball coach, and Jessica Thompson will be the Lady Indians' head basketball coach. James Clemens named Monica Maxwell as their new girls' basketball coach. Maxwell started as an assistant with the Lady Jets, then made stops at

Hoover and Sparkman before her last position at Hazel Green.

### High school

Ardmore got off to a good start in their first round softball game of the state tournament with a 6-5 win over Tallassee. The Lady Tigers fell to Faith Academy 2-0 in round two and got past Hayden 2-1, turned back Alexandria 4-1, then won a rematch against Faith Academy 2-1 to make it to the finals against Sattsuma where they won the first game 5-3, but fell in the deciding game 6-1, their fourth straight of the day, to finish as state runner-up. Athens High's softball team opened up state tournament play with a 13-2 victory over Chilton County. The Lady Golden Eagles advanced to play Springville where they fell 6-1, then were eliminated by Helena 3-0.

### Travel softball

The Southern Vortex 09 went 3-1 in the Double Trouble tournament in Huntsville to finish third. The Shockers 11 also



*This week on the PlayAction Sports Report podcast: Chad Vining, Recreation Program Administrator at the Athens Rec Center*

came in third in their division with a 3-1 record. The Southern Vortex 09 went 2-1 to finish third in their division in the Memorial Day Classic. Shockers 10 won the 10-C division of the Stateline Showdown; Shockers 11 came in second. The 10-year-old Limestone County team came in third at the Alabama All-Stars North 1st Pre-Area tournament in Madison; the 6-year-old Athens team also finished third in their division. The 10-year-old Limestone County All-Stars finished second in the North Pre-Area tour-

namment. The Nemesis 14U-Dudley went 6-0-1 and defeated the Alabama Ultimeates 07 14U 5-3 to win the Grand Slam World Series in Calera.

### Athens Youth

ABS was the Limestone County 10U softball champs. The Braves were the 5/6-year-old winners in the spring baseball tournament finals. The Pirates won the 7/8-year-old division, the Giants were the 9/10-year-old champions, and the Red Sox claimed the 11/12-year-old title.

Listen for the PlayAction Sports Update weekdays at 7:30 a.m., 1:30 p.m., and 3:30 p.m. on 1080 AM WKAC. The weekly PlayAction Sports Report podcast, featuring news, interviews, and announcements from Athens and Limestone County, drops every Wednesday on all major podcast platforms, in the podcast section of the PlayAction Sports app, on your Amazon Echo or Google Home device and online at [www.pasnetwork.net/](http://www.pasnetwork.net/).







From the Alabama Veterans' Museum

# Governor Kay Ivey Slated To Cut The Ribbon At Alabama Veterans Museum

by Sandra Thompson, Director, Alabama Veterans' Museum

We could not be more thrilled to announce that Governor Ivey will be with us on our very special day! It's a day that has been in the making for years. After much hard work, anticipation, and planning, the day has finally arrived when we get to show the public their new Veterans Museum. I can't think of a better time than the

celebration of America's independence to unveil our new museum. Please join us on Thursday July 1, at 2:30 p.m. for our formal ribbon cutting ceremony!

We have many surprises in store for our visitors. Patrons can finally enjoy our library which is now fully American Disabilities Act (ADA) compliant; we have one

the largest collections of military books in the area. These books may be checked out for your reading pleasure with just an ID card.

We will have two rotating "special exhibit" areas. Each quarter we will feature a veteran or military artifact; this will give us a chance to start showing items we never had the chance to display before. We have so many items in storage that we have never had room to display; this will

allow us to remedy that.

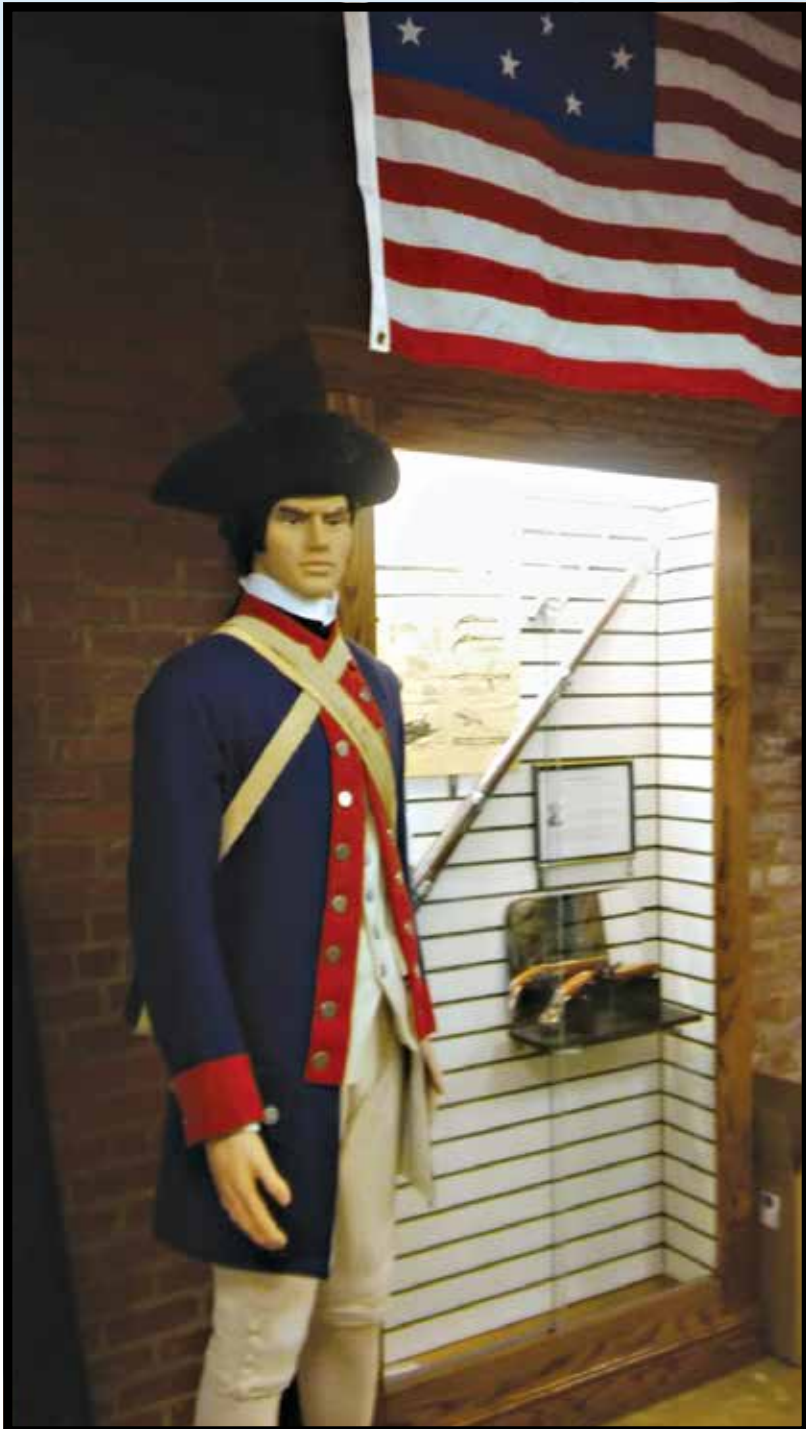
Thanks to the Sons/Daughters and Children of the American Revolution, we have a brand new display honoring "America's First Veterans." Among other new items that we now have are two virtual reality stations complete with "A Walk through History" program, which was designed especially for us based on local veterans. Our new expanded "Home Front" display will allow visitors to step back in time and see

what a home was like during the struggles of wartime, to see where recycling really began!

We have a classroom/meeting room for our smaller groups, and last but certainly not least, we still have a venue for rent to host larger meetings and parties. It has been a misconception that the event venue went away when the Veterans Museum was granted the building by the County Commission; this is not the case. We still have room to seat 300 for dinner, and as evident by our recent successful Memorial Day program, we can seat over 400 comfortably with just chairs. This venue can be rented by the public by contacting Veterans Museum staff. This and much more will be unveiled at our grand opening! I don't want to give away too many surprises!

We cannot say "Thank You" enough to everyone who has made this possible and all the veterans that played a part that are no longer with us; we will certainly be remembering them in spirit this day. As President of the Board of Directors, Jerry Crabtree, says, "Sometimes we just have to pinch ourselves to make sure it's all real!"

Please join us on July 1 at 2:30 p.m. and see what YOUR new Veterans Museum has in store!






## Slinkard On Success

# What Gives Your Life Meaning?

by D. A. Slinkard

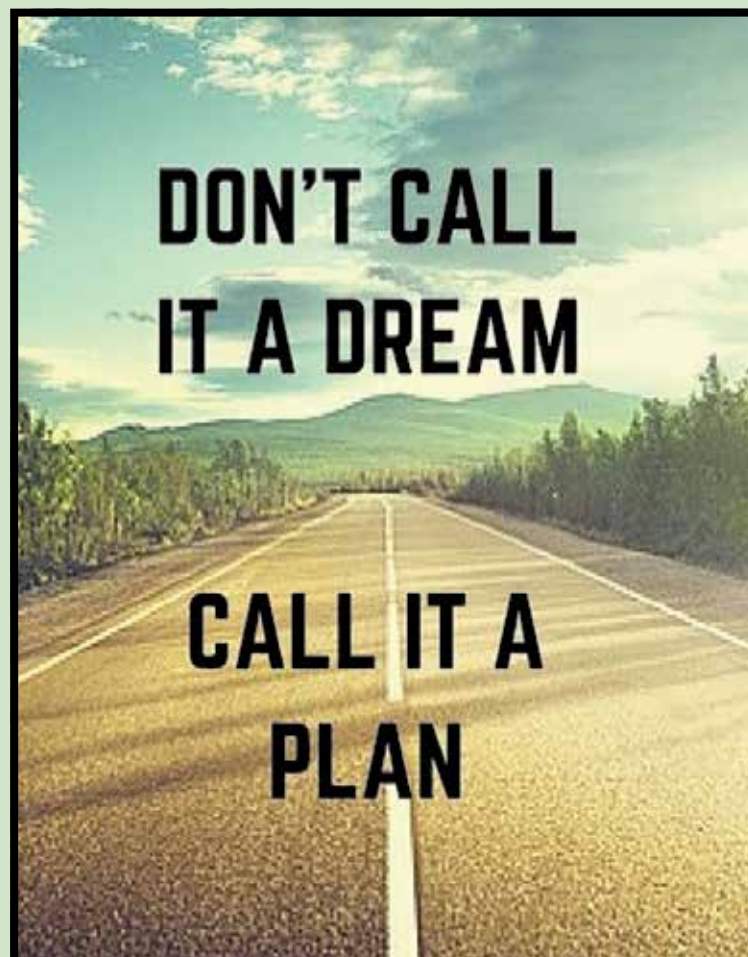
*D.A. Slinkard would love your feedback. You can contact him at [da.slinkard@gmail.com](mailto:da.slinkard@gmail.com)*



What is one thing you would do if you knew with 100% certainty you could not fail? For some it might be starting a new business, for others it might be switching careers, and for others it might be performing mission work in a foreign land. If you want to know what you are truly passionate about, ask yourself the question above, and your answer is where your heart is. Too often people go to work and have no meaning to their life. Let me ask you this – why do you go to work?

We have too many people going to jobs they hate only to live a life they know is nothing but a lie. If you look at the world around us, you see many people who are hurting, who are living broken lives, who are lacking purpose in their lives. Why is that? It is pretty simple if you think about it. When a child says they want to be an astronaut, we tell them they can be anything they want to be; but when an adult says they want to be an astronaut, we start to think they are off their rocker.

At what point in time do we give up on our dreams? At what point in time do we concede to the fact we are not going to make it? It seems the more we think about this topic, we see people on two ends of the spectrum. We have those people who hang on to their dreams too long, and then, we have the other



group of people who give up too early on having their dreams happen.

From my perspective, more and more people are quicker to give up prematurely than they are to hang on too long. What kind of passion do they truly have? What is the mindset of the adult versus the kid? How do we carry the same mentality from our youth into our adult years? This is the million-dollar question.

We need to look at our life through the eyes of our younger selves and take the same mentality of not hearing no for the answer. I can remember being a child and wanting an expensive item. My parents did what a lot of parents do not do today, my parents told me no. I see too

many parents who just give in without thinking about the repercussions of continually giving in to their children. I, being the child who did not understand the cost analysis,

merely suggested to my mom that she could just write a check for the item.

To me this was the simple answer in that she could just write a check for the item, and I would be satisfied. Unfortunately, I did not realize you could not just write a check for anything and everything you wanted in life. Now, I did have the mentality of a child and I was persistent. I wanted that gaming unit and I wanted it bad. I started saving my money, working hard to save up enough money so I could buy the item myself. Eventually, I ended up getting what I wanted, but I had to work for it every penny of the way.

My mentality was that I was not taking no for an answer. Sure, it would have been nice for my mom to have caved in and bought the item for me, but she did not. I never lost focus on what I wanted, and in the end, I was able to make the purchase

of the item I wanted. Now, think about your life today and how many times have you taken the wrong mental approach to getting something you wanted? How many times have you been told no and just rolled over instead of going after what you wanted with the right amount of persistence?

We all have one opportunity when it comes to life, and the question is: What are you going to do with the time you have? Are you going to keep doing the same old thing you have been doing, just wasting your days through life? Or are you going to look at your life through the eyes of your younger self who was quicker to take on a challenge? Sure, you can play it safe, but over the next 25 years you will be disappointed not in what you did but in what you did not accomplish. Why wait on making your life happen?

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Clean, Green And Beautiful

# Many Thanks For Your Continued Support

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



of normalcy!

Steve Trash, who has appeared all over the world, performed three magic shows with an eco-friendly message. Tiny Hiney's Travelin' Farm Petting Zoo was a hit with kids of all ages. There were vendors and exhibitors with environmental messages or eco-friendly products. Athens State University hosted guided tree tours on their campus, showcasing their historic trees. And there was so much more!

Limestone Pediatric Dentistry, Athens State University, and *Athens Now*. We would also like to thank all of our wonderful volunteers, who helped keep this event running smoothly from start to finish.

Look for our Earth Day event in April 2022, which is to be held on the campus of Athens State University. We are looking forward to seeing you next year!

### 2021 Membership Drive

Each year, KALB hosts its annual membership drive. Last year's drive was very important in that we had to cancel one of our larger fundraisers, the Duck and Run 5K. We asked our members to help us weather the storm, and that was an understatement for the support that we received!

This last year has been a struggle on our end, and even though we had to cancel some of our events and fundraisers due to the pandemic, KALB still managed to get out and make a difference in our city and county. We were able to engage hundreds of volunteers for outdoor socially distant clean-ups, hold two household hazardous waste collections, and more. Now that things are beginning to return to some sort of normal, we hope to continue this important work and make an even larger impact on our community.

If you are currently a member of KALB, we are now humbly asking for your membership renewal/financial support so that we can continue to work towards a cleaner and healthier Limestone County with quality



programs, education, and community service opportunities. It is dedicated volunteers and financial supporters who make our successes possible.

If you have never been a member of KALB, we ask that you consider becoming one. We offer several different levels of membership for individuals/families and for businesses/industries. Your donation is tax deductible, as KALB is a 501(C)3 non-profit organization.

Because your donation is so important, we are providing thank you gifts associated with your membership level, which include a discount on the registration fee for the Duck and Run 5K (Septem-

ber 18) and free duck entries into the Wacky Quacky Ducky Derby (October 2).

If you are interested in becoming a member or renewing your membership, please visit [www.KALBcares.com](http://www.KALBcares.com) and hover over the "Donate" tab, then click "Membership" for a printable form with more information.

Thank you for all that you have done and continue to do to support KALB and the work that we do in Athens and Limestone County helping to make this a more clean, green, and beautiful place to live!

*See our donation form on page 14.*



Become a Fan



(256) 233-8000

[KALBCares@gmail.com](mailto:KALBCares@gmail.com)

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

We at KALB have so many things to be thankful for, and during this past year of uncertainty, though some events and programs were cancelled, we were still able to thrive and continue to do the important work that we do. This is all due to the wonderful support we receive from individuals, businesses, sponsors, and volunteers!

### Earth Day & Outdoor EXPO

We recently held our Earth Day & Outdoor EXPO on Saturday, June 5 at Big Spring Memorial Park in Athens. It was a beautiful day, and we had lots of vendors and attendees with big smiles on their faces! We were so glad to be outdoors and enjoying a sense







## Cooking with Anna

# Sing Anyway

by Anna Hamilton

*Life is hard and it is so easy to become discouraged. Maybe you aren't seeing the results of your extra effort at work, maybe you feel your spouse has become distant, maybe you are struggling to lose those extra pounds, or maybe you are in a place in your life where if it could go wrong, it has.*

*Since leaving my corporate job, I have rented a booth in an antique store and have been painting furniture and loving it! We started our little furniture venture last August and it was going great! Then here came April and sales grinded to a halt. I had some beautiful pieces of furniture, along with great glassware and artwork, but no one was shopping. We still made a few sales, but not enough to help keep it going.*

*I became greatly discouraged and just stopped painting. I just thought if my products are not selling, I must have not done a good job, and why should I even continue. It was like a punch in the gut. My husband was so encouraging. He said just keep going, sales will start to pick up. He believed in the work I was doing even when I didn't.*

*Just this week, sales have started to pick up and two pieces of furniture that I loved sold. It has reignited my belief in my ability and the love I have for bringing antiques back to life with paint. I have several pieces lined up and ready for my creative touch.*



*I read a quote that perfectly sums up my little furniture booth and life in general. Emory Austin said, "Some days there won't be a song in your heart. Sing anyway." Just sing! Just keep going! God has given us all gifts, and He wants us to use them while we are here on earth. Our gifts and talents should be used to the glory of God. Some days it seems that you are just spinning your wheels but just keep going. God is going to use you and your gifts when the time is right.*

*This week's recipe is an easy peasy summer side dish. Right now, at almost every farmer's market you can find an abundance of squash and zucchini. These delicious summer squashes are tasty, quick to prepare, and super easy! I hope you enjoy this yummy side dish at your next dinner.*

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9*

## Skillet Zucchini And Yellow Squash

### Ingredients:

- ½ Tbsp butter*
- ½ Tbsp olive oil*
- 2 small zucchini, diced*
- 2 small yellow squash, diced*
- Salt and pepper to taste*
- Sprinkle of freshly grated Parmesan cheese*

### Directions:

*In a 10- or 12-inch nonstick skillet, heat the butter and olive oil over medium heat until hot and rippling.*

*Add the zucchini and yellow squash in as even a layer as possible (it should sizzle as it hits the skillet) and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Give it a good stir and let it continue to cook, stirring only every few minutes. This will allow the squash to*



*become browned. Continue to cook until the squash and zucchini are tender to your liking, about 5-7 more minutes.*

*Season with salt and pepper to taste and top with freshly grated Parmesan.*



# Making Progress?

by Steve Leland

Sometimes in this life it just doesn't seem like we are getting anywhere. Day after day we slog towards those things that we desire. But, like the end of a rainbow, it feels like they slip into the distance at about the same speed that we are moving.

I am reminded of what I read about the pioneers crossing the prairie and finally seeing the mountains in the distance. At 15-20 miles per day in their wagons pulled by oxen, it was very discouraging to not see those mountains appreciably closer at the end of a long dusty day of trudging, or jolting along on a hard wooden bench seat. They just hung out there in the distance, day after day.

With my less than patient attitude, I often want life to more resemble a drag race. Tromp on the gas, dump the clutch, smoke the tires, and let's go!

0-60 in seconds. Why cannot we achieve a reasonable three days progress in about one day?

But then I get reminded, *Sufficient unto the day is the evil thereof*. Yeah, every day has its own share of evil. How often could you compress the problems allocated to three days into a single day before your hair catches fire and your head explodes? Maybe leaving well enough alone isn't that bad of a plan.

Setbacks are a part of life. Wanting them not to exist is reasonable, but pretending that they shouldn't exist is not rational. We enjoy the blessings that we are surrounded with because the people that preceded us soldiered through the setbacks that they experienced.

Set your face like flint and keep heading in the right direction. It's gonna be all right.

I am happy to support KALB and the work this organization does within my community. I understand that my donation is fully tax deductible and I would like to contribute as follows (please check one):

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|--|---|
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| <input type="checkbox"/> Sponsor (\$100-\$149)   | <input type="checkbox"/> Other Amt. (\$_____)     |

Credit/Debit Card donations at [www.kalbcare.com](http://www.kalbcare.com) or call 256-233-8000  
Checks payable to: KALB Mail to: KALB Membership, P.O. Box 1089, Athens, AL 35612

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If this donation is being made in honor or in memory of someone, please tell us:

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**GIFTS TO SAY THANK YOU!**

All donors at the \$35 and above levels will receive thank you gifts associated with our annual Duck and Run 5K (9/18/21) and our Wacky Quacky Ducky Derby rubber duck race (10/2/21) which has a grand prize of \$2,000 plus many additional prizes.

- |                       |   |
|-----------------------|---|
| Friend:               | 1 free duck entry + coupon for \$5 off 5K registration (\$10 value) |
| Contributor:          | 3 free duck race entries + \$5 off 5K registration (\$20 value)     |
| Sponsor:              | 6 free duck race entries + \$10 off 5K registration (\$35 value)    |
| Patron:               | 12 free duck race entries + \$15 off 5K registration (\$65 value)   |
| Benefactor:           | 18 free duck race entries + 1 Free 5K registration (\$100 value)    |
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# Back To Basics – Alcohol

by Nick Thomas, owner of Prime Performance Training, and Certified Sports Nutritionist



As a certified general and sports nutritionist, I get to meet a variety of people of all ages from all walks of life. We discuss their goals; I take any food allergies into consideration and create a personalized meal plan that I know will help them best achieve their goals. This inevitably leads to a conversation about what foods to avoid in order to be successful. I always suggest avoiding sugar and processed foods, and there are a few other items on my list typically depending on each individual case. However, the number one thing in adults which seems to get the most reaction is when I say it is best to consume **NO ALCOHOL!**

This is not a statement which is meant to inflict torture or take away from the enjoyment of downtime. It simply comes from my nutrition experience and desire to see my clients not only achieve their goals, but be the absolute healthiest possible. Even one glass of wine or beer each night can have a drastically negative affect on general health. Just a few social drinks each weekend can prevent the achievement of big and small health goals.

Due to my extensive edu-

cation in nutrition and how the body works, I have always felt strongly about cutting the alcohol when it comes to living a truly healthy, all-natural whole-food lifestyle. However, being someone who likes to stay relevant, I recently decided it was time to do some digging in order to really get the details on current statistics when it comes to alcohol consumption in the average American adult and the affects it not only has on the body, but on life as a whole. I was shocked by what I found.

According to *The Wash-*

*ington Post*, sixty percent of Americans 18 years or older consume zero or less than one drink on average each week. However, the top 10 percent of American adults (24 million) consume an average of 74 drinks per week, or a little more than 10 drinks per day. This is absolutely staggering!

From a basic nutrition stand point, alcohol tanks anything being done. The sugar and carbohydrates destroy the hard work done in daily workouts and/or in daily diet. Yes, this is true **NO MATTER WHAT**

**FORM OF ALCOHOL** is chosen to be consumed.

Aside from the more well-known fact that alcohol is a major contributing factor in pancreatitis, heart disease, liver disease, diabetes, breast cancer, and oral cancer, there are several that are less known which also have a major impact on the body. The central nervous system can be affected with long-term changes such as pain, odd sensations, numbness in the hands and feet, and due to the same vascular issues, the retina in the eyes can be compromised. The diges-

tive system can be affected by symptoms ranging from distorted taste, tooth decay, and esophageal/stomach ulcers. Finally, and maybe most importantly in today's society, alcohol intake can severely weaken the immune system.

Now, I say again, **NO ALCOHOL** is best! I realize this advice does not make me the life of the party, but I guarantee it will make you feel better, achieve your goals, and live a longer life. So, which do you value more, some fun drinks or a long, healthy life?



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# Isom's Orchards And U-Pick: "Old And UNimproved"

by Ali Elizabeth Turner

*continued from page 1*

the road.

Wes grew up working the land that was purchased by his grandfather, and Wes has always felt like he was walking in his calling. Wes's grandfather, Edison Kent Isom, was born in 1889. He served during WWI, and bought his first parcel of land on what is now US Hwy 72 back in 1915. He purchased more land in 1933, a full forty acres for three hundred dollars! "Back then," Wes told me, "90% of the people always farmed." Edison Isom was also a generous man. Wes told me with a full heart that his grandfather always made sure that the sharecroppers that worked the land had the very best land to work, and Edison worked what was left over. The land was worked by

mules, and the use of trucks came comparatively late. The Isoms used a book that was published by Auburn University that served as a guide for what could be robustly grown on the acreage without wearing it out. For generations, the Isoms have rotated crops, let the land rest, and have nourished and replenished it so that it yields nutritionally dense produce and preserves the soil. They recognize that they are blessed, need to be good stewards of what they have been given, and Wes's working philosophy is "We try to do the best we can." And, with a smile, he describes Isom's Orchard as "old and unimproved."

Joseph Isom spent some time working in the Mercury Space program mixing rocket fuel. He also started the now famous peach orchards in

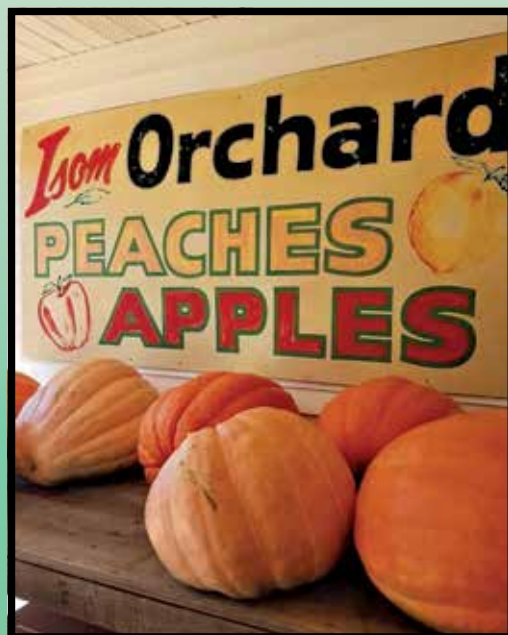
1957, and the apple trees were added in 1966. Wes grew up working the orchards, and as a boy used to go hunting for arrowheads. He has always been interested in archaeology, but working the land and having the pleasure of growing beautiful fruits and vegetables for him is this side of heaven. Currently the Isoms own 320 acres, with 60 planted in peaches, 40 in apples, and the rest in all manner of fruits and veggies.

Wes gave me a bit of an "Ag" education as it pertains to peach trees and apple trees. I learned that peach trees last for 15-18 years, and they die from within while still looking healthy from the outside. So, it's necessary for trees to be started in a sequence so that when the old trees need to be taken out, there are new ones ready. Apple trees, if cared for well, can last



up to 25 years. The best of farming techniques is no match for twist-ers, however. "When we had the tornadoes of 1974, we lost everything," said Wes. So, as farmers always do, they started over, and over

time, Isom's became the iconic local source of several types of peaches, strawberries, produce, apples, cider, local honey, homemade jellies, pumpkins, Martin gourds, grass-fed beef, and more recently, flowers. I asked Wes if he had a favorite crop to grow. He grinned as he told me, "Pumpkins." Isom's is still going strong in the fall, and since 1979, pumpkins have been an important one of their offerings as is the scarecrow contest. During the winter, the Isoms attend conferences on growing, trade shows, tend to the equipment, celebrate the holidays, and even rest a bit!







Wes and Marlene's son Kent is married to Brooke. They are in charge of the U-Pick fields, which are located right across the road, at 23615 US-72. Kent got his degree in agronomy from Auburn University, and has worked alongside of his father since he was just a kid. Brooke is a wonderful photographer, and supplied the beautiful illustrations for this article. Her passion for "making pictures" gave her the idea of planting a field of flowers that could serve as both an opportunity for people to come and pick their own flowers and to provide an outdoor backdrop for professional photographers to capture that perfect shot of or for their clients.

When Kent and Brooke started the flower field in 2015, they held a one-day U-pick event that paid for the cost of the planting. They started with sunflowers, have added zinnias and gladiolas, and every year the flower field has had added features that have made it the "go-to" place for "fresher-

than-fresh" bouquets. Because Brooke understands that for the serious photographer the time of day, the angle of the sunflower, the weather, and available light can make the difference between a fabulous photo and one that is not-so-much; this year they have designated a "photographers-only field," and the sessions are reasonably priced. Reservations can be made by calling or texting Mary Alice Isom Blizzard at 256-777-5683. Mary Alice is in charge of marketing for both the orchard and the flower fields.

During the Summer of COVID, the U-Pick field provided a safe opportunity for people be outside and experience the life that is unique to growing things, and the life that is unique to building community. The sheer beauty of the fields certainly strengthened my heart, and it was a delight to see families together outdoors, even if they had to practice social distancing.

Kent and Brooke have hopes to eventually expand the U-Pick possibilities with regard to

various fruits, and the recent abundance of rain may cause the flowers to bloom a bit early. The U-Pick grapes should be starting the third week of July, and Brooke said, "Please keep checking Facebook and Instagram to see our updates and announcements." You can park in the Classic Sign Works parking lot and safely walk to the fields.

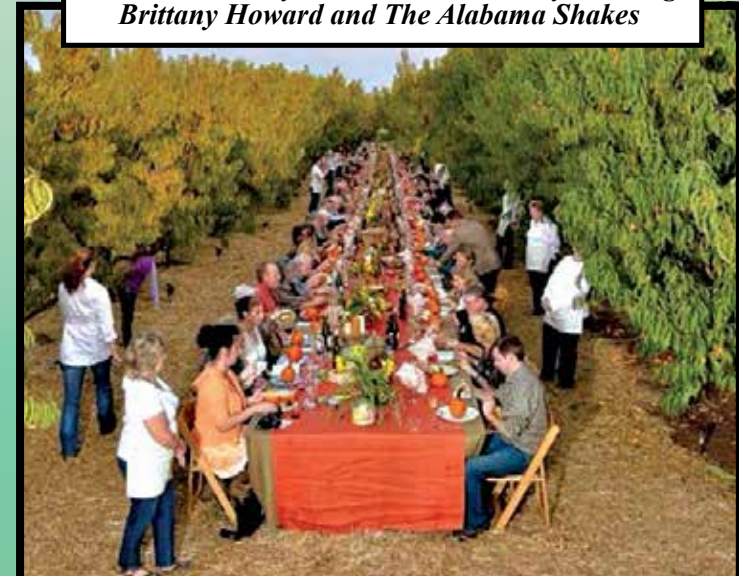
The Isom family has always been involved in giving back to the community, and on two occasions they sponsored a gala fund-raising dinner that was held in the Isom fields. One such event featured the Alabama Shakes, and Grammy Award-winning Brittany Howard sang her heart out in the orchard. Marlene is also an avid quilter, and the Alabama Veterans Museum is the proud recipient of the Threads of Honor Quilt, which was a huge, community quilting project that Marlene and several others produced to honor our veterans and raise money for the museum. Wes told me that they are considering the possibility of holding a 5K race

on the property. At 61, Wes is still climbing ladders in the orchard, and is dogmatic that he will continue to do what his crew does when it comes to work for as long as he can. "You've got to keep going," he said. Wes also surprised and delighted me when he said, "Everybody should have a

garden at home. It's fun to watch things grow, and you get to see God's creation." You can come and see, sample, and purchase some of that loving creation every day from 8 a.m. until 6 p.m. now until the end of November. I need to warn you, though, there may be a line, and you'll be glad you stayed in it!



*The gala Isom's Orchard dinners have even included music by Athen's own Grammy Winning Brittany Howard and The Alabama Shakes*





# The Law Of The Picture

by Eric Betts

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



Intelligence and competence are indispensable qualities for visionary leadership. However, when compared to mirroring a vision by example, intelligence and competence take second place. If a leader is to blaze a trail or lay the groundwork for something great, a leader must make an impact through attitude and ethic rather than through inspirational speeches.

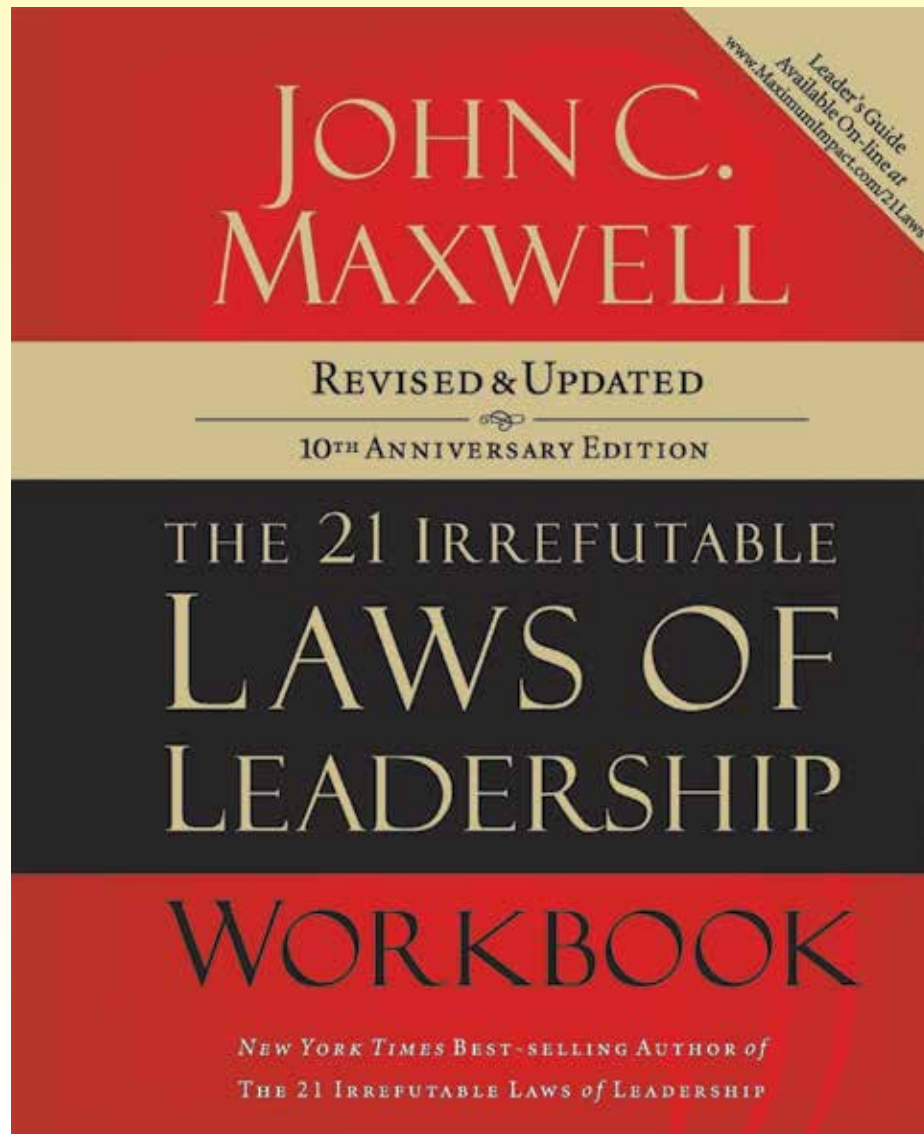
On the other hand, there are those who mistakenly conclude that visionary leadership must be combined with toughness and the ability to push their subordinates toward a dream. However, scientific studies and real-world experience shows that this is not the case. Leadership expert, John Maxwell, in his volume *The Irrefutable Laws of Leadership*, agrees with this concept. He says the following:

*Whitley David asserted, "A good supervisor is a catalyst, not a drill sergeant. He creates an atmosphere where intelligent people are willing to follow him. He doesn't command; he convinces." "Nothing is more convincing than living out what you say you believe.*

A leader may speak eloquent words. They may dress well and command an audience. Their presentation may be extremely persua-

sive to those who are looking for answers. After the leader has finished making their case, they must remember that they are the center of attention and the subject of conversation by team members. Team members are forever examining and quietly critiquing the leader. They want to know whether the leader follows his or her own words or fulfills their own expectations. That is not to say that persuasion is not important, but it is only the beginning. Actions speak louder than words. According to Maxwell, the leader must not only share the vision but also model the vision. This will give the team members a picture of what the vision looks like in real life and what it takes to fulfill it.

Additionally, in the book *Irrefutable Laws*, Maxwell highlights the dynamic leadership abilities of General Colin Powell. Colin Powell spent most of his life as a leader in military and political service in the United States government. He served as chairman of the Joint Chief of Staff, and later as Secretary of State in the George W. Bush administration. According to Maxwell, Powell's life



in leadership is a tremendous example of what the Law of the Picture is all about. He shares one of Powell's memorable statements about leadership:

*Colin Powell, observed, "You can issue all the memos and give all the motivational speeches you want, but if the rest of the people in your organization don't see you putting forth your very best effort every single day, they won't either."*

Moreover, it is vital for the leader to understand that he or she must oper-

ate at a higher level than the rest of the team. The leader, in order to move in the direction of the vision, cannot be satisfied with fulfilling the bare minimum of what is expected of the rest of the team. In order to take the team to a higher level, they must exemplify what they need to become in order to succeed. The team must see the leader improving, growing, challenging themselves, and changing for the better. When the leader fails to live up to the expectations of the vision, the successful leader acknowledges the

shortcoming and is willing to criticize themselves. This is how the leader gains the level of respect from the team. Such qualities will be coveted by the team members and emulated.

Maxwell says, "As a leader, the first person I need to lead is me. The first person I need to change is me. My standards of excellence should be higher for myself than those I set for others. To remain a credible leader, I must always work first, hardest and longest on changing myself."

This is the concept that is stated in Maxwell's published works. He tells his readers that leadership is more caught than taught.

The leadership that is most convincing is not the type that impresses through expertise, but the one that is lived out in such an impressive way that it becomes contagious. For example, ethics can be taught, but when the ethics that are taught are not lived out, they will not be respected. They must be modeled in such an impressive way that others will enthusiastically buy in. This is the visionary leadership that will motivate, inspire, and change the lives of those that are led.



## The View From The Bridge

# Summer Decor Ideas

by Jackie Warner

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



- Mix new flowers in with your current home arrangements; change out your containers.
- Bring your plants inside and place in kitchen and living areas.
- Get those dishes out that you have been saving and use them.
- Add lighter color accents to your home décor.
- Move furniture around to change your look.
- Get to the yard sales and update a little with something new added to your pieces.

- Light candles in your spaces to change or enhance the vibe.
- Cook more fresh veggies.
- Cover your sofa pillows with new fabric pillow slips.
- Ready for a new look -- invest in fabric spray to give your furniture a makeover.
- Make time and create a dedicated space for your daily meditation and stretching and take time to be alone with God and allow His grace to transform you so that you sparkle like the finest gem.



## New Home, New Journey... Summer Décor Ideas

"Now the LORD is the Spirit, and where the Spirit of the LORD is, there is freedom." (2 Corinthians 3:17)

*Until Next Time,  
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## Union

by Deb Kitchenmaster

The days are longer, we're almost halfway through the year, God's promises are "yea" and "amen," and horses are some of the best teachers you will ever meet. Yes. The word I hear the horse whispering these days is the word "union." So let's talk about that. The word union is about coming together. Union is about joining up or joining together. Union also means bringing together. Do you see a common denominator in these meanings? If so, that would be the word "together." So what brings about the possibility of being or joining together? That would be "foundation." We need a baseline or a foundation to build on -- to connect, to merge and to blend. I am referring to a union that is built upon both skill and intuition that goes beyond the hours seated in the saddle. I'm talking about an awareness that must take place before we can truly communicate with that which stands in our presence.

If I were to have an acronym for UNION it would be: Unity, Noticing, Intentional, Observant, and Noise. Why would you say noise? Because there is a sound that comes forth, a communication, an expression between horse and human when there is a blending. This is a sound (noise) that can be seen and heard.

Our technologically advanced culture has an influence on each of us



to only believe what we can see, prove, and explain. It is easy to view animal-human communication as impossible or crazy thinking. I hope you shake yourself from this entanglement so you can be free to enjoy a horse-human relation-

ship if you so choose. When we can understand what it means to be a horse, react like a horse, and relate to other things like a horse, then we can have a more productive relationship with our horse. When we choose not to treat the horse as

you would a dog or a human, but choose to train, ride, and communicate within the boundaries that define the nature of the horse we will enjoy UNION.

Almost every problem the human faces (excluding physical injuries or ailments) with their horse is due to an unbalanced relationship between horse and rider. Most of the time the human is not fulfilling the position in the relationship that the horse needs them to fulfill. A horse needs a leader! If the horse does not have a leader, he will become the leader. In fact, the union a human has in his relationship with his horse is dimensionally connected to the degree in which the human (rider) is able to be the leader! It is the relationship between human and horse more than any other factor that determines the ability to achieve results. When we gaze into the horse's world, the relationship with all other members of the herd is the FOUNDATION supporting every move and decision a horse makes throughout his life. The relationship between horse and rider is the beginning, a foundational block on which to begin building on. On this foundational block (relationship), you will get in touch with your attitudes and your belief system. This leads to UNDERSTANDING a couple of things. (1) The horse is a herd animal. As a herd



animal there are inherent boundaries and behaviors that facilitate my communication and actions with my horse. (2) The second understanding is to know that it is more important and more productive to focus on the relationship between me and the horse than it is to concentrate on the result that I hope to achieve.

To develop a healthy relationship with our horse we need to know how the horse views us. The horse either sees us as a hunter or hunted. What? Perhaps haunted! Just kidding! If the horse views you as a hunter, its natural fear and resistance must be overcome in order for the horse to trust you. Trust is essential in any relationship. If the horse views you as hunted, there is a measurement of respect we must earn before a relationship can be established...another relational essential.

We each can learn from THE HORSE. This article translated into communities, school boards, churches, businesses, homes, families, even government has the possibility of bringing UNION to our environment. Saddle up! We have a trail to blaze!

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# Signs of Infidelity

by Lisa Philippart,  
Licensed Professional Counselor



**“Never argue with someone who believes their own lies.”**

**- Unknown**

The pandemic has created many problems...mental, physical, spiritual, emotional, financial, relational, and marital. Most recently in my practice, I seem to be counseling couples who are struggling, either because they have spent too much time together or not enough over the past difficult year. And unfortunately, a common theme for these couples has been infidelity. (Reminder: cheating on a spouse or partner is not just physical.) So, how do you know if your partner is cheating? Usually if you are asking the question, you already suspect something, or at the very least, that something is amiss in your relationship. The signs of cheating look

different in every relationship, but I believe there are some common threads that you can appear. In general, if your gut tells you that your partner is being unfaithful, there is a cause for the unease.

Here are some common warning signs that may indicate a need for concern:

Emotional intimacy has faded. No relationship is as intense as it was in the beginning, but we do tend to bond and attach to our partner over time, learning to trust the other with our secrets and important aspects of our lives. This emotional intimacy is what keeps us bonded to our significant other, so if your partner seems less emotionally vulnerable or intimate with you expressively, that's a strong indication that the focus has shifted to something or someone else. Your partner may show hostility toward you and

your relationship. Someone who is cheating will often rationalize behavior by pushing the blame on you. They may tell themselves that you don't look the way you did when you got married, or you don't appreciate them, so they deserve to seek "that" elsewhere. When confronted, your partner may deflect or avoid. If your partner is cheating, the absolute last thing in the world they want to do is to talk about it with you. If you have confronted your partner, you may have been rebuffed with something like, "If you trusted me, maybe things would be better between us." In other words, they will shift blame for what you are thinking or feeling onto you.

Physical appearance has improved. If your partner suddenly starts dressing nicer or eating healthier, it could be a sign that they

are trying to appear more attractive to someone (possibly you, but possibly someone else.) Is your partner being more secretive about phone or computer use? If your partner's phone or laptop never required a password before, and now they do, that's not a good sign. If your partner suddenly starts deleting texts and clearing browser history on a daily basis, that's not a good sign. And if your partner never relinquishes possession of the phone, even taking it with them to the bathroom when they shower, that's not a good sign. Additionally, there may be periods when your partner is unreachable. If your partner is cheating, they are less likely to answer calls or respond to texts. An altered schedule, when your significant other suddenly needs to work late, (and that starts to happen more

frequently) it may be a signal for concern. Or if your partner has never travelled for business and suddenly finds a need to travel for work. This may also include unexplained expenses. If you see large cash withdrawals or evidence of purchases from places you never frequent, that is not good. Infidelity usually costs money: gifts, trips, dinners, and hotel rooms; the cost of cheating can add up very quickly.

Unfortunately, and oftentimes, with infidelity, you, the betrayed partner, are the last person to find out. The cheater's friends often know about the infidelity from the start, and your own friends are likely to find out long before you do. This knowledge typically causes these "friends" to feel uncomfortable around you. In fact, the cheater's friends might try to avoid you or to be overly nice to you. PLEASE NOTE: Your significant other could display all of these signs and still not be cheating. But these remain indications that something is wrong in their lives and/or your relationship. Likewise, your partner could be exhibiting none of these indicators and still be cheating. In my next article, I will discuss healing after infidelity.

*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.*







# The Alternative Approach

## Female Health

by Roy Williams



The number of women suffering from female health issues has never been higher.

A lot of it is due to the fact that we have changed our food supply and it has not been to our advantage. They shoot our cattle, pork, and chicken with hormones and antibiotics. The air, water, and food supply are polluted with chemicals that fit the same receptor sites as estrogen. The pharmaceutical drugs can cause many negative side effects including cancer and may go against the beneficial bacteria that supports our digestion and immune system.

On top of that, we have become a sedentary society. This can have a detrimental effect due to increased body fat which will increase negative hormone levels, such as estrogen and cortisol. Cortisol is a hormone we produce when stressed, and when too high, can cause depression, anxiety, and mood swings.

Over time, all of this can result in irregular cycles, infertility, weight gain, loss of sexual desire, PMS, fibrocysts, fibroid tumors, postpartum syndrome, low energy levels and a bad attitude in females. Many girls just going into puberty may complain about cramping, heavy bleeding, mood swings, headaches, and weight gain

during their cycle. It is hard to get an accurate figure of the number of days missed from school or work due to these types of issues.

It seems that all the medical profession has to offer are prescriptions, including birth control pills, antidepressants, and non-steroidal anti-inflammatory drugs. These drugs are designed to treat the symptoms of the disorder while never addressing the cause, and many of those same drugs are being linked to breast, uterine and cervical cancer; migraine headaches; and even bone loss.

Drugs are rarely the best decision.

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**Blessed Thistle** has a long history as a tonic, which helps digestion, blood circulation, and liver problems. It also works to help increase mother's milk in nursing women.

**Dong Quai** is known as the queen of female herbs. It seems to help with almost ev-

ery complaint of the female system. It may nourish the female glands and strengthen all internal organs and muscles.

**Wild Yam** is useful in balancing the glandular system in women and has properties that support natural progesterone levels.

**Black Cohosh** helps with vaginal dryness. Studies performed in Europe have shown that black cohosh performs as well as estrogen in helping relieve both the physical and emotional symptoms associated with menopause, including hot flashes, insomnia, mild depression and irritability.

Overall, these herbs may prove to be more effective than the drugs that may cause negative side effects including cancer. Thousands of

women say they work better than the drugs and help them to live a more balanced and productive life.

With all that said, you may choose to purchase each ingredient separately, which means you will pay a premium price and you could be taking 10 to 12 pills a day to get what is in one bottle of **Feminine Factors**.

Many women of all ages talk about improved breast health with less tenderness, fibroid cysts disappearing, and even increased breast size and fullness. Mothers have told us about putting their daughters on **Feminine Factors** as soon as they start their cycle, especially those with symptoms that cause them to miss school.

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Roy P. Williams

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# Tennessee Valley Spotlight



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# “Disregard!”

by Mae Lewis

Richard Feynman was a theoretical physicist (1918-1988) who is well known for his contributions to quantum mechanics, particle physics, and the study of subatomic particles.

He helped develop the atomic bomb. He pioneered the field of quantum computing. He introduced the concept of nanotechnology. He is ranked the seventh greatest physicist of all time.

Then he peaked.

In 1965, Feynman won the Nobel Prize in physics for developing the field of quantum electrodynamics. Following the award, he felt dejected, and “doubted his ability to continue to make useful, original contributions at the forefront of theoretical physics.”

During this period of dejection, Feynman attended an event in Chicago with his colleague,

David Goodstein. While there, Feynman was approached by James Watson, co-discoverer of the double-helical structure of DNA (a milestone that marked the beginning of modern molecular biology, genetic engineering, biotechnology, and many other advances in science!).

Watson wanted Feynman to read his manuscript for his book: *The Double Helix*.

Feynman did. His colleague, David Goodstein recounts what happened next:

Feynman was waiting for me in the living room. “You’ve gotta read this book,” he said. “Sure,” I said, “I’ll look forward to it.” “No,” he shot back, “I mean right now.”

And so, sitting in the living room of our suite, from one to five in the morning, with Feynman waiting impatiently for me to

finish, I read the manuscript that would become *The Double Helix*.

At a certain point, I looked up and said, “Dick, this guy (Watson) must be either very smart or very lucky. He constantly claims he knew less about what was going on than anyone else in the field, but he still made the crucial discovery.”

Feynman virtually dove across the room to show me the notepad on which he’d been anxiously doodling while I read. There he had written one word, which he had proceeded to illuminate with drawings, as if he were working on some elaborate medieval manuscript.

The word was “*Disregard!*”

“That’s what I’d forgotten!” he shouted (in the middle of the

night). “You have to worry about your own work and ignore what everyone else is doing.” At first light, he called his wife, Gweneth, and said, “I think I’ve figured it out. Now I’ll be able to work again!”

Too many of us are held back by comparing ourselves to other’s achievements. It is only when we stop looking at everyone else and focus on our work that we will create something entirely new and revolutionary.

Feynman recognized that we often fool ourselves into taking a backseat to others. In his case, he was comparing himself to his own past. By comparing ourselves to others, or to our own past achievements, we only do ourselves a disservice. You are unique, and no one else in the world can make the contributions that you can. What are you working on...or NOT working

on because you have compared yourself to someone else? Is there something that you are holding back because you compare yourself to someone else’s life?

**DISREGARD what others are doing!** Focus on what you, and you alone can offer the world. Even if you think it has been done before, do it anyway!

Feynman wrote: “You have no responsibility to live up to what other people think you ought to accomplish. I have no responsibility to be like they expect me to be. It’s their mistake, not my failing.” (from *Surely You’re Joking, Mr. Feynman!: Adventures of a Curious Character*)

STOP living up to other’s expectations. START setting expectations for yourself. The only thing holding you back is YOU.

The first principle is that you must not fool yourself and you are the easiest person to fool.

*Richard P. Feynman*





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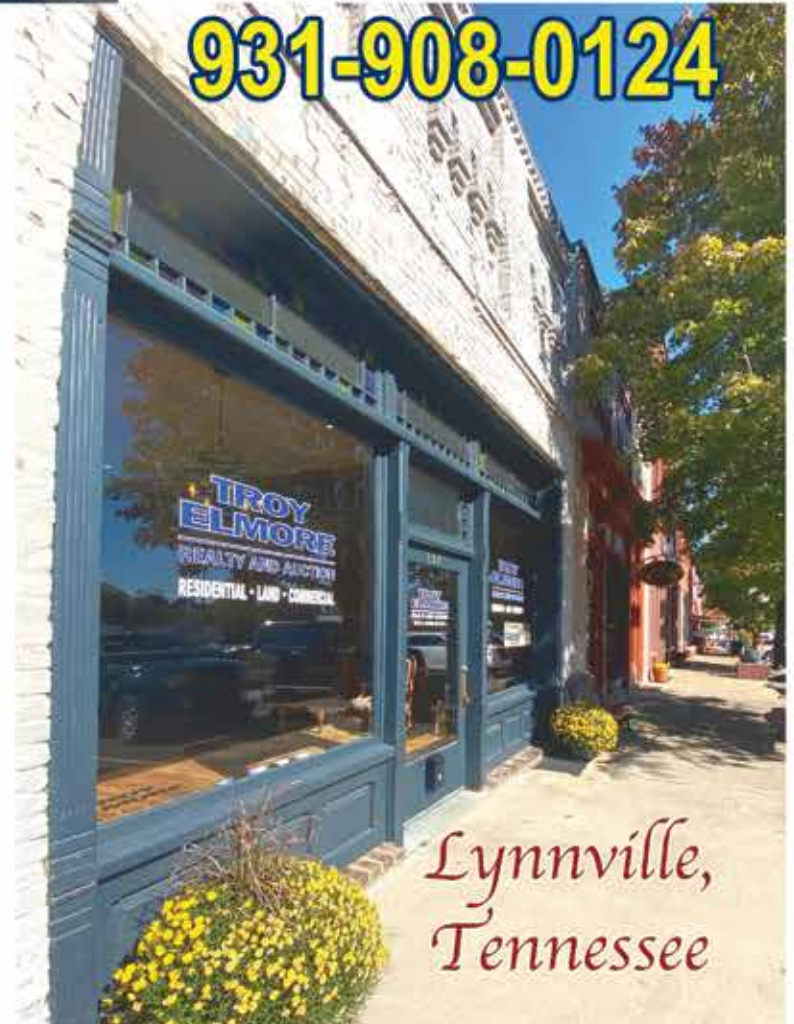
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*“Let the beauty  
of what you love  
be what you do.”*

*~Rumi*



## ANSWER KEY:

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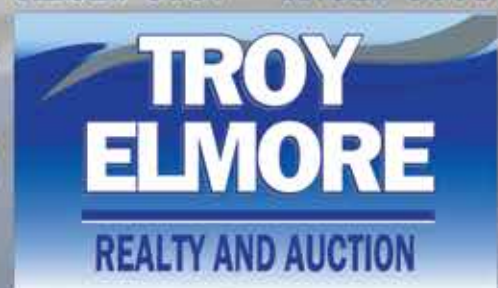
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