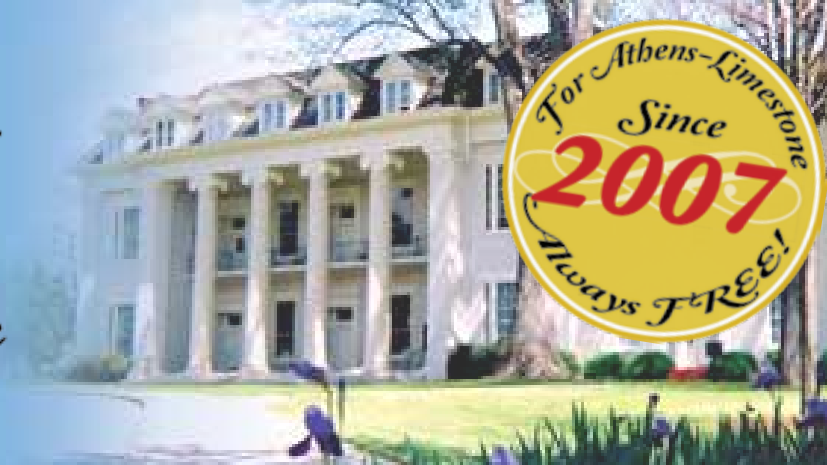


March 01 - March 14, 2024

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:
Ali Elizabeth: 256-468-9425

TROY ELMORE
REALTY AND AUCTION

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

All Things Soldier



Lt. Willa Brown, An Awesome WWII Aviator...

Willa Brown was born in 1906, in Kentucky. Her father was African-American and her mother was Native American. To describe Willa as...
Page 4



"Treasures for Everyone"

(256) 426-0300
HOURS: TUES-SAT
10-5 OR BY APPT



116 N. JEFFERSON ST
ATHENS, AL 35611

On March 5th, Elect Kelly Davis As Limestone County Circuit Court Clerk

By Ali Elizabeth Turner

Voting Day in Limestone County is on March 5th, and Kelly Davis is sincerely asking for your vote. As she has been out campaigning, she has been told more than once how encouraged citizens were to see a candidate out getting to know voters and that her visit was greatly appreciated. "You really do want to serve," she has been told, and others have said, "Grassroots still means something." While out knocking on doors, Kelly had the opportunity

Continued on page 15



Special Feature

Vote For Margie Bishop For Circuit Court Clerk...
Margie Bishop is running for the position of Circuit Court Clerk for Limestone County, Alabama. She currently works in that office as...
Page 5



Special Feature

The Stories Project: Colonel Robert Allen, Ret...
Among the manicured lawns and the gentle daily hum of suburban Athens, just a few miles or so from our courthouse square, is a man to whom...
Page 20



Rocket City Barns: Surviving, Thriving And Ready To Serve

By Ali Elizabeth Turner



Rocket City Barns is in the process of celebrating their 12th year in Athens, and I shall always be grateful that they were some of our first customers when we bought *Athens Now* in 2011, and they have stayed with us ever since. Owned by Marcy Hamilton and
Continued on page 17



FRAME GALLERY
OF ATHENS

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302

TRACIE@FRAMEGALLERYOFATHENS.COM

125 NORTH MARION STREET, DOWNTOWN ATHENS





Here to serve all your **PRINTING** needs, Business cards, Invitations, Banners, Posters, Yardsigns and More!!

1260 Us Hwy 72 E Ste B
Athens, AL 35611
P: (256) 444-4044
F: (256) 444-4055
E: store7250@theupsstore.com
W: theupsstore.com/7250

Hours:
Mon-Fri: 07:30 A.M. - 06:00 P.M.
Saturday: 09:30 A.M. - 04:00 P.M.
Sunday: 11:00 A.M. - 04:00 P.M.



P.T. GREEN
EST. 2001

NEED A LOGO?
Contact us about your next business idea!

— LOGO DESIGNS — rtgreendesigns.com
"Suit Your Business" 205.515.2317



Caleb Lawler
CERTIFIED FINANCIAL PLANNER™
Financial Advisor | EdwardJones
27453 Capshaw Rd. Suite D | Athens, AL 35613
Phone 256.233.4037 | Fax 855.225.7589
caleb.lawler@edwardjones.com

New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

Athens Auto Tire & Wrecker Service
24 Hr. Road & Wrecker Service




306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537

Celebrating over

35 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS

A T H E N S , A L

WOMEN'S
RESOURCE CENTER



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

RIVER CITY
ROOFING SOLUTIONS INC.

256-274-8530
WWW.RIVERCITYROOFINGSOLUTIONS.COM

Rocket City Barns Cabins Sheds
8x12 thru 16x40



Call or Text 256-221-7062 • 7 days
Buy or \$0 Down Rent to Own • No Credit Check
Payments starting at \$62.78/mo • Free & Fast Delivery to Most Locations

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

- D. A. Slinkard
- Lisa Philippart
- Anna Hamilton
- Phil Williams
- Claire Tribble
- Stephanie Reynolds
- Joel Allen
- Roy Williams
- Eric Betts
- Donna Clark
- Kris Erskine
- Nick Niedzwiecki
- Carissa Lovvorn

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

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

Contents

Publisher's Point 3

All Things Soldier 4

Special Feature 5

Calendar Of Events 6

Special Feature 7

What Makes Ronnie Roll 8

Carissa's Corner 9

Rightside Way 10

Slinkard on Success 11

Clean Green And Beautiful 12

Cooking With Anna 13

Health & Fitness 14

Cover Stories 15 & 17

From The Tourism Office 16

Learning As A Lifestyle 18

Special Feature 19

Dog Barker 20

Alternative Approach 22

Mental Health Minute 24



Publisher's Point

Viktor Frankl And The Meaning Of Life

December of 2006, I was in Germany unable to come back to the States. Now, lest you think I was in trouble with the State Department, the reason I was there was that as a Foreign Service Worker, I had to stay out of the country 335 days of the year, and this was one of two times in the three years I was in Baghdad that I could not come home for leave. So, I went to Germany to spend my R & R with soldiers who had become like family to me while in Iraq, and as odd as it might sound, one of the most impacting moments was going to Dachau, the infamous Nazi concentration camp. Dachau is well-known for a number of things: ovens in which people died, documented medical experiments, and people, one of whom changed the world by coming out of Dachau

better than when he went in. His name was Viktor Frankl.

Frankl was a Jewish psychotherapist from Austria, and during WWII he was in four different concentration camps, including Auschwitz and Dachau. He experienced untold tragedy, including being forced to abort his child, losing his wife and parents in the Holocaust, and enduring the Holocaust himself. In 1946, metaphorically while the ovens were still smoking, he published a book whose title eventually came to be *Man's Search For Meaning*. It was an international bestseller, was translated into dozens of languages, and remains one of the most important books of the 20th century. He wrote a total of 39 books, but this one is his most famous.

Interestingly, before

Frankl ever was imprisoned, what rankled people like Sigmund Freud and Alfred Adler was that Viktor insisted that there was no more powerful motivator in humans than to find meaning in their lives. He developed an approach to psychotherapy called logotherapy, which has three basic tenets that center around the search for meaning. He says we can find meaning by:

1. *Creating a work or doing a deed*
2. *Experiencing something or encountering someone*
3. *By the attitude we take toward unavoidable suffering.*

He also asserts that "Everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of

circumstances, to choose one's own way."

With entire industries banking on people never going on the pursuit of meaning and being dedicated to permanent victim status, often the above falls on deaf ears. However, recently a man who was involved in publishing my book, and who is himself Jewish, posted something on Facebook that is another of Frankl's quotes -- one I had never heard, and one that breaks the above three points down into a very simple but weighty phrase: ***The meaning of life is to give life meaning.***

Together they make sort of a "which-came-first-the-chicken-or-the-egg" type of concept; but especially for believers the idea that we cannot ever have our purpose taken away from us unless we allow it is both challenging and comforting. To be sure, I fail often in the course of this pursuit, but as spring, Passover, and resurrection will be here soon, in a whole new way I am committing to give life meaning. I guess another way to say it is, "If Viktor can do it, then I can, too."

Ali Elizabeth Turner

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



All Things Soldier

Lt. Willa Brown, An Awesome WWII Aviator

by Ali Elizabeth Turner



Willa Brown was born in 1906, in Kentucky. Her father was African-American and her mother was Native American. To describe Willa as extraordinary does not do her justice, but her great contribution during WWII specifically was to train more than 200 Tuskegee Airman in the art and science of flying. As a young woman, Willa was absolutely fascinated with everything that pertains to aviation. She became the first African-American female licensed pilot in the US, and she also attained a Master's Aircraft Mechanic license. This was done by 1938, certainly before anyone had any idea that her teaching abilities would be called upon to save American lives as the Red Tails fought in Europe a few years later.

Athens Now has a tagline, and it is "Informa-

tion and inspiration." I was thinking about the power of both when I discovered not only Willa Brown but also the woman who inspired her to fly, Bessie Coleman. Bessie was also African-American and actually was the first African-American woman to earn a pilot's license, but because of Jim Crow, Bessie had to go to France to study flying and get licensed. When Bessie came back to the States as a licensed pilot, she made national headlines. She spent time as an exhibition flyer, and a tragic plane crash took her life at the tender age of 34.

During her lifetime, Willa earned a master's degree in business administration from Northwestern University in Illinois. She was a social worker with the Works Progress Administration during the Great Depression, and her



other career accomplishments were working as a lab assistant in colleges, a secretary, and a post office clerk.

Willa and her husband, Cornelius Coffey, founded the Coffey School of

Aeronautics and fought to be able to become part of the Civil Air Patrol. Cornelius was Willa's mentor and flight teacher and had been the one to get and keep her in the skies. The Coffey School of Aeronautics admitted both men and women irrespective of color. Willa served as everything from administrator to running the lunch facility. The Coffey School proved invaluable as part of the Civil Air Patrol when WWII broke out. The Civil Air Patrol flew missions that included border patrols, anti-submarine operations, and courier services. Willa was commissioned as a lieutenant in the Civil Air Patrol, another first. She and Cornelius helped form the National Airman's Association of America (NAAA), the first of its kind to encourage aviation in the black community.

The War Department commissioned a Harlem Renaissance illustrator by the name of Charles Henry Alston to do a painting of Willa that made national news. It was entitled, "Aviatrix, Maker Of Pilots," and the accompanying text described her as one who "still likes to hop into a plane and dash off a few loops, rolls and wing-overs!"

Willa Brown was the first African-American woman to run for U.S. Congress. She ran in 1946 as a Republican and was defeated by the Democrat incumbent. She ran again in 1950 and was again defeated. She returned to teaching and retired at the age of 65. Willa passed away in 1996, at the age of 86, and in 2012 she was inducted into the National Aviation Hall of Fame. A remarkable woman indeed, Lt. Willa Brown.

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

TVC
TENNESSEE VALLEY
COATINGS

Sand Blasting & Powder Coating

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

Vote For Margie Bishop For Circuit Court Clerk

by Ali Elizabeth Turner

Margie Bishop is running for the position of Circuit Court Clerk for Limestone County, Alabama. She currently works in that office as a Warrant Magistrate and Court Specialist IV. Margie is the only candidate running that is now working in the clerk's office, and she has done so for over seven years. She is familiar with all of its operations, including Absentee Voting, and recently took additional training to ensure that election integrity will be upheld in Limestone County, and only qualified, registered voters will be able to

vote on March 5. Margie told me that she "has the knowledge and experience to step into the role of Circuit Court Clerk, and will need no additional training to make sure the job gets done."

Prior to her employment with the Clerk's office, Margie served as a legal secretary for six years for a law firm in Athens, and was in manufacturing and then customer service for International Paper for 20 years.

Margie has been married for 17 years to Aaron Bishop, a Marine Corps

veteran from the Clements community. Together they have four children and two grandchildren. Margie and Aaron have conservative values and are active members of their church, where Margie serves as church treasurer.

Here is what Margorie recently said about herself and her campaign:

"If elected, I will make customer service the top priority of the Clerk's office, and will make sure that all services are made accessible to the citizens of Limestone County. I will



also do everything possible to keep our courts running smoothly, efficiently, and without interruption. I am relevant, experienced, and qualified, and I humbly ask for your

vote on Tuesday, March 5, 2024 on the Republican Party ballot.

For more information on Margie and her campaign, go to www.margiebishop.org.

Vote For 

MARGIE BISHOP

Circuit Court Clerk

VOTE **LIMESTONE COUNTY**
March 5th

- Relevant**
- Experienced**
- Qualified**



Paid for by the friends of Margie Bishop | 10378 Monks Dr., Athens, AL 35611

Calendar of Events

Silver Sneakers

Every Monday, Wednesday and Friday

Silver Sneaker classes at the Athens Limestone Public Library are now meeting from 1pm to 1:45pm on Monday, Wednesday, and Friday. Classes open to all. Equipment is provided. Donations accepted. More info: 256-614-3530 or jhunt9155@gmail.com.

VVA Chapter 511 Meeting March 4

The VVA Chapter 511 monthly meeting will be March 4, at the Alabama Veterans Museum, 114 W. Pryor St. in Athens. Food will be served at 5:30 p.m. followed by the business meeting at 6.

Gettin' Dirty At The Library: Pollinator Gardens March 12

11:00am - 12:00pm. Athens Limestone County Public Library, 603 S Jefferson St. Limestone County Master Gardeners Association Lecture Series "Gettin' Dirty At The Library" Presents: "Pollinator Gardens at Land Trust North Alabama Trailheads" by Hallie Porter. Free and open to the public!

Athens-Limestone County 2024 Home & Garden Show March 15 - 17

Join the Athens-Limestone County Chamber of Commerce and LOCAL vendors. Presented by Impact Roofing. Gold Sponsors: EarthSmart Windows and Doors, Persell Lumber and Mill Shop, Window World and Yellowhammer Roofing Inc. Silver Sponsors: Grayson Carter & Son Contracting, Inc. and Parallel 36 @ Liberty. At Athens State University Gymnasium. \$5 admission, cash only. Kids 12 and under free.

Senior Lunch Matinee Series Third Thursdays Monthly

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

FB: www.facebook.com/YesterdayEventCenter

Butterfly Gardening Workshop March 16

10am – 11am. At the Limestone County Extension Office, 1109 W. Market St., Ste. C. Free and open to the public. Presented by Limestone County Master Gardeners, this workshop is about attracting butterflies to your garden. Learn about the flowers that attract butterflies. Learn to recognize some of Limestone Counties' most common butterflies and on which plants they lay their eggs.

"If You Plant It – It Will Grow" April 13

10am – 11am. At the Limestone County Extension Office, 1109 W. Market Street, Suite C, Athens. This workshop is about vegetable gardening. Learn how to get the most out of your garden. Find out how to direct sow seeds in the ground. If you are buying plants you will find out how to choose the right plants and how to transplant them. And so much more... Every participant will take home a free vegetable plant. This workshop is free and open to the public, but registration is necessary. Call 256-714-0611 or register online at <https://mastergardeners-limestonecountyalabama.org>

Plant Sale April 20

8am to 4pm. Perennials, annuals, shrubs, and vegetable plants. Silent auction, craft and food vendors, kids table and more. Limestone County Master Gardeners greenhouse behind Athens Middle School, Hwy 31. More information on Facebook at: Master Gardeners of Limestone County Alabama.

TVA Guided Nature Walk April 20

7:30am. 26979 AL-99, Elkmont, AL. Join TVA's Damien Simbeck to kick off the 2024 Earth Day Expo for a guided nature walk through Marbut's Bend Nature Preserve! Mr. Simbeck is an expert in the native flora and fauna that can be found throughout the trail! Bring your cameras and binoculars, because this trail has it all! Not only is this an easy trail by foot, it is also wheelchair accessible.


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.



I'm Married... Help Me! Saying I'm Sorry

by Donna Clark



Real marriage involves real people who make real mistakes. The thought of a love that never offends or disappoints is a distorted belief. The earlier in our marriage we can accept the fact that our spouse will make mistakes, the better our relationship will be. Sadly, some enter into a marriage agreement thinking that the one they will spend the rest of their life with is as close to perfect as they come. He or she is so kind and giving, they'd never do anything that would cause any hurt or harm. And then the moment comes, the words are spoken, the deed is done, and suddenly the bubble of the perfect person just burst. If not prepared for that disappointment, it can be devastating to the relationship. So what happens next? The hurt is real, so where do we go from here? The guilty one must accept the responsibility of a mistake and move forward to make it right. Pride has no place in a marriage; in fact, it will be the fall of it.

My husband and I used to tease each other when one of us offended the other. The one who was wronged would attempt to "teach" the guilty one how to say "I'm sorry," moving our mouth in slow motion and dragging out every syllable with perfect pronunciation. It appeared as if the whole apology thing was as painful as passing a kidney stone. We humans can be so stubborn. Accepting responsibility can be a hurdle at times, but the sooner we recognize this is required, no

way around it, the quicker reconciliation can come.

There is an art to apologies. Sometimes just saying "I'm sorry" doesn't always take away the offense. The one who is hurt is needing something much deeper, and knowing how to deliver an apology that is heard as sincere and heartfelt is crucial. Without an effective apology, the pain remains and it can continue to grow and ultimately destroy the love and trust between two people.

What happens if the apology is not delivered in the way my spouse will know that I'm sorry? More than likely the offense will not be erased; it will be tucked away in the heart and mind, where unfortunately it will rear its ugly head again at the opportune time. So how do I apologize effectively? I'm going to admit my wrong, but how do I convey it in a way that will heal the hurt? Gary Chapman authored a great book on this subject, *The Five Apology Languages*. Needing an apology that is spoken in our language doesn't mean that we're impossible, difficult people wanting to antagonize the guilty party, it's just a need to hear the words that are meaningful to us.

Want your marriage to be the best? Do the homework. Find your language. It's actually interesting and fun. Per Dr. Chapman, there are 5 major apology languages. I'm going to give a quick synopsis of each, but I highly recommend the book so you can read further.

1. Expressing regret. This is where the words "I'm sorry" may suffice, but those words need to stand alone. They don't need to be followed with "But....." as if you're trying to make an excuse for the behavior or blame another person. And worse would be to say those words, yet make your spouse feel as if he/she is extreme for even needing an apology.

2. Accepting responsibility. Society has taught us admitting a wrong is a sign of weakness. How far from the truth. There is strength in admitting guilt! Ownership must be taken and the words "I was wrong" need to be said.

3. Making restitution. The wrong has been done, now it's time to make it right. In other words, it's as if you're paying a debt to the person you wronged. Do something to make amends.

4. Genuinely repenting. The word repentance means to turn around. Don't apologize for an offense to go back and do it again. And again. Any apology with that type of behavior is going to feel like empty words. There needs to be a true repentance, trying very hard to not make that same mistake again. Do what you must to help yourself not continue the cycle.

5. Requesting forgiveness. Some people need to be asked, "Will you forgive me?" Those words can be humbling for the person asking. Yet it's important for the of-

fended individual to hear those words to feel the apology is sincere and heartfelt.

Why am I trying so hard through this article to get you to a place to learn to apologize effectively? Because unforgiven wrongs breed bitterness and it will destroy a relationship. That hurt that's been swept under the rug will definitely hinder your marriage. Unfortunately, it won't just disappear on its own. We, as a married couple, have to keep a clean slate. We say and do the wrong things at times, but we have to apologize and in a way that our spouse will hear our hearts and quickly for-

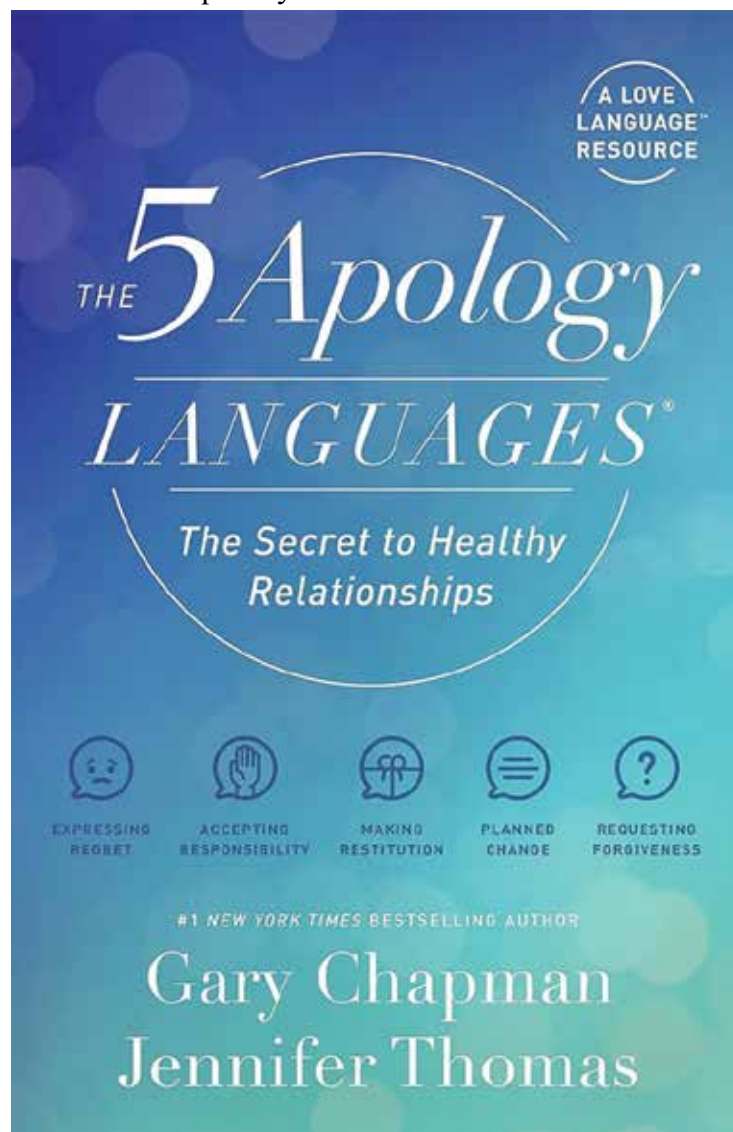
give. Once that apology is offered and forgiveness given, then the offense needs to be buried and not resurrected again.

The 5 Apology Languages is a game changer; I can't recommend this book enough. I truly believe it can make a huge difference in your marriage. Give it a try! And even if you think you don't need it, take The Apology Language quiz just for the fun of it (5lovelanguages.com). I think you'll be surprised at the results.

Next week ... 5 ways to say "I love you."

Making a better marriage

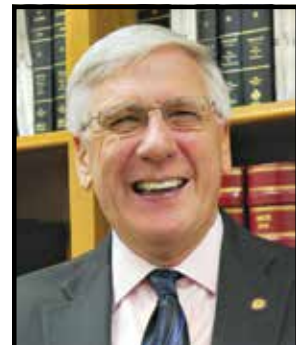
- Donna



What Makes Ronnie Roll

We Can Do Better

by Ali Elizabeth Turner



We met two days before the annual State of the City Address, and Mayor Ronnie was putting the finishing touches on his presentation that would be held at Athens State University. The theme was “Athens: Living Her Story,” and the distinction that he wanted to make was that this was about far more than telling our story as a community, it would be an invitation to engage, both outwardly and inwardly. In essence, “living her story” is about making an already wonderful town even more so, and for the sake of this article, with the hope of inspiring a city and county-wide movement, if you will, that has “We Can Do Better” as its collective banner.

The first time I interviewed Mayor Ronnie for this column was back in the summer of 2011, when the old green marble City Hall and fire station stood on the location of our present City Hall. He came out to greet me and then took me to meet other staff members. You know

Trashing her story

- Jefferson St. Canal Cleanup**
 - 11 bags of litter
 - 1 tire
 - A \$5 bill
- Stewart Drive Cleanup**
 - 14 bags of litter
 - 4 tires
 - Two 4-gallon buckets

what he did without missing a beat? He stooped down to pick up some fast food trash that was on the lawn of City Hall. “I hate litter,” he said, and I told him I agreed. In my house, growing up in the ‘50s, littering was a “capital offense.” So was telling someone to shut up, and I guess it’s safe to say that

times have changed a bit.

“Our town is trashy, and litter is terrible in the city,” said the mayor. What had really gotten to him was that very morning there had been training at Leak City that had been attended by people from 22 states, from the Northeast to Texas to

California. And while for years Leak City attendees have complimented our city on its great hospitality, it was frankly embarrassing to see such a terrific town so trashed out, especially on Hwy 31 and the other major thoroughfares. Although he didn’t exactly say it, it kind of reminded me of how par-

ents feel when important company comes over and the kids act up.

The mayor did say, in all fairness, that sometimes trash blows off of construction project trucks, or unbagged trash blows around when garbage trucks do their rounds. But often it seems that people litter because they don’t think it will matter. Well, it does!

We discussed some ideas for putting “teeth” in our litter laws, and some possible incentives for teams taking on clean-up projects. There is already a great deal of work being done, as you will see in Keep Athens-Limestone Beautiful Executive Director Claire Tribble’s “Clean and Green” article, and this ain’t goin’ away. “People need to be change agents, and this is one way they can do it,” Mayor Ronnie said. He then added, “It’s time for spring cleaning.” There was only one thing left to do, and that was to pray. So, we did, and then it was time for Ronnie to roll.

PLUMB CRAZY
CONTRACTING SERVICE

We love referrals!
LIKE US ON FACEBOOK!

256.682.7676

You'll Value the Craftsmanship and the Price!

Designs by Essence
Specializing in Balloon Decor!

MOVEMENT MORTGAGE

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

Athens Athletics
SCREENPRINTING & EMBROIDERY

Trophies - Engraving - Awards

Randy McKinney
Owner
701 HIGHWAY 31 SOUTH
ATHENS, AL
(256) 232-6038
RANDY@ATHENSATHLETICS.COM
fb.com/AthensAthletics

Carissa's Corner

Fan the Flame

by Carissa Lovvorn



Sometimes in life, we get the remarkable blessing for things to come full circle. Last week, I drove to Nashville, TN to attend and display my children's books at the 80th Anniversary of the National Religious Broadcasters Convention. As I walked around the Gaylord Opryland Hotel, I was taken back to one of my favorite childhood memories. My family and I used to spend Easter weekends at the hotel where we participated in the Lads to Leaders and Leaderettes Convention. The mission of this organization is to develop youth into Christian leaders. During the convention, children compete in areas such as speech giving, song leading, Bible bowl, debate, and puppet theater to name a few. It would be easy to say that the excitement of our team winning the puppet contest is what I remember the most (And fun fact, I can do some pretty interesting voices), but it isn't.

One evening, during the last L2L convention that I attended, participating families gathered along the atrium walkways and room balconies. With the lights low and the waterfall rushing in the background, the sound of hundreds of children singing praises to our Father echoed through the atrium. I was moved by the words of one of my fa-

vorite songs. *"I stand to praise you, but I fall on my knees. My spirit is willing, but my flesh is so weak. Light the fire, in my weary soul. Fan the flame, make my spirit whole."*

A few years after that memorable experience, I strayed from my faith. I went through many challenges during my teens and early twenties which included dropping out of high school, an abusive relationship, depression, anxiety, and suicide attempts. Though I eventually re-dedicated my life to our Heavenly Father, those experiences left a lasting impression of guilt that I have fought on a regular basis.

As I draw closer to God, I still sometimes catch myself stumbling back into negative thinking. However, this is not what God wants for his children. Take these two verses for example, "For I will be merciful toward their iniquities, and I will remember their sins no more" (Hebrews 8:12 ESV). "As far as the East is from the West, so far does He remove our transgressions from us" (Psalms 103:12). Through His grace, he turns everything to good for those who love him.

While I sat in the atrium remembering that evening from my childhood, I hummed the familiar tune and thought about how fitting it was that I was in the same

place. *"Light the fire in my weary soul, fan the flame, make my spirit whole, Lord you know just where I have been. So, light the fire in my heart again."* Even after all the trials, God made a way for to me to be back there spread-



ing His word. Only He could do something that amazing. I pray that we all take comfort in His grace and allow Him to

keep fanning the flame within our hearts.

*Many Blessings,
Carissa Lovvorn*



Words and lyrics by Sonnetflood

“LEMMINGS TO THE SEA”

by Phil Williams



Recently, the US Department of State (DOS) raised eyebrows once again with an internal directive requiring its personnel to follow the crowd. We've all heard the phrase, "Like lemmings to the sea." The DOS is demanding its staff become pop culture lemmings.

Originally, a description of animal behavior, the phrase has become an analogy for people who blindly follow something, or someone, to their own demise. But when one digs into its origins, the phrase takes on an entirely new twist.

With the world in upheaval and diplomacy needed for actual prevention of war, the DOS issued a memo signed by Secretary of State Antony Blinken directing DOS staff on the proper use of gender neutral terms. According to the memo, State Department staffers should avoid the use of such inflammatory words as "mother and father" or "manpower." Entitled "Modeling DEIA: Gender Identity Best Practices," it instructs staff to "increase understanding of gender identity and provide guidance on gender identity language and best practices that support an inclusive work environment." It goes on to advise "when speaking, avoid using phrases like 'brave men and women on the front lines.'"

The world is sure to be

a better place for all of us as DOS staff use gender neutral terms while working with Iran who chants "death to America!"

Cultural issues should not be mandated from fad to norm. Five years ago, pronouns on official signature blocks were a fad. Then like lemmings to the sea, it became a norm, albeit forcibly, in most circles. The pronoun fad became a norm when one lemming bought into the idea that the fad was real. They knew that they had to jump off of that cliff! And everybody needed to go with them! In reality, the rest of the world looks on in amazement wondering how so many so-called "smart people" can be sold on a lie. Just over a year ago, the US Navy put out an official (and very cringey) training video of two young smiling civilians advising Navy personnel how to make use of preferred pronouns. The same Navy that defeated pirates, helped win wars, freed the world from oppression, has now jumped off the proverbial cliff like lemmings into the pronoun sea.

But the lemming analogy may take on new meaning when the backstory is fully known. Lemmings are rodents, similar to muskrats, native to Arctic regions. In 1958, the Disney Company created a wildlife documentary entitled *White Wilderness* as part of its True Life Ad-

venture series. The film won the Academy Award for Best Documentary. Audiences were fascinated by close up scenes that included masses of rodents running at the camera in waves as they migrated in great scurrying herds toward the sea. With reckless abandon, the lemmings began to throw themselves off cliffs, with many of them drowning in the waves far below.

The movie taught us that when the lemming population reached a certain point, they would leap to their feet and rush to commit mass suicide as a form of natural population control. The narrator explained that, "A kind of compulsion seizes each tiny rodent and, carried along by an unreasoning hysteria, each falls into step for a march that will take them to a strange destiny...over they go, casting themselves out bodily into space." The movie shocked the world and the phrase -- "Like lemmings to the sea" -- has since become synonymous with people following blindly en masse to their own doom.

But we now know the video was faked. Do lemmings mass migrate? Yes. Do lemmings have population booms every few years? Yes. But do lemmings blindly rush into mass suicide plunges off cliffs? No, they do not.

In a 1983 investigation, it was determined that the lemming scenes were

fabricated. A few dozen lemmings were placed on a revolving turntable and filmed as they tried to run on the spinning disk. Disney employees literally threw them off the cliff using tight camera angles to film lemmings falling to the waters below.

But despite its false origins, the phrase has stuck and blindly following the crowd is still likened to "lemmings to the sea." Yet now that we know the whole lemming film was a lie, the phrase might actually be more apropos.

Think about it -- The US government, countless big-name corporations, stars and starlets in Hollywood, and social media sycophants everywhere have all fallen prey to the false notion that we need to avoid gender specific terms and carefully use preferred pronouns. They're all in! Leaping before they look as they follow the masses. Yet they are following an absolute lie.

Science, and common sense, reveal the fact that there are only two genders. Pronouns have very specific usage in the grammatical sense. "He and she" don't require explanation. "Mother and father" are absolutely acceptable in all venues.

But somewhere along the way, a progressive left fad became a norm. A fake narrative was created that says if you abuse the English language

enough, you will somehow virtual signal to the world that you are more understanding, more inclusive, more with it.

Someone somewhere threw some pronoun lemmings off a proverbial cliff and the left-wing world bought the lie and decided to go with it!

The use of gender neutral terms and preferred pronouns is really nothing more than virtue signaling. We don't have to play word games to show respect. Just tell the world you have no intention to live out a lie like lemmings jumping headlong into the pronoun sea.

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





Slinkard On Success

Good

by D. A. Slinkard

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



you that you are doing a GREAT job and to keep it up or would the FUTURE you tell you it is time to get your act together? It is time to get moving and heading in the right direction. For the majority of people, their FUTURE you would tell them to stop holding back and that is what I am telling you now. It has been said that people have two lives, and the second life begins the moment we realize we only have one life.

We have a society that is plagued by limiting beliefs and thoughts about ourselves. Too many people are indeed walking around thinking about how they cannot succeed. Too many people are walking around thinking about how they will fail. Too many people are walking around thinking about how they will mess up their next adventure. Too many people are walking around thinking about how they cannot do X, Y, and Z -- and this truly is a plague on society.

We have a limiting belief feature that seems to be ingrained in us the older we get. When we are kids, we are told we can be anything we want to be, and the crazy thing is that most of us believe we can. Then the older we get, the limiting belief system starts to creep in and our lives become filled with doubt. We go from believing we can conquer the universe to believing we can barely get out of bed to survive the day. Have you thought about this transition before? We go from being the conqueror to being conquered literally in the span of less than twenty years.

Why? We allow limiting beliefs to take over and control our lives. We have got to learn how to control this. Too many of us are

walking around expecting bad things to happen, and when they do happen -- like they always do -- we start focusing on the negative. To stop limiting beliefs, we must stop focusing on the negative and turn our attention away to the positive.

The next time something bad happens to you, your response needs to be, "GOOD." So, you did not get the job you wanted -- GOOD. Focus on getting the next job. So, you did not get the promotion at work -- GOOD. Focus on your skillset to help you land the next promotion. So, you did not do as well on the test as you would like -- GOOD. Focus on studying harder for the next test.

We need to realize that with all bad things, there is always going to be some kind of GOOD in every situation. However,

er, we have been taught to only focus on the negative. We have learned to dwell in the realm of negativity, and we need to break the train of thought we have previously been using. When something bad happens, it is time we use this to our advantage.

We need to just say, "GOOD" -- and learn to move on. We must stop dwelling on past failures. We must stop dwelling on past let-downs. We must turn our focus to what we can do better. Is this easy? Not at all, and if it were, then everyone would be doing it. Every day we have a choice to make -- wake up and face the pain of discipline or wake up and face the pain of regret. Either way, the choice is ours to make, and we must do it daily.

When you choose the pain of discipline say,

"GOOD. Now I am going to find where I can improve on my current situation." This is how you make the changes in your life that will help you overcome the limiting beliefs that have previously been holding you back. We need to understand something -- the "FUTURE you" is depending on the "PRESENT you" to keep doing the things the "PAST you" committed to.

When it comes to your efforts right now, would the FUTURE you tell

It is time we stop making excuses and start living the only life that we have. We must live in the now and stop focusing on those limiting beliefs that have been holding us back. The next time something bad happens, you now know your response simply needs to be "GOOD." Remember, there is good in every bad situation, but we just need to learn to find it and work on it to make an impact and improve our lives every single day.

HAZEL GREEN CHIROPRACTIC
Dr. JOHN BOYLE

13971 Highway 231/431
 Hazel Green, AL 35750

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





Clean, Green And Beautiful

Recycling 101 For Limestone County

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

Recycling in Limestone County isn't what it once was; however, it is growing every day! The closure of the Athens-Limestone Recycling Center was a blow to all of Limestone County, but thankfully the Limestone County Commission has started a recycling program. While curbside recycling for Athens City residents did not change, many recycling options were lost. The Limestone County Commission and Keri Chalmers are working diligently to grow this program for Limestone County residents. The current setup is a drop off location only, but there is a groundbreaking ceremony for the new facility on March 19, 2024, 10 a.m. at 1301 North Jefferson Street.

Currently, the drop-off location is open Monday-Thursday 7 a.m. to 3 p.m. If the gates are open on a Friday, you

are more than welcome to stop in and drop your recycling. They accept plastics #1 & #2 (items like drink, shampoo, and detergent bottles), aluminum cans, steel cans, mixed papers, and cardboard. A new service that is being offered is USED MOTOR OIL recycling! There is a large white tank in the lot, and you are welcome to leave your containers to be emptied and then ethically disposed of. If you choose to empty your own containers, please be sure to put the cap back on the tank!

When the Athens-Limestone Recycling Center closed, we lost the option to recycle glass in Limestone County. Currently, the only option for recycling glass is with Phoenix Glass Recycling of North Alabama. They are located in Huntsville. Check out their Facebook page or website at phoenixglassrecycling.com for details on their

process. Glass recycling is very important for the environment. Glass NEVER breaks down, nor does it ever lose quality. It can be recycled infinitely.

There are options for recycling other items as well. Harmon Scrap Metal on Highway 72 accepts all forms of metal for recycling. They pay per pound of materials brought it. Just last week, they were paying \$9.50 per 100 pounds. And they accept everything from aluminum to wrought iron. All of these metals are separated and then melted down to be made into something new. We use 80,000,000,000 aluminum cans every year. There are 350,000 aluminum cans made in the world EVERY MINUTE. And aluminum takes 200-500 years to decompose. A recycled can goes from your recycling bin to being back on the shelf in 6 weeks.

Electronics are full of

precious metals and plastic. You can take small electronics such as computers, computer accessories, and cell phones to Staples for recycling at any time for free. To recycle larger items such as flat screen and plasma televisions, call Keri Chalmers at 256-871-0674. The old box televisions are only accepted at the Household Hazardous Waste collection hosted by KALB and the Limestone County Commission. They will not be picked up in bulk trash or accepted at the transfer station because they contain mercury.

Plastic bags are another popular item. It takes 1,000 years for a plastic bag to decompose at the landfill. These are especially dangerous to the environment because they travel fast and far. Wildlife is greatly affected by the littering of a plastic bag. They not only can eat them and have them tangled in their digestive track, but they can be strangled by them as well. Many products are made from recycled plastic bags. Trex uses them to manufacture plastic lumber. We actually have a bench outside

of our office that is made by Trex. And let me tell you, it is the definition of sturdy and heavy.

Pak Mail on Forrest Street accepts several different items for recycling. They accept Styrofoam packaging peanuts, bubble wrap, plastic air pockets, and the packaging paper. It is very important to get as much use out of these items as possible because only the packing paper breaks down. And all of it is lightweight, so it travels fast and far like plastic bags.

We can help make Limestone County better in so many ways. Recycling is a major benefit to Limestone County. It will create more jobs which benefits everyone. It will cut down on waste in our landfills. It will cut down on the litter that seems to cover our roadways these days. It will reduce the number of raw materials mined for making new products. So, fill your blue bins and the trailers at the Limestone County Recycling Drop Off. It will help everyone and everything!



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



Cooking with Anna

Seeing The Beautiful

by Anna Hamilton

When you see something beautiful in someone, tell them. It may take seconds to say, but for them, it could last a lifetime. I searched the internet to find the origin of this quote but couldn't find it attributed to anyone in particular. Regardless of who said it, the truth behind it still is very powerful.

I'm sure you can remember a specific compliment someone gave you that has stuck with you. It may have been from a stranger or it may have been from a family member, but

it was so impactful that it has brought joy to you for years.

So knowing how good being complimented feels, why don't we tell others what we see beautiful about them. It may be that they have their hair fixed a pretty way or it may be that they have a beautiful smile, but we just pass by, not saying anything. I think for me, I feel like if I say anything it might be seen as forward or bothering the other person. When in reality, it would make the other person feel

continued on page 23

Greek Salsa

Ingredients:

- | | |
|---|--|
| <i>1 pkg (3.5 oz.) crumbled feta cheese</i> | <i>½ cup chopped roasted red peppers</i> |
| <i>½ cup halved kalamata olives</i> | <i>2 Tbsp. finely chopped fresh mint</i> |
| <i>½ cup chopped red onions</i> | <i>½ cup Greek vinaigrette</i> |
| <i>½ cup chopped cucumbers</i> | |

Directions:

Mix all ingredients until well blended. Allow to marinate in the refrigerator for at least 30 minutes in order for the flavors to marry. Serve with pita chips or baked chicken or fish.



The Vital Role Of Parental Health: *Nurturing Children Through Well-Being*

by Nick Niedzwiecki - Owner, CrossFit Athens

As parents, we play a pivotal role in shaping the lives and futures of our children. Beyond providing for their material needs and offering emotional support, our own health and well-being significantly impact our ability to care for and nurture our little ones. Indeed, the well-known adage, "Health is wealth," takes on added significance when considering the profound impact parental health has on the lives of our children.

At the core of parental responsibility lies the imperative to be physically and emotionally available for our children. Our health forms the cornerstone of this availability. Physically, our ability to engage in active play, provide nutritious meals, and attend to our children's needs is directly linked to our own well-being. A parent who is struggling with health issues may find it challenging to keep up with the demands of parenthood, leading to decreased engagement and potentially affecting the quality of care provided to their children.

Moreover, parental health sets a powerful example for children to emulate. Children are keen observers, and they often model their behaviors and habits after those of their parents. By prioritizing our own health—whether through regular exercise, balanced nutrition, or adequate rest—we instill in our children the importance of self-care and healthy living. These early lessons lay the foundation for lifelong habits that can significantly impact their physical and mental well-being as they grow and develop.

Furthermore, parental health directly influences the emotional environment within

the home. Mental and emotional well-being are essential components of effective parenting, enabling us to respond to the challenges and joys of raising children with patience, resilience, and empathy. When parents are struggling with mental health issues such as stress, anxiety, or depression, it can create a ripple effect within the family, impacting the emotional dynamics and overall harmony of the household.

Additionally, parental health plays a crucial role in foster-


ing a sense of security and stability for children. Knowing that their parents are healthy and strong provides children with a sense of reassurance and confidence, allowing them to thrive in their own development. Conversely, when parents are grappling with health problems, children may experience heightened anxiety and uncertainty about the future, potentially impacting their emotional well-being and academic performance.

Moreover, parental health

directly influences the financial stability of the family. Health-related expenses, such as medical bills and lost wages due to illness, can place a significant strain on household finances. By prioritizing our own health and well-being, we reduce the likelihood of experiencing costly health issues that could jeopardize our ability to provide for our children's needs and secure their future.

In conclusion, parental health is not only essential for our own well-being but also for

the well-being and development of our children. By prioritizing our health, we ensure that we can fulfill our roles as caregivers, role models, and providers to the best of our abilities. Whether it's modeling healthy habits, fostering emotional stability, or providing a sense of security, parental health profoundly influences every aspect of our children's lives. So, let us commit to nurturing our own well-being, knowing that in doing so, we are nurturing the future of our children.

WHAT'S YOUR WHY?

WHY DO YOU DO CROSSFIT?

On March 5th, Elect Kelly Davis As Limestone County Circuit Court Clerk

by Ali Elizabeth Turner

continued from page 1

to speak at length with a woman who is voting for the first time in her life and hear her concerns. This is something that Kelly sees as both a sacred charge as well as a responsibility, and it is something that fuels her to serve. Recently, I asked her what she has learned during this current election season, and with a smile she said, "Politics is hard work, and I am not scared of hard work. I am up for the challenge, and I have a newfound respect for anyone who throws their hat in the ring. It is an experience I shall always cherish." Kelly is confident about the outcome of the election, and added, "If you see a need or opportunity to serve, you need to take action." What Kelly will dedicate herself to if she is elected is being fiscally responsible, delivering customer service, and improving efficiency. She also wants to utilize her experience working in a law firm to support Limestone County's judicial and law enforcement systems in all that they do as they come into and out of the courthouse. "My goal is

to handle documents and payments with honesty, security, and integrity," she said. More than anything, Kelly wants everyone who comes into the office to "be greeted by a friendly face, and treated with kindness." She added, "People come in to the courthouse on what can be the worst day of their life, and while the clerk's office can't give legal advice, it's so important to be available and willing to help in any way that you can." Kelly wants to offer support with an eagerness to help, and customer service is her highest priority. The Circuit Court Clerk's position is one of great responsibility. The office handles things as varied as absentee voting, passports, evictions, managing juries, preparing subpoenas, collecting fees and fines, organizing court dates and courtrooms, managing warrants and more. By way of experience, in addition to the six years she worked for a law firm here in Athens, Kelly has spent the last four years working for Synovus Mortgage, and understands the need for meeting deadlines consistently. She has been an Ambassador and Co-chair

of the Ambassador program for the Limestone County Chamber of Commerce, and is an active member of First Baptist Church in Athens. She especially enjoys teaching Sunday School to middle school girls. Kelly is a member of the Athena League, and has been involved with Athens Main Street and the United Way. Kelly attended Calhoun, UNA, and Athens State, and is married to JP, who was her high school sweetheart. They have two children, Sadie and Jack. Kelly is the daughter of Greg and Dianne McAlister, and wants people to understand her thanks for everything -- from having praying grandparents to experiencing the opportunity to be a vibrant, 21st century American who has a vote and a voice. Her passion and love for this community is in part born out of a desire to have her children grow up in a city that is even more wonderful than when Kelly was playing on a state championship softball team at Athens High. Kelly knows we have something special here, and she wants to make it more so. She describes her self as a conservative, and wants to do



her part to have those values be a benchmark for the Circuit Court Clerk's office. "I want to see Limestone County thrive and prosper," she says, and by that, she does not just mean economically. Kelly understands that without a strong faith and the values that go with it, no amount of hard work, passion, and dedication will cause a

community to prevail. She is ready to roll up her sleeves, strengthen the clerk's office, and serve Limestone County from the heart. If this sounds to you, the voter, like the type of candidate that you want to see in that position, then vote for Kelly Davis for Circuit Court Clerk on Tuesday, March 5.



Sweep The Kitchen

by Stephanie Reynolds, Athens-Limestone Tourism Association



Hello, my fabulous Limestoneians! In Louisiana, there is a fabulous pizza chain called Johnny's. Their signature dish is "Sweep The Kitchen"—a pizza with a little bit of everything. It's amazing. And they cut it into rectangles which makes it taste 37% better than in slices.

So instead of our normal, single ingredient article, we are going to "Sweep the Tourism Kitchen" and give y'all a look at what's going on...

Our 'Cations campaign is going strong -- Thank you, everybody! So far we have released Everyday-cation (Making your days restful), Powerplay-cation (For you hockey fans), and Payday-cation (Makin' it rain, baby) -- a little something for everybody. We have two more coming out this week (any guesses as to what they will be?). Don't forget to hit up our website and get the details

for each one: www.visittathensal.com. And don't forget to tag us and the places you visit on your social media for a chance to win the grand prize at the end of the campaign!

Is this real spring? False spring? Fool's spring? No idea. BUT, I know that we are already organizing our spring calendar, including our April Walking Tours, and y'all seem to be chomping at the bit just as much we are for them. The walking tours are every Saturday in April and will cover a specific district in our amazing Athens. The first will be the Houston Library district, and the library will be open. The tours are free and more information will be released on our Facebook, Instagram, and web pages.

Speaking of spring, let's talk trails: Now, I am a trail girl—give me a pack, a snack, and a long way back, and I am a happy little penguin. My current



fav is the Richard Martin Trail because it's close to my house. But we also have the Wellness Park Walking Trail, the Swan Creek Trail, and so many others!

But I know not everyone is outdoorsy, and that is awesome, too. Everyone is so wonderfully and beauti-

fully created, amen? We have so many indoor/car trails like the Hallelujah Trail, the Antique Trail, the African American Heritage Trail, Alabama Civil Rights Trail, Antebellum Trail, Glory Road Trail, and more! Pick a trail this weekend and get out and see the sights! Then tag me in your pictures! I wanna see you enjoy our area!

You asked, we answered: Our downstairs room is now available for shorter, 2-hour rentals during the week! This is great for hobby clubs, off-site business training, entrepreneurs who don't want to bring clients to their house, church groups, homeschool clinics or testing, and more! It is only \$50 for 2 hours between the hours of 9 a.m.-4 p.m., Monday through Friday. If you want to see the room, stop by. As long as no one is in there, you are welcome to tour it and see how fabulously it will

fit your needs (Honestly, it is SUCH a pretty room and opens out onto a patio with the pond and playground right there!)

Lastly, I am very honored to start working toward Accessibility Tourism Advocate certifications. Our tourists AND local citizens with autism, temporary or long term impairments, even simply reduced mobility from age or injury, deserve a chance to enjoy their lives, vacations, and free time in new places and comfortable ways. If you have specific ideas or concerns, PLEASE let me know—I am eager to dive deep into this aspect of tourism and learn all I can. What are YOUR needs? What do YOU need to know? Call me, come in, or email me. Let me know what I can focus on for YOU and your family.

That's it, fam! The kitchen is swept, the calendar is filling up, spring is in the air, and I am excited to get this party started!

Rocket City Barns: *Surviving, Thriving And Ready To Serve*

by Ali Elizabeth Turner

continued from page 1

her husband, Dan, they are wanting the people of North Alabama to know that “things are better than ever.”

During the pandemic, Rocket City Barns stayed visible and marketed through graphic ads in our paper, and from time to time, would stop by to see if they wanted to take advantage of their complimentary article. The “COVID cave” that kept people at home made that seem like not the best idea, and as Daniel explains, “There were some dicey moments. We experienced supply chain issues along with staggering materials costs. But we kept pricing as low as we could, and are happy to announce that pricing has come down in the last 18 months. We have reduced prices 3 times because our material costs have come down.”

REDUCE PRICES??? Who **DOES** that? Marcy and Dan, that’s who. If you have read any of their other articles in this paper, you will remember that one of their values in life is to conduct business in such a way that they “can sleep well at night,” as Marcy says, and Rocket City Barns chose a marketing model where sel-

ling in volume would offset the effect of selling their inventory at discount prices.

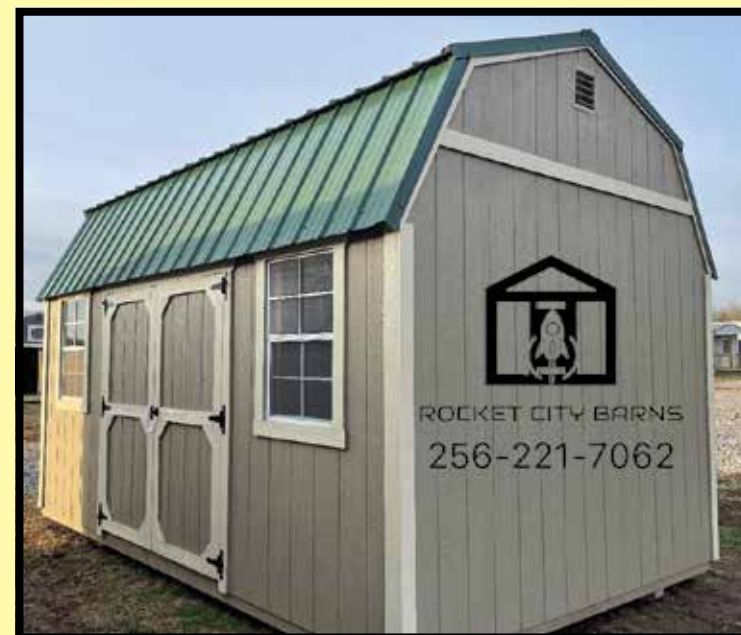
Dan continued by saying, “Shopping around is more important than ever. In the last two years, we have seen a massive influx of barn outlets all over the state. Right here in Limestone County, my last count was 10. Online, there must be 500 buildings listed on the classified sites. It’s chaotic and can be overwhelming. We always welcome the competition; we feel it make us better. Consumers will find vastly different pricing on the same size and style building. In some cases, there is as much as a 30% difference. Our buildings are built right here in North Alabama, which affords us some savings that we pass along to our customers. These have been 20+ years of Alabama’s best-selling buildings, and we aren’t about to let off the gas. We encourage shopping around because of our confidence. Our pricing is fantastic, our warranties are comprehensive, and we just don’t get beat.”

There has been a question about a different “Rocket City” that is nearby that Dan wanted to clear up: “So, that’s caused a lot of confusion as they ope-

rate under a strikingly similar name. Just one word off. To be clear, they are not affiliated with us in any way. So how do you know you have the right place? If ‘Barns’ isn’t in the name, it’s not the same. Of course, customers can always text us at 256-221-7062 as well.

Dan went on to talk about some of the new things for spring at Rocket City Barns by saying, “We have added chicken coops and greenhouses to the line-up. They have the same quality construction that our customers have become accustomed to. We are also happy to announce that we have extended our maximum portable size to 16’x48’. The 48 footers are great for cabin and garage models.”

Marcy made me laugh when she told me about the Rocket City Barns “Miracle On 34th Street” policy. It is what they do if they can’t help someone find what will fill the bill, and she explained how it works. “In the movie *Miracle On 34th Street*, when Macy’s doesn’t have what the customer is looking for, Macy’s checks with Gimbels. That’s our policy. If we don’t offer what the customer is looking for, we will advise them where to look. In our 12 years, we have learned that there are some competing manufacturers out there that can be a good choice in some circumstances. There are also a



few that we would avoid under any circumstance. For those who haven’t seen the movie, please do. It’s a classic and we love it,” she said.

Another new development about which Dan and Marcy are excited is the addition of their daughter Lorelei to the Rocket City Barns team. “Our daughter has joined the team! We are quite proud and excited about this. That’s three generations of our family serving the community,” Dan said.

Dan also mentioned that they have been working to improve their website, which is rocketcitybarns.com. “We now have our inventory online, with pricing. We also have an online ordering process that we developed during the pandemic which works very well. We have some new models we are

excited about as well. In addition to the chicken coops and greenhouses, we now have buildings with dormers, full side porches, and slant tops, to name a few. Our online presence is committed to transparency. We publish our pricing and quote custom builds quickly. There is no nonsense with us as we are confident that our value is unmatched.”

Dan finished by saying, “We have a new price structure on metal carports, RV covers, and garages. We are excited to offer these at MUCH better pricing now.”

Spring is just around the corner, and if getting a barn is part of your plan, you need to go visit Rocket City Barns—a vendor that has survived, is thriving, and, as always, is ready to serve.

17486 US Hwy 72
Athens, AL
(256) 221-7062
Voice or Text

Hours:
Monday, Thursday and
Friday, 9-5
Tuesday & Wednesday 9-4
Saturday 10-3
Sunday by appointment
Online anytime:
rocketcitybarns.com



The Art of Leadership: *Why Mature Leaders Welcome Critique*

by Eric Betts, Assistant Professor | Course Developer, Hampton University School of Religion



In a world where every nuance of leadership is parsed and magnified, the poised response of mature leaders to criticism serves as a beacon for dynamic team-building and effective management. This strategy, far from showcasing vulnerability, illuminates a path to resilience and collective responsibility—a leadership ethos that turns feedback into a constructive fulcrum for organizational triumph.

Consider the fortitude of media titan Oprah Winfrey, who with aplomb extends a welcome mat to constructive criticism, seeing it as a crucible for personal evolution. Her ethos—that feedback refines rather than tarnishes—is a testament to her stature as an archetype of visionary leadership. Similarly, the late Maya Angelou, with the grace of a seasoned poet, perceived critique as a gift—an invitation to grow and adapt—whether in the face of personal or professional adversities.

The entrepreneurial realm boasts figures like Elon Musk, who, undeterred by the cacophony of global scrutiny, sifts through criticism for nuggets of insight that propel technological advancement. Meanwhile, Ursula Burns of Xerox fame, wove a tapestry of inclusivity and innovation by fostering an environment where critique was synonymous with opportunity rather

than dissent.

Bishop T.D. Jakes echoes this sentiment from a spiritual perspective. He cultivates self-reflection and growth through feedback, nurturing not only individual growth but fostering a community where every voice contributes to collective progress. Those who are open to criticism, but often receive untrue accusations and critique based on incorrect assumptions, should remember one of his notable quotes is: “When you are a giraffe and you receive criticism from turtles, they are reporting the view from the level they are on.”

This powerful metaphor encourages us to consider the source of criticism and recognize that not all viewpoints hold equal weight. Jakes emphasizes that our perspective mat-

ters, and we should focus on growth rather than being hindered by negative feedback.

The adoption of a non-defensive leadership stance is more than just the relinquishing of ego; it is an active strategy that reaps tangible organizational rewards. The ensuing symphony of open discourse bolsters a foundation of trust. It signals that leadership beckons not just compliance, but genuine engagement, nurturing an atmosphere ripe for innovation and unrestrained creative expression.

The benefits of such leadership cascade through the tiers of an organization. Team morale is invigorated as every contribution gains respect and consideration. This enhances productivity and fuels a continuous

cycle of improvement and performance excellence. Tension dissolves, replaced by a congruence of effort and ambition. Leaders steeped in emotional intelligence emerge from this alchemy—stewards who, having mastered the alacrity to accept and learn from critique, illustrate the profound ability to steer their ship through tempests of challenge with finesse.

Contrastingly, a leadership beset by defensiveness casts a shadow of fragility over its enterprise. Rather than exuding strength, it engenders a tumultuous cycle of conflicts, curtails the honesty of discourse, and anchors an organization to a stasis of insularity. The adverse results are manifold—stemming creativity, retarding growth, and sowing discord.

The consummate leader


does not cast feedback into the wind; instead, it is transmuted to the very rungs upon which higher organizational acumen is reached. These leaders, unflinching in the face of critique, exemplify that feedback, far from a detraction, is the marrow of mature leadership, sustaining a culture where voices are not just heard but become the very sinew of a resilient, adaptable, and progressive entity.

In a virtuosic display of executive poise, the sagacious leader understands that to invite critique is to endorse a diversity of thought, to empower the individual, and to crystallize an impassioned and dedicated workforce. It is a powerful declaration that in the pursuit of excellence, every perspective holds value.



The Stories Project: Colonel Robert Allen, Ret.

by Kris Erskine, Assistant Professor of Secondary History / Social Studies Education
Athens State University



Among the manicured lawns and the gentle daily hum of suburban Athens, just a few miles or so from our courthouse square, is a man to whom this nation owes a debt of gratitude. A veteran. Athens is home to many such men and women. The stories of these veterans weave the tapestry of this nation, and of this community. These are stories of duty, sacrifice, and honor. And they walk among us. You can find them at Washington St. Diner on most mornings, or teaching our young people in local schools, and I even have a few in my classes every semester at the university. Among these narratives is the story of Colonel Robert Allen (Ret.), a figure whose commitment to service stood fast when it mattered.

Born at the outbreak of World War II, Allen grew up in an era of war: World War II, the Korean War, and the Cold War. For many young men like Allen, their duty to country weighed heavy. Allen responded to this weighty call in 1962, when he joined the Air Force. This was an era when Americans answered President Kennedy's challenge, "Ask not what your country can do for you, but what you can do for your country." During the height of tensions with Cuba, fraught with uncertainties, and no doubt with parents who worried for their son's safety, the 21-year-old Robert Allen raised his hand and took the oath to protect the Constitution. As a boy he had witnessed the path the world was on, the danger ahead, and he joined the military anyway.

Allen began his career in the United States Air Force at Lackland Air Force Base, where he completed Basic Training. He was then shipped off to Biloxi, Mississippi,

where he trained as an air traffic controller. Finally, in 1965, Allen was sent to Saigon for his first of three tours in Vietnam.

It was here, in Vietnam, that Allen experienced the war in a way only combat veterans know. Initially tasked with advising the Vietnamese Air Force in Saigon, he found himself in the middle of an escalating conflict and was sent into the Mekong Delta to advise the Vietnamese Air Force. Mr. Allen believes it was here in the Delta that he undertook the most important job of his twenty-four-year Air Force career.

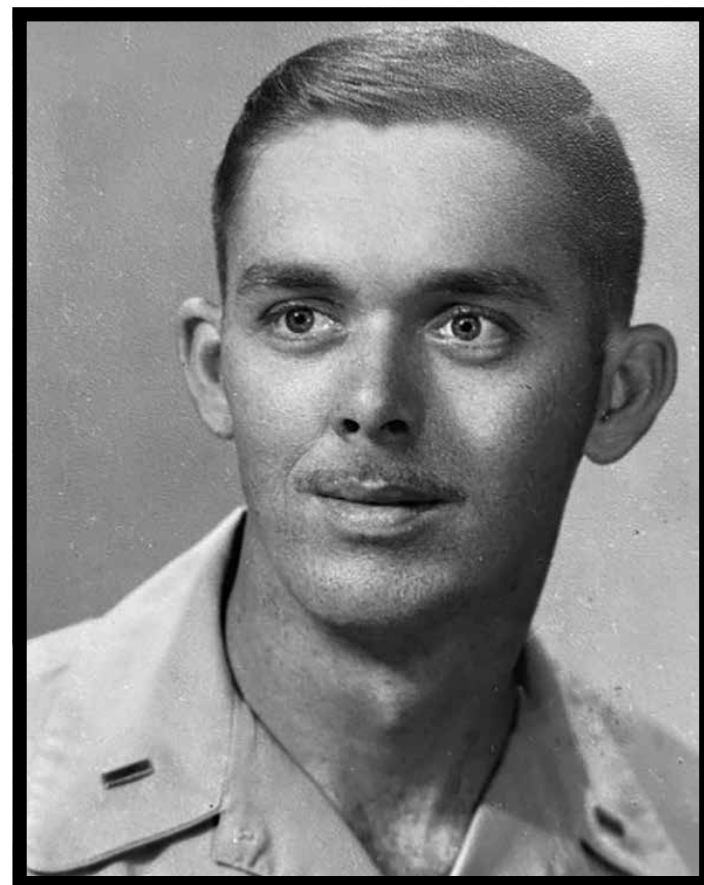
In his oral history, Allen recalls, "I was a squadron commander in Vietnam. As a lieutenant, I was responsible for seventy-five or eighty-five men scattered all over the Mekong Delta. We were constantly under attack. I had to... give the men the confidence that we were doing the right thing." Allen had to sit down with these young airmen – men not much younger than him – and mentor them about life, danger, and anything that would give the men the confidence they needed. But the things these young airmen saw would never leave them. Mr. Allen recalls that, "Once, we were in a control tower and we had a fighter jet coming and it was having trouble. There were two men on board." The plane slid off the runway and flipped, and ended up in a pond. "You could see the men were buckled into their seats, upside down in a pond. We tried to turn the plane over, we tried to get the hatch open, but they both died. This is a memory that never leaves you." In situations like this, Allen says that young seventeen- or eighteen-year-old kids – many of whom

had never left their county and now found themselves halfway around the world – were afraid. Allen told them, "You aren't the only one here that is afraid. Let's take a deep breath."

Allen bore the weight of leadership, guiding his men through the emotional turmoil of the conflict. For many young men in the military, witnessing the escalating war in Vietnam might be enough to call it quits after their tour. But Mr. Allen returned to the United States, remained in the Air Force, and earned a master's degree in diplomatic history. After completing this degree, his trajectory had shifted and his days of air traffic controlling were largely behind him. Allen was sent to the Defense Intelligence School in Washington DC, and in 1968 was back for his second tour in Vietnam, and this time he was there as an intelligence officer. The year 1968 was the year of the Tet Offensive, and the bloodiest year of the war for Americans.

After his second tour was complete, Allen was again posted to Washington DC, where he was assigned to the Defense Intelligence Agency and eventually was given a sabbatical. During this sabbatical, Mr. Allen took a rest from military life at the Hoover Institution, a research center on the campus of Stanford University. This, Allen says, was his favorite post while in the Air Force. The Stanford University campus became a sanctuary of introspection for Allen, where for a year he was able to read, research, and write.

After Stanford, Allen was given a post at the Air War College, where he spent five years giving instruction to military officers. Finally, in his last



year in the Air Force, Allen traveled the United States and gave over 400 speeches and television and radio interviews. His advocacy for a robust military resonated in his nationwide tour, where he sought to reinforce the need of military readiness in an uncertain world.

At forty-five years old, after twenty-four years of service, Mr. Allen retired from the Air Force in 1985.

Reflecting on his service, Allen laments the waning ethos of duty and sacrifice that once animated the ranks of America's young people. In an era where the allure of service dims amidst the brightly lit technology that has enraptured American culture, he remains an advocate for the virtues of honor and valor, stating that, "When I joined the Air Force, it was in large part out of duty because we believed you were supposed to serve your country... I think we've lost a little bit of that

today."

The life of Colonel Robert Allen stands as a testament to the spirit of those who answer the call of duty. Mr. Allen is an American hero and there are many others like him in our community.

This profile was taken from an oral history conducted as part of The Stories Project, a project developed by Dr. Kris Erskine for his students, future history and social science teachers in and around Athens and North Alabama. To listen to the full oral history, you can go to StoriesProject.org. The Stories Project seeks to preserve the stories of average folks and not-so-average folks in and around the Athens area. If you'd like to be interviewed and have your story preserved and available on the Athens State University digital archive, please go to the website above and make a request through our online contact form. We would love to hear from you.

Want A Good Trained Dog?

by Joel Allen



So do I. There is nothing better than a well-behaved dog who becomes that next family member. Just a quick note to all my readers, there are many dogs waiting at the shelters and pounds who are already well behaved. Most are there by circumstance. Believe me when I tell everyone a dog that enters your life will always act differently. Many will be grateful and some, sadly, will not be so quick to trust. Those that seem this way have been through a trauma we can only imagine, and when they are mistreated, that is evil.

Case in point: Many years ago my Aunt Angie witnessed some kids beating a puppy in the head with

a brick. She immediately took the dog away. They threatened to call the law, and she told them to go ahead. I won't elaborate too much, just leave it at no one messed with Angie. So, she treated this puppy and, of course, the dog was never right in the head after that. His name was Bowser. He was a German shepherd mix and huge like a Great Dane. He was goofy and very loving all the time. Thanks to Angie and Uncle Herman, Bowser lived a full life and was happy.

Proverbs 12:10 *A righteous man regardeth the life of his animal; but the tender mercies of the wicked are cruel.*

Now, let us talk about

finding a trainer. What I recommend is to shop around. Don't just look at how much it will cost but the quality of training that is offered. Does the possible future trainer seem knowledgeable and confident? Do they seem patient and willing to answer your questions fully? What training do they offer? Then find out how much the cost will be if the training desired is being offered. Some trainers will offer the chance for visiting and observing the training being given to other clients in a group setting. If this opportunity is offered, I recommend that you take it.

There is another question to consider. What

kind of training is being sought? Will it be private, or is group training what is needed? Prices are always different between private and group training. Private training is usually more because it is "pay as you go," whereas, group training is a bundle package price for a set time. Private training is customized to what everyone would prefer their dog to learn at home; whereas, group training is offered in a structured order and taught once a week at a location agreed upon, depending on the trainer's discretion. Private lessons are, most of the time, only done with one dog; group training incorporates more than one dog, thus giving a social setting for your canine family member to learn to get along with other dogs and be less distracted or fearful.

Age can be a key factor in finding a trainer. Some trainers, like myself, do not normally train puppies younger than 6 months. If we do train any puppy younger than 6 months, there are special circumstances involved. In most cases it will be because the puppy is being groomed for service dog work. But our main reason for not training so young is the need for full vaccinations against diseases. This protects your canine family member(s) and ours.

Now a lot will also depend on your dog's behavior too. As trainers it is our duty to protect

the safety of your dog and the others we train with. If we have any aggression issues, they are addressed and resolved. In some cases we have made accommodations for fearful dogs in our classes. Remember one thing I cannot stress enough to all our clients, if the client is nervous the dog will sense it and be nervous too. So, take a massage, hot bath, or meditate, but try and come to class relaxed. Your dog will thank you for it.

Note to all: I recently had foot surgery; so I will not be available to assist anyone training their dog for many months. I can advise but as for any physical activity, the doctor says, "NO!" Fortunately for me, I have successfully prepared Frank and Zoey, my two service dogs for this. They walk well with power chairs and my knee scooter. For now, unless something happens, Andrea Perce-Navarre will be covering any training anyone needs. Her number is 256-724-2142. She is as knowledgeable as myself and we are fellow alumni.

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

**Joel Allen
256-651-2211**



Tennessee Valley Spotlight

**Mondays at 10am
1080 AM WKAC**

**BRAD STOVALL'S
AUTO BODY**

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



Behind Tanner Post Office • 233-5140

The Alternative Approach

The Wonderful World Of Oils

by Roy Williams



The human body simply cannot survive or thrive without what is called essential fatty acids, which are oils. Every cell of the human body is coated with oil to help keep the cells soft and permeable. Unfortunately, the standard American diet (SAD) has all but eliminated two of the three essential fatty acids. The food industry has replaced some very important animal fats with some really egregious oils that actually do more harm than good.

“The truth will set you free,” said by Jesus in the book of John 8:32, which, if you think about it, means a lie that is believed will put you in bondage. The food industry has convinced us to switch from healthy oils to oils such as canola, corn, safflower, soybean, and vegetable oils which are then hydrogenated (infused with hydrogen so they can be stored for long periods of time) and that are, in fact, not healthy for human consumption.

A few years ago, most American homes used animal fats to cook in, which included real butter, lard, and plant-based oils that are very healthy, such as extra virgin olive oil,

coconut oil, and avocado oil. As with most foods in America, the food industry started to push the cheaper oils so they could produce food faster and make more money. Did they consider what these oils could and, in reality, did to overall human health?

Americans take more prescription drugs than all other countries combined due to food related disorders, such as heart disease, diabetes, cancer, respiratory and autoimmune disorders. Yes, canola oil, soybean oil, corn oil, and vegetable oil, when hydrogenated will last and can be stored for longer periods of time. But at what cost to overall human health? It's time for Americans to decide what is best for our personal health, and then do what is necessary to make the change. Remember, the definition of insanity is to continue doing the same thing while expecting a different outcome. Let's stop the insanity and make healthier decisions.

The good oils, the oils that work with the human body and our overall health include olive oil, avocado oil, coconut oil, sunflower oil, and never forget -- butter. These oils are extremely good for human health,

easy to use, and taste very good in almost everything. If you love popcorn, as an example, use butter or for a real treat warm up some coconut oil and pour over the popcorn. You will be surprised at how much more appealing and satisfying popcorn can be. All of those oils are easily digested and assimilated in the body.

Now, let's talk about the best overall healthy oil supplement that has over 15 years behind it and thousands of satisfied customers who swear to its health benefits based on medical reports. The three most proven and effective oils that support human health are omega 3, 6, and 9 oils or essential fatty acids. When the human body receives adequate amounts of these oils, from the best sources and in a perfectly balanced formula, the benefits are undeniable, including joint support; cholesterol support; skin, hair, and fingernail support; and most important, brain and nerve support.

The entire body is dependent on the essential fatty acids or EFAs that come in easy-to-swallow soft gels called **Ultimate EFAs**, a NEWtritional Health Care product that combines a perfect balance of 1200 mgs of organic flaxseed oil, 1200 mgs of borage seed oil, and 1200 mgs of fish oil. Our brain and central nervous system are coated with a form of insulation called myelin. That coating serves the same purpose as the plastic coating around an extension cord. The central nervous



system sends messages from the brain to all parts of the body and the myelin is the insulation that keeps the electrical messages on track.

Here are some of the results you can expect when supporting your overall health with **Ultimate EFAs**. Better cholesterol profiles; higher range of motion in the joints, knuckles and spinal column; healthier skin, hair and nails; pancreas support; better cognitive ability; clearer thinking; improved heart and circulatory health; and better medical reports. As these healthy oils permeate your entire body, your overall

health will improve.

To do even more for your longevity and superior health, consider adding MSM+C to your daily intake of nutrients. It is the foundation for absorption of all vitamins, minerals, and proteins that come from our food and supplements. MSM+C can take your energy and stamina back to where it was when you were ten to fifteen years younger. For more information go by Herbs & More in Athens or NHC Herb Shop in Killen or go to www.nch-herbs.com.

*Your friend in health,
Roy P. Williams*



Herbs & More
www.newtritionalhc.com

Roy Williams
Gwen Williams

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

Abbie Cooper



Cooking with Anna (continued from page 13)

Seeing The Beautiful

by Anna Hamilton

special.

Everyone we come in contact with is our neighbor. Jesus told us in Mark 12: 29-31, "The most important one," answered Jesus, "is this: Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." Jesus took the time to see the beauty in everything and we are to follow his example.

In Romans 15: 1-2, we are told to build each other up. "We who are strong ought to bear with the failings of the weak and not to please ourselves. Each of us should please our neighbors for their good, to build them up." Building each other up can look like many different things -- giving a compliment, holding the door for someone, helping someone reach something on the shelf. Simple acts of kindness spread beauty.

I remember many compliments and acts of kindness I have received, and they have all made me feel special. They have built me up in times when I was feeling low. My husband and I went on a recent cruise, and everyone was so kind. They took the time to compliment the smallest things, such as the pair of earrings I was wearing that day. Compliments like that are contagious. I began to compliment strangers on the cruise as well, and you could see their face light up. It made them feel special but also made me feel good as well.

Take time to see the beauty in everyone you encounter during the day and

you will be amazed at just how beautiful this world truly is. "Therefore, as we have opportunity, let us do good to all people." Galatians 6:10

This week's recipe is a delicious Greek salsa. It is super yummy served over a chicken breast or baked salmon with some brown rice or enjoyed just with some pita chips. It is delicious, and I hope your family loves it as much as mine does.

"Now may our God and Father himself and our Lord Jesus clear the way for us to come to you. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones." 1 Thessalonians 3:11-13

When you see something

BEAUTIFUL

in someone, tell them.

It may take you a second

to say it, but for them,

it could last a lifetime.

N is for Narcissism

by Lisa Philippart,
Licensed Professional Counselor



This Narcissus of ours / Can't see his face in the mirror / Because he has become the mirror
- Antonio Machad

with those individuals who are living or working with the narcissist. Many books have been written about dealing with narcissists, but I have been able to compress my experiences into five suggestions. So here we go...how to deal with a narcissist:

but they do feel shame. Appearances are important to them. While they rarely consider others' feelings, they might be willing to act on ideas, especially ideas they think they thought up themselves! So, if you can emphasize community, you can use potential disappointment instead of anger, to keep them in line.

1. Encourage the narcissist to redirect his/her impulses to do things that benefit other people. Narcissists struggle with empathy, but love to nurture their egos. So, maybe point them toward aligning their need for praise and admiration with positive behaviors that help the community. I'll bet there are a lot of narcissists who run charities. We all have a little bit of me, me, me tendencies in us. But if we can channel these inclinations into doing something for other people, then maybe this self-absorption can produce some positive results.
2. Ask the narcissist, "What would people think?" My experience has been that narcissists don't feel guilt,

3. Know what you want and get paid up front. Don't expect fairness. It's okay for you to get whatever it is that you need before they get what they need. To narcissists, everything is quid pro quo. So, keep a record in your mind, and make sure that whatever they dangle in front of you, you get before you give. Dealing with narcissists tends to be unpredictable, so reward behavior, NEVER words. When narcissists do what you want, they get what they want.
4. Pretend to agree or say nothing. Now hear me out. If you want to effectively communicate with narcissists,

Lisa Philippart LPC LLC
NCC, BCPCC, BC-TMH
Licensed Professional Counselor
Living Life Counseling Center
 44 Hughes Rd, Suite 1050
 Madison, AL 35758
 256.326.0909 cell
 256.631.7898 office
 256.542.3366 fax
urlifematters@hotmail.com or
Lisa.P@livinglifecounselingctr.com
livinglifecounselingctr.com



you have to admire them as much as they do. And usually this isn't too difficult. All you have to do is listen. There is a term called "narcissistic injury." This means pointing out to narcissists that they aren't all they think they are, can be like pulling the pin on a grenade. Alternatives just don't work... reject them and they will freak; act weak and you'll become a victim; uncover them and they will hate you forever.

5. Just stay away. Narcissists have the ability to make those around them miserable. So if you have the option, get out! The question becomes, SHOULD I even make the attempt, instead

of HOW do I make the attempt? Narcissism is very hard to change, so run the first chance you get. Otherwise, you will be victimized by them, or worse, become one of them. I suggest that in every opportunity, you surround yourself with people who are good to you. I would rather see the spread of goodness than meanness.

Until next time...Lisa
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.



NEW TOWNHOMES

Starting at \$287,900

Great Location in East Limestone



The Breakers

TOWNHOMES

Call Troy Elmore to view!

Lynn Persell

H O M E B U I L D E R



256-777-3710

**FREE
INSPECTION
&
QUOTE!**

NEED ROOFING?



**MCPMAHAN CONSTRUCTION
& ROOFING**

256-527-6549

LICENSED AND INSURED

NEW HOMES

Starting at \$249,900

Athens City Limits



Cloverleaf Village

Call Troy Elmore to view!

Lynn Persell

H O M E B U I L D E R



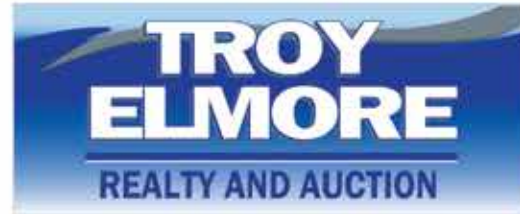
256-777-3710

SUDOKU

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

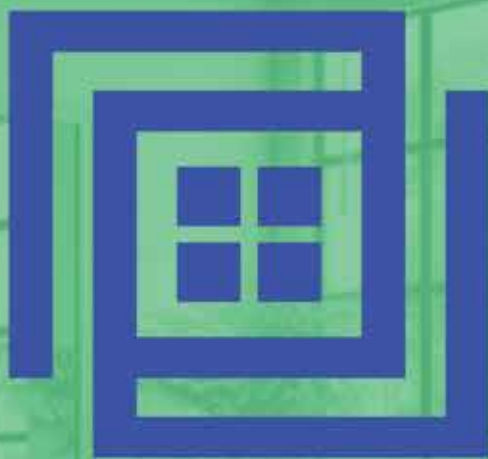
Intelligence
without
ambition
is a bird
without wings.

~ Salvador Dali



ANSWER KEY:

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



EARTHSMART
WINDOWS & DOORS

**YOUR
WINDOW,
DOOR &
SUNROOM
EXPERTS**

256.693.5458 | sales@earthsmartwindowsanddoors.com

TROY ELMORE

REALTY AND AUCTION



ESTATE LIQUIDATION

in Alabama and Tennessee!

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

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

CALL TODAY FOR A FREE CONSULTATION

www.TroyElmoreRealtyandAuction.com

TROY ELMORE

ALSL# 5137

256-777-3710

BUYING^{OR} SELLING?



TROY ELMORE

REALTY AND AUCTION

Logan Elmore

256-777-4993



Office:

256-232-9604

LoganElmoreRealEstate@gmail.com

OUR PAST SUCCESSES SPEAK FOR THEMSELVES!

HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!

Experience Matters!

TROY ELMORE

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

CALL TROY ELMORE!

ALABAMA LIC# 5137
TENNESSEE LIC# 6503

256-777-3710

AUCTION

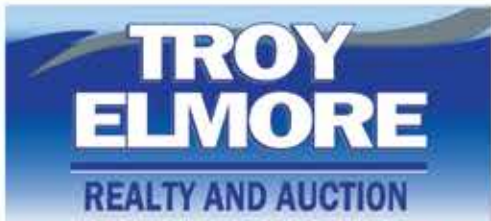


MARCH 9th 10:00 AM



**15647 Bab Daly Rd
Athens, AL 35613**


**3 BD / 1.5 BA Home in Athens City Limits
Carport ~ Outbuilding ~ 1.3 +/- Acre**



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

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

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

Troy Elmore ALSL#5137 

256-777-3710 Visit Us Online for More Pics & Info.