

March 03 - March 16, 2023

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information & inspiration

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See Our Listings Inside this edition...  
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## Special Feature

**The Asbury Revival Is Absolutely Real...**  
Two weeks ago, on the 17th of February, I wrote a "Publisher's Point" on the revival that had broken out on the campus of...  
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## Save The Date March 23 To Save A Life!

By Ali Elizabeth Turner

On March 23, the Women's Resource Center of Athens will be holding its annual fundraising banquet after a COVID-induced hiatus. It will be held at the Alabama Veterans' Museum from 6:30-8:30 p.m. Much thought, prayer, and creativity have gone into making this upcoming reunion of the pro-life community a night to reflect, rejoice, re-connect, and to replenish the Women's Resource Center. The WRC has served our community for the past 35 years, and in spite of COVID was able to

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## Cooking With Anna

**Bear-Hugging A Potbelly Stove...**  
Sunday morning, our preacher told the story of a bear. A group of hunters were staying in a cabin in the woods. When they went out to hunt for the day, they left...  
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## Mooreville Montessori Homeschool: Now Accepting New Families

By Ali Elizabeth Turner

Many in our community know Joseph and Brandi Harris from All Stitched Together where they taught classes on sewing and other topics, not only for homeschoolers but for adults, since 2012. When COVID hit and so many families were thrown into homeschooling for the first time, the Harrises stepped up to help their neighbors. Their homeschool went from a little

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## From The Tourism Office

**"A Little Party Never Killed Nobody"...**  
The Athens-Limestone County Tourism Association has partnered with Alabama's own Southern Ghost Girls to co-host...  
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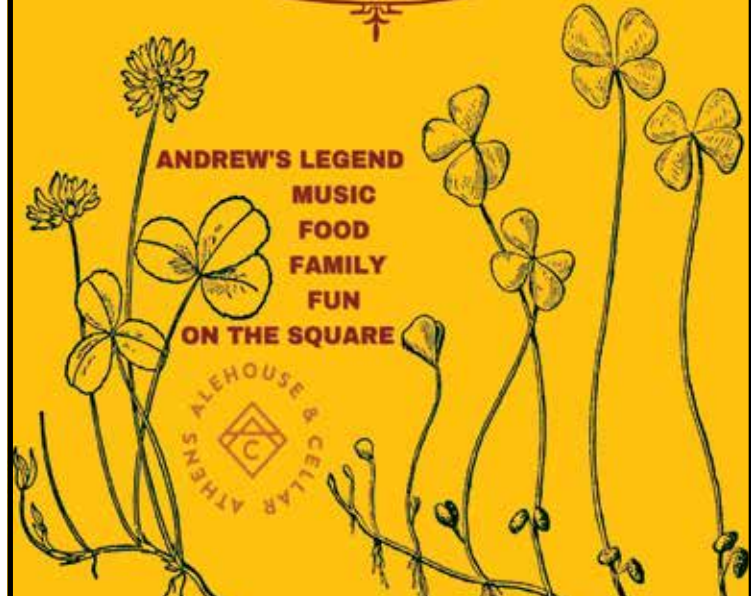
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**Publisher's Point**

**Ya GOTTA Go See The Jesus Revolution Movie!**

In the fall of 1970, the Jesus People Movement hit hard at my high school. I have told many times about how one day stoners were getting stoned in plain sight up on the hill behind my school, and the next day they were witnessing to anyone and everyone. It swept through the halls of Chief Sealth High School in Seattle, and it was the change I saw in a childhood friend that caused me to surrender to my Savior all by myself in my bed on the night of Tuesday, December 8, 1970.

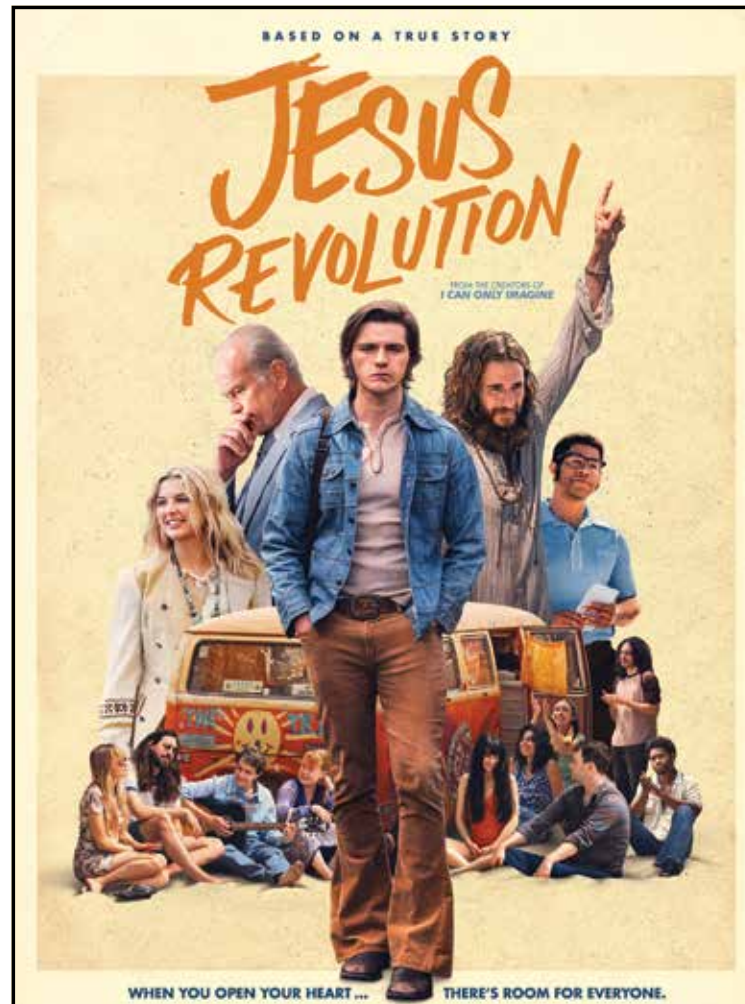
It was a wild, messy, “the good, the bad, and the ugly” kind of time, and I would go through it again in a heartbeat. And, I am pleased to announce that Alabama’s own Erwin brothers, who produced (amongst others) the marvelous film, *I Can Only Imagine*, have created a movie that absolutely nails what it was like to be a part of The Jesus Revolution. In fact, that is the name of the film that premiered last week.

*The Jesus Revolution* is taken from the same title of the iconic front-page cover of Time Magazine from June of 1971, and weaves the story of a rebellious teen, Greg Laurie; a “Jesus freak” by the name of Lonnie Frisbee; and a struggling pastor by the name of Chuck Smith. They met,

or perhaps it would be better to say they collided, and they all went on to turn each other upside down. And, they joined forces to “turn the world upside down for Christ.”

Many church historians believe that the Jesus People Movement was the most significant revival in American history, and having lived through it, I would say that was true. And, I understand that people who never got trapped in drugs, rebellion, sex, or the other things that threatened to take out a significant part of our population, as well as break up the fabric of, well, everything from the church to the family to the nation, may not understand just what a big deal this was. Now is your chance to get an idea through a cinematic offering that is accurate, beautiful, and in a way, elegant. It also has plenty of gospel, and if you have never surrendered, or you need to again, you can do so all by yourself in the movie theatre. That is what the producers are hoping will happen.

Multiple Emmy Award-winning actor Kelsey Grammer, of *Cheers* and *Frasier* fame plays the part of Chuck Smith, who had what could only be described as a nearly-dead church. Jonathan Rhoumie, who plays the part of Jesus in the hit se-



ries, *The Chosen*, plays the part of Lonnie Frisbee, the man who lived on the streets of Haight Ashbury, San Francisco before becoming a Christian and literally invading Chuck’s life. Greg Laurie is played by Joel Courtney, who was the star of Steven Spielberg’s *Super 8*, and Greg went on to become a pastor himself. He still ministers through Harvest Ministries, and has worked for years to bring this story to book and film.

*The Jesus Revolution* is something you can take your teenagers to

without worrying about the immorality of the times sullyng them. It is something you can go on a date, see, and enjoy. It is something you can go see to reminisce, which is what I did in part. But best of all, it is something to which you can go, see, and surrender. Ya GOTTA!

*Ali Elizabeth Turner*

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# The Navy's Mental Health Playbook

by Ali Elizabeth Turner



The mental health of service members, especially those who have served in combat situations, has always been a concern in our nation. I used to perform the 19th century folk song "Johnny, I Hardly Knew Ye," which was about a soldier coming back from war, and while it focuses on the outward devastation, as in the loss of limbs, the truth is that no one could have been a "Johnny" without equal devastation on the inside. The bad news is that mental health issues and suicides are major problems for people who are currently serving and who have served. The good news is that there are several non-pharmaceutical modalities that have been proven to work in helping to improve mental health and prevent suicides, and along with that, the Navy has just issued what they are calling the Mental Health Playbook. The goal is to reduce the stigma of being open about struggles, as well as the fear that if you seek help, it is an automatic career ender.

This is, to quote a line from *The Lord Of The*

*Rings* where Galadriel's admonition of "Your Quest stands upon the edge of a knife. Stray but a little and it will fail, to the ruin of all. Yet hope remains while all the Company is true" is so relevant. By that I mean that soldiers need to take bold, assertive, and concerted care of their mental health just like their physical health. Their "higher-ups" need to keep watch for the mental health of their service members, and we as grateful recipients of the freedoms our service members have paid so dearly to provide us also need to be on the watch for current and/or former military members who are in tough spots and be a "safe place." Notice I said "safe place," and not a "safe space." On the surface, those terms might look quite similar, but they are not at all. Being a *safe place* is being a strong advocate that listens, expresses support, isn't afraid to ask the tough questions, and does not judge. Being a *safe space* is along



the lines of "you poor, poor thing," and no one needs that, ever.

To that end, the Navy is trying to strike that balance, keeping the quest ever before them, and finding a way to keep everyone true and ensure hope remains. "This playbook is designed to assist Navy leaders in preventing, mitigating or addressing mental health issues within your commands," it states. "This work begins well before a mental health issue occurs. It starts with the climate our leaders create and how you lead the people in your care."

The Navy said further: "We're aware of the challenges that many have experienced in getting sailors to the mental health resources available to them," Rear Adm.

Brett Mietus, director of the Navy Culture and Force Resilience Office, said recently. The playbook is "a solution to addressing some of these challenges, putting tools in the hands of every Navy leader, no matter the rank.

"Our goal is that everyone in our great Navy develops a shared understanding about how to conduct mental health preventative maintenance for our people, and then where to go for additional resources," said the Admiral.

This playbook, which actually can be of help to any service member, can be accessed at <https://s3.amazonaws.com/static.militarytimes.com/assets/pdfs/1677633547.pdf> and downloaded.

Additionally, here are some resources if you are in a mental health crisis, or your family is concerned for you and needs help:

*Troops and veterans experiencing a mental health emergency can call 988 and select option 1 to speak with a VA staffer. Veterans, troops or their family members can also text 838255 or visit VeteransCrisisLine.net for assistance.*

As Admiral Mike Gilday said recently at a Navy conference where this and other pressing issues were discussed, "And if anything, our message is, 'Stick around. We need you. We can help you.'" Amen. Well said, and may we all be part of the Company that is true for our troops.

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# *The Asbury Revival Is Absolutely Real*

by Ali Elizabeth Turner

Two weeks ago, on the 17th of February, I wrote a “Publisher’s Point” on the revival that had broken out on the campus of Asbury University in Wilmore, KY. There had been a similar outpouring in 1970 that was part of what became the Jesus Revolution, and the Jesus Revolution swept me and thousands of kids into the Kingdom. When I wrote the Point, I had a definite desire to go to Asbury, but it didn’t seem likely at all. And then, one of the “suddenlies” of God in which everything came together did just that, and 24 hours later, I was standing in the midst of thousands who were worshipping all over the Asbury campus and beyond. It was marvelous-bordering-on-undoing, and since I have been home, I am finding that tears and praying are continually close to spilling out and it’s all I can talk about.

There are so many things that touched me and others from our area with whom I traveled or that I met there. There were people lined all the way up the stairs to Hughes Auditorium, from which the nearly around-the-clock live services flowed. The lines were four abreast, and wound down the hill and around the block for close to a half-mile. McKenna Chapel was full, Estes Chapel was full, the lawn was full, and the Baptist church next door was full. The students were in charge of the continual worship service, with just a couple of exceptions

when members of the college staff would gently and respectfully insert themselves. The honor, care, and protective posture they took with regard to the students and their stories is difficult to describe in its beauty. Difficult topics like addiction to porn were treated with deference, respect, and hope.

There was a prevailing humility that manifested outwardly and inwardly.

While on the college lawn that first night, and worshipping with my friends, I saw people on my right as well as my left face down in the cold, wet grass weeping before the Lord in repentance and adoration.

There were intercessors at the altar throughout the services. You didn’t have to wait for an altar call, you were welcome to go up at any time during the

service, and I did that, twice. Both times I felt so cared for and discerned. It didn’t matter whether it was a student team or a seasoned one that prayed for me, the result was that someone helped to shoulder some burdens that were just too heavy. We all have them.

I told my husband, Steve, that if I were only allowed to have one word to describe the revival, it would

be “kindness.” As solid as were the worship, preaching, and Scripture reading, and believe me they were, what “did it” was the combination of those elements and this kindness that was practically palpable. Never, and I do mean never, did I hear a complaint from anyone—not those waiting for hours in line, not the staff that helped with the logistics of everything, not from anyone, anywhere.

And the cherry on top was being up in the second floor of Hughes auditorium in the “press section” with a Minnesota man from India on my left, a Houston woman originally from Kenya on my right, and having the chance to pray for, with, and by total strangers, and to worship in one accord. It was a taste of heaven; indeed, it was the “real deal.”



# Calendar of Events

## Lenten Noonday Services and Lunches Every Wednesday In March

Come join us to listen to one of our wonderful speakers and then enjoy a simple lunch. Every Wednesday in March at noon. St. Timothy's Episcopal Church, 207 East Washington Street.

## Empty Bowls 2023 March 3

Announcing Empty Bowls 2023! 11:30-1:00. Mark it on your calendar and watch for tickets to be available soon. Something new this year is our Makers Market where you can purchase pottery, art, and donations from local businesses. All proceeds go to agencies that address hunger and food insecurity in our community. LCCI, school backpack programs, homeless charities are all included. We look forward to community support as we have had in the past

## State of the City Address March 7

400-476 Pryor St E, Athens. State City Address featuring Mayor Ronnie Marks. 8am breakfast. 8:30am program begins. Will be in the Athens University Carter Gymnasium. \$35 Chamber Member. \$40 Non-Member.

## International Women's Day Breakfast Celebration March 8

8:00am - 10:00am. Join us for a celebratory breakfast honoring International Women's Day, with equal pay and women's rights activist Lilly Ledbetter! Athens State University - Sandridge Student Center Ballroom, 300 North Beaty Street in Athens. Tickets \$10: [www.eventbrite.com/e/international-womens-day-breakfast-celebration-tickets-530657339387](http://www.eventbrite.com/e/international-womens-day-breakfast-celebration-tickets-530657339387)

## Senior Lunch Matinee Series Third Thursdays Monthly

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

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

## Pat Waybright / Sue Vice Spelling Bee March 11

The Learn to Read Council of Athens / Limestone County is hosting the Pat Waybright / Sue Vice Spelling Bee and silent auction at Athens Middle School Cafeteria. The Spelling Bee begins at 10:00 AM. Free admission for spectators

## Construction Annual Hiring Event March 11

191 US Hwy 31, Athens. 9:00am - 1:00pm. Grayson Carter & Son Contracting, Inc. Annual Hiring Event is scheduled for Saturday, March 11! If you or anyone you know is looking to work in the construction industry, come chat with our team and get on the spot interviews and/or offers!

## Boutique Crawl Downtown Athens March 18

Downtown Athens clothing and boutique owners will open their doors to welcome patrons into their shops for major specials and sweet surprises. The clothing boutiques will have their spring line out and ready to dazzle! The gift boutiques will have great new items to refresh your home after the long winter. For each purchase made over \$20 on the day of the Boutique Crawl, patrons can enter to win a \$500 shopping spree in downtown Athens, sponsored by Dream Key Real Estate, LLC. The shopping spree is good at any stores participating in the Crawl and the winner will be notified on March 21. For a full list of participating merchants and more, please visit [www.athensmainstreet.org](http://www.athensmainstreet.org)

## Silver Sneaker Flex™ Classes

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

## Digital Literacy Classes

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



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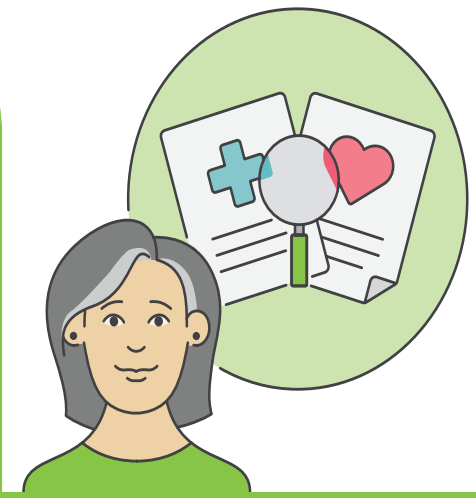
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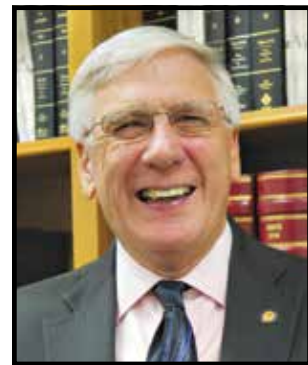
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## *Fellowship, Fun, And A Few Facts*

by Ali Elizabeth Turner



When we met, I had been home from the Asbury Revival in Kentucky for a week, and I had the chance to tell Mayor Ronnie about what an amazing experience it had been. It especially pleased him that the Asbury administration had put such an emphasis on honoring the students, from having them do the lion's share of the ministry to protecting their stories and testimonies by giving guidelines with regard to filming and posting. We both marveled at what had happened there, and as it applies to our own youth, once again Jerome Malone is overseeing the Mayor's

Youth Commission as they produce a podcast at the Athens-Limestone Public Library. We also talked about how impossible it seemed that graduation is just around the corner, and how time has seemed to speed up all the way around.

With regard to the upcoming State of the City breakfast and address which will be held on March 7 at Athens State University, Mayor Ronnie said tongue-in-cheek, "We are going to have fellowship, fun, and a few facts." I retorted with a smile, "Only a few?" He knew that a ton of pie charts, spread sheets, and graphs were not going to be what

would truly meet the needs of Athenians who would attend, and while the standard topics that make any city great would be addressed, i.e., growth, public safety, and quality of life being the most important, he wanted this year's address to be slightly more light-hearted. "Thank God we get to serve, live, work, worship, and play here in Athens, Alabama," he said.

We moved on to the topic of roads. "We have been in contact with Alabama Department of Transportation (ALDOT) to find funding streams to make Line Road safer," he said. Line Road is on Highway 72 near 306

BBQ and the Christmas tree farm, and turning on to it either direction is riskier than it should be. "Another road that needs attention is Cambridge Lane, and crossing it to turn west on Highway 72 is super dangerous," said the mayor. He then added, "We'll be upgrading parking lots, too."

People are always asking Mayor Ronnie about retail projects, and he has had to say to me on several occasions, "I can't comment on that, yet." However, what is amusing is when people come to him and are dogmatic that a certain big-box retail store or stores are going to be built in various areas, and he says

to himself, "Hmmm, how come no one told me?" It is true that we are growing "fast and furious," but several of the "proposed projects" have, in fact, never been proposed at all and their ground-breaking ceremonies are not at all in the offing.

We talked again about Asbury, how it was just as miraculous that the town of Wilmore, KY, whose population is about 6,000 was able to handle swelling to the size of about 50,000 and handle it so well. And then we prayed, as we always do, and then it was time for Ronnie to roll.





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# A Failure To Plan Is A Plan To Fail

by Phil Williams



I'm watching with increasing discomfort as the Biden Administration fumbles its way through foreign and military policy as if there's no plan. What is the intended end state? What is their analysis?

Those who have experience with leadership know the old adage that, "A failure to plan is a plan to fail." There will always be those times when leaders have to adapt, or pivot to new opportunities, or seize momentum. But whenever possible, a leader must have a plan.

In the private sector, a new business should have a full SWOT analysis to examine the business case in light of strengths, weaknesses, obstacles and threats.

When attorneys go to court, they should have a litigation plan with a desired end state in mind that comes from having researched a position under the law before ever appearing before the Judge.

Every young Army officer is taught to write and disseminate a five paragraph Operations Order that clearly outlines the mission, the enemy situation, the commander's intent. A plan that specifies subunit tasks, command and signal, and key timelines.

True planning provides an orderly and cogent means of helping to guide the leaders' thoughts with the ultimate purpose clearly in mind. In the absence of a plan missions can go awry. What we are watching right now with the U.S. involvement in the war in Ukraine is a form of international hopscotch that comes from having no coherent strategy.

President Biden went to Ukraine and Poland this past week. In a very tired and dispirited manner he spoke to NATO leaders saying that the U.S. is "in it for as long as it takes." With his face sitting on folded hands, he quietly urged other members of NATO to "do their part" to stop the Russians. Back at home, we can't see the end state.

To be clear, there is no one in the West that wants Russia to win. Sovereign nations should not be allowed to just hop across a border and seize land at a whim.

But what does "for as long as it takes" really mean? Billions of U.S. tax dollars have been committed, but we don't know what the outcome is supposed to look like. Is there a true strategy? Is there a milestone, or better yet, a series of milestones? Who's in charge? Has NATO been given any additional instructions? Is the Secretary of State negotiating anything or just playing catch-up? Can anyone articulate a foreign policy position, or strategy, or doctrine to which the Biden Administration can attach its name?

Over time we've had the Monroe Doctrine, the Bush Doctrine, and the clearly defined Reagan foreign policy of "peace through strength." There was the Trump philosophy of "America First." Does anyone know if there is a "Biden Plan"? Is there a Biden philosophy? If so, what is it?

Not since the Marshall Plan in the wake of WWII have we poured as much into Europe as we are now. But, unlike the current state of Biden-led aid to Ukraine, the Marshall Plan had a name, a defined



set of terms, and announced goals for all the world to see and believe in.

The Marshall Plan was a U.S. initiative beginning in 1948 to provide foreign aid to Europe in the wake of WWII. Billions in U.S. dollars were committed with a stated intent to rebuild Europe over a four-year period. The goals were clearly defined, and the Marshall Plan aid was divided among the various recipients on a per capita basis. The plan had bipartisan support in Washington. It was well defined. It was a forward-thinking plan with an end state. The plan had a price tag, milestones and goals, and the whole world could see it. Better yet, the American people knew why they were being called upon to support it.

The Marshall Plan was unique in that the leaders of the American people trusted their constituencies enough to lay out the cause, the concern, the plan, and the price,

and the American people rallied behind it. There was no loosey-goosey speech filled with platitudes about staying "for as long as it takes."

The Marshall Plan was defined by a speech given by the former general and Secretary Of State George C. Marshall, for whom it was named when he said, "It is logical that the United States should do whatever it is able to do to assist in the return of normal economic health to the world, without which there can be no political stability and no assured peace... Its purpose should be the revival of a working economy in the world so as to permit the emergence of political and social conditions in which free institutions can exist."

The war in Ukraine is one of the defining stories of this decade. But the American people deserve a plan. Stop telling us that we need to write more checks and clearly tell us what we will

achieve! Tell us how it impacts us if we do, and if we don't!

Is there a Biden doctrine? Is there a Biden plan? The fact that I'm having to ask those questions speaks volumes.


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

## Slinkard On Success

# 3 Cs To Live By

by D. A. Slinkard

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



I have been thinking about the world around me and what a bleak world it is for many people, though the perspective is not the same for others. The more I live, the more I am finding out that life is all about the perspective a person takes. What you think, what you believe, what you trust all dictates the direction your life is going to go. We see so many people who are crippled by what has happened to the world over the past three years with COVID. I never thought I would quote Rahm Emanuel, but as he says, “Never allow a good crisis to go to waste.”

We need to stop the doom-and-gloom thinking. Seriously, what is it getting us? Is it possible we are going to live in bubbles for the rest of our lives and be able to keep out every disease known to man? Nope. Not even close; yet we have allowed for our lives to be altered dramatically and the norm is absurd. We do things to give us a false sense of security that ultimately puts us more in harm, and this can be devastating to go through. There was a time in which you could trust the news, but I stand amazed at how often the news media attempts to give one-sided narratives to worldly events.

I have already wasted two paragraphs on this fear mentality that we

need to get over. This article is going to introduce you to 3 Cs. The very first “C” is choice. We all have a choice to make, and we all make choices every day. Either you can allow the current situation to bring you down or you can make the choice not to allow fear to run your life. How many people have been crippled by COVID-19, not because of the disease but because of the mentality that comes with the disease?

Many people fail in life because they fail to make the correct choices in life. They choose to focus on the negative, focus on why they cannot achieve something, and this is why they get nowhere. You need to have a defined destination you are wanting to

achieve. When you make this choice, you are then able to go to the second “C” which is commit.

We live in a society that has commitment issues. Whether they are gym memberships, marriages, or even cell phone contracts, we live in a time in which people are afraid to commit themselves. Too often people want to give up the moment life gets hard. Why? You have made the choice of what you want to do with your life; now you need to commit. People give up because it is not easy. Let’s look at Colonel Sanders and Kentucky Fried Chicken; many people do not realize the obstacles he had to overcome. Once he received his first social security check, Colonel Sanders set out attempting to sell his recipe. He was told

“No” over 1,000 times until he finally got his first “Yes!”

People see an end result and they believe it is the initial result because of the Facebook falsehoods we live in. Facebook, Instagram, Twitter, Snapchat, and TikTok have created altered universes where it is merely a virtual reality. Not too long ago I saw someone on a social media site saying if they could get 1,000,000 people to give them a dollar, they would email everyone a book on how to get a million bucks through the Internet. I wonder how many people fell for this tactic.

We have choices to make, then we must commit, and the final “C” is continue. We must follow this routine on a daily basis and we

cannot stop. Water that stops moving becomes stagnant, and that is exactly what happens when a person stops moving in their own life. They become stagnant and the bloodsucking mosquitoes start hovering around waiting to find the next opportunity to draw some more blood out of them.

This year is zooming along, and we need to decide today whether we are going to allow the negativities of the world to be our excuse or are we going to decide to do something with our life? It is your choice. You need to commit, and then you need to continue this cycle. It is a tough world out there, but you must decide whether you want to win or lose because it is your choice to make.





Clean, Green And Beautiful

# Choosing Landscape And Garden Plants Wisely

by Lynne Hart - KALB Commission Member, Keep Athens-Limestone Beautiful

During the past few weeks, Claire and I have been visiting 5th-grade classrooms at Athens Intermediate School as guest presenters for the 4-H program. It is our goal to teach students about our environment while playing a competitive game of Jeopardy.

One of the questions asked why it might be better to landscape our property using native plants as opposed to non-native plants. The students first had to understand the difference between native and non-native plants to answer the question properly.

### What Is A Native Plant?

Plants that have thrived right here are the ones that native birds and wildlife have come to depend on for food and shelter. These plants and animals have "grown up" together and depend on each other. When they are removed on a large scale, as often happens when land is cleared for construction, and replaced with "pretty" plants and shrubs that are not native, there is a disruption in the web of life. Wildlife that depend on these plants must then move to other areas or just don't survive.

### What Is A Non-Native Plant?

A non-native plant is one that is introduced to an area in which it did not naturally evolve. Some

of these plants may not have natural predators in the new location, allowing them to grow unchecked. When this happens, they are considered invasive plant species. Plants that are not native to our area may also require more care to help them thrive.

Some examples of invasive plants in the Tennessee Valley are kudzu, Chinese privet, and Callery pear. All are native to China and surrounding countries and were brought to the United States for a specific purpose. Often non-native plants are brought into a new location that does not offer the environmental checks and balances, such as seasonal weather, diseases, or insect pests that kept them under control in their native areas. When these plants "escape" and become established outside the controlled areas in which they were planted, they can grow unchecked and choke out native plants.

### Select Plants Wisely

When selecting plants for your landscape or gardens, be sure to look for plants, trees, and shrubs native to your location. Local nurseries would be happy to help you. You may also contact your local Extension Office for help with selecting plants that will thrive in your garden conditions.

When choosing plants that work well together and are suited to this area,



nature will be more in balance making your garden a welcoming habitat for local wildlife. Native plants and shrubs will provide seeds, nectar, and insects that will welcome native birds, butterflies, and other wildlife back into your yard.

You might even consider adding a "Welcome" sign to your garden!



Become a Fan



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## Cooking with Anna

# *Bear-Hugging A Potbelly Stove*

by Anna Hamilton

*Sunday morning, our preacher told the story of a bear. A group of hunters were staying in a cabin in the woods. When they went out to hunt for the day, they left a fire burning in the potbelly stove in the cabin. Shortly after the hunters left, a bear broke into the cabin. The bear saw the glowing fire coming from the stove and immediately thought it was a predator and attacked the stove. It wrapped its arms around the stove and was burned badly, but the bear did not let go. The bear thought the stove was fighting back, so he held on tighter and tighter, until it there was no way the bear would ever recover. The bear was unable to recognize that the stove was actually hurting him. He didn't realize that if he just let go, he would be okay.*

*This little story made me take a hard look at my potbelly stoves. What am I holding on to that continues to hurt me but I am too stubborn to let go? The safety of the things that hurt me is sometimes easier to process than letting go for the unknown. As Christians, we are not*

*promised an easy life. We are promised, however, that God will always take care of us and he will take our burdens from us.*

*God knows every fiber of our being. He knows what our troubles are and what we are holding on to; so why doesn't he just take them from us without us asking for help? Asking God for help letting go of the stove will help you develop a deeper faith. It also will help others see the wonderful grace of God. Seeing someone find their strength in Christ is a wonderful way to give others the confidence to trust completely in God. In order to obtain the peace that we all want so much, we have to bring all of our troubles to the Lord in prayer. "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts*

*continued on page 23*

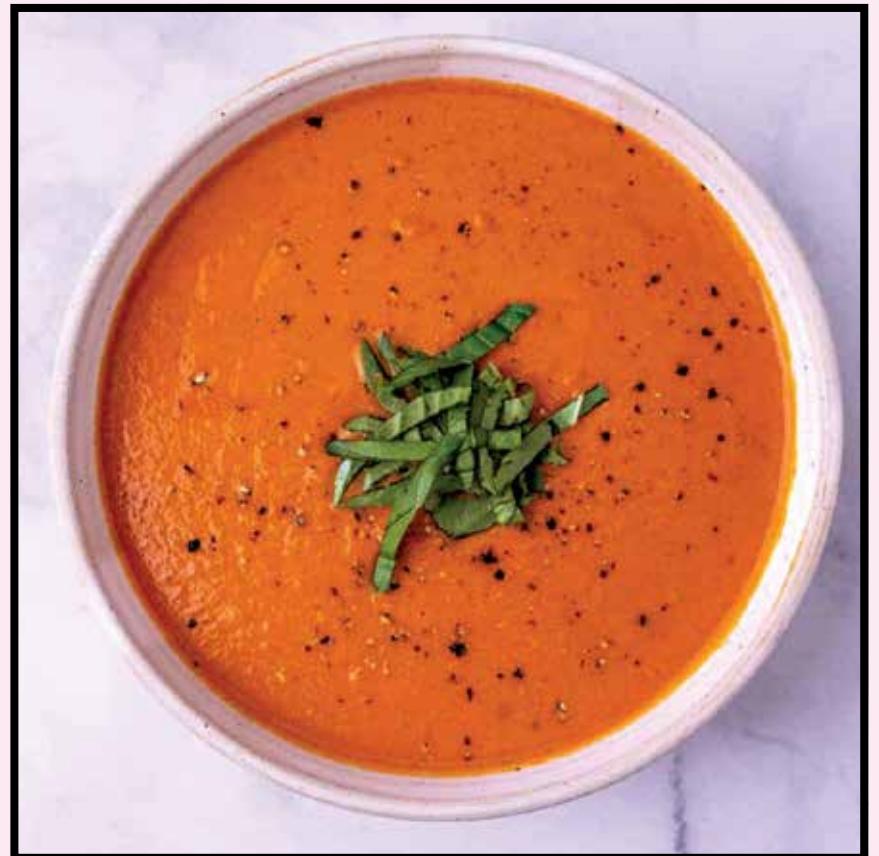
## *Tomato Bisque*

### *Ingredients:*

*½ onion, chopped  
1 Tbsp garlic, minced  
1 Tbsp olive oil  
1 (28 oz) can whole, peeled tomatoes  
½ tsp paprika  
3 cups low sodium chicken broth  
1 ¼ cup heavy cream, or milk, or half-and-half  
Salt and pepper to taste  
Optional toppings:  
Fresh basil, chopped  
Shaved Parmesan*

### *Directions:*

*In a large stock pot, add oil, onions, and garlic. Sauté for 10 minutes or until tender. Stir in tomatoes, paprika, broth, salt and pepper, and cream. Bring to a boil and then reduce heat to a*



*simmer for 45 minutes. Cool for 10 minutes. Purée soup using a blender or immersion blender to your desired smoothness. Sprinkle each serving with your toppings of choice.*

## News From The Tourism Office

# "A Little Party Never Killed Nobody"

*Athens-Limestone Tourism Partners with Alabama's TV Personality Lesley Ann Hyde for an Interactive Roaring 20's Murder Mystery Fundraiser*

by Tina Morrison, Tourism Athens

The Athens-Limestone County Tourism Association has partnered with Alabama's own Southern Ghost Girls to co-host a Murder Mystery Dinner. This fun, interactive event serves as a fundraiser for both entities while bringing an unusually fun tourist activity to Athens.

The Southern Ghost Girls is a team of women, led by Alabama native Lesley Ann, who share the love of the diverse culture of our great state. Born in Birmingham, Lesley grew up in the South and enjoys all things Southern. Her love of travel, history, science, and the unexplained gave her the idea to start her Southern Ghost Girls company. The interactive Murder Mystery Dinners are a fairly new offering to their usual tours and investigations. Lesley had the great business idea to partner with companies wanting to do interesting and different fundraisers. She and her team show up in period dress and lead the interactive 3-hour event and share the proceeds with the host. Lesley says, "I am a Christian and I especially believe in guardian angels and feel I have had one looking over me during my lifetime. I am blessed to be doing something I love, and I invite others to join us and see for themselves how fun this event is." Jokingly, she says, "A little party never killed nobody!"

The event takes place in

the Athens-Limestone Visitors Center Meeting Room on Saturday, March 11, and Roaring 20's dress is optional. After checking in at 5:30 p.m., there is a photo opportunity, then during Round 1 from 6-7 p.m., there are character assignments and introductions. A delicious Southern-style dinner, catered by local restaurant Ramona J's takes place from 7-7:30, then "the murder" takes place during Round 2. The final round from 8:30-9:30 is when the suspects are announced and the murderer is revealed. All correct guesses are entered into a drawing for a prize. The \$700 prize package includes generous donations from Bama Limousine, Limestone Legends Billiards, Mad City Kenpo Self Defense, Donna Poston Realtor, Phillips Creations, and The Last Word Vinyl.

The limited number of \$65 tickets sold out in 2 days, but we will be planning another one soon. The Athens Limestone Tourism Association's office is just a few blocks off the Courthouse Square inside the historic 1906 Athens Visitors Center building at 100 North Beaty St. at the Big Spring Memorial Park. For more information about upcoming events please go to [www.VisitAthensAL.com](http://www.VisitAthensAL.com) or call us at (256) 232-5411 Monday through Friday 8 a.m. - 4:30 p.m. *We're What You Love About The South.*

**Athens** **Alabama**

**\$65**

**Southern Ghost Girls**

**MAR 11 6 PM**

**ROARING 20's**  
*Murder Mystery Dinner*

**Athens Visitors Center - 100 N. Beaty St.**

**Limited Number of Tickets** [VisitAthensAL.com](http://VisitAthensAL.com)

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# Save The Date March 23 To Save A Life!

by Ali Elizabeth Turner

*continued from page 1*

keep right on doing so. Now, we as a community will have an opportunity to make the WRC stronger than ever.

I spoke with Ashley Bell, WRC's advancement director about this year's theme as well as the line-up of speakers. "This year's theme is the Providence of God, and we wanted the keynote speaker to be the one who picked it. God has always provided—manna in the wilderness, honey in the rock, and the finest of wheat to His people Israel," she said. The stories and the tablescapes are going to be reflective of that provision as people tell of adoption, sanctity of life, and something that has needed to be addressed for the last half-century—how abortion has deeply scarred men.

Ashley said further:

"Our speaker will be Sarah Rice. Sarah is a pastor's wife and mother of four boys. She holds a Master of Arts in Biblical Counseling from The Southern Baptist Theological Seminary and is the author of *Tracing Glory: The Christmas Story Through the Bible*, an advent reading for families. Sarah and her husband, Adam, adopted their fourth son, Cameron, after privately fostering him for almost two years. The details of how Cameron ended up in their home are part of a story only God could write, and this story involves the faithful work of volunteers at a pregnancy resource center, one of whom is Sarah's mother. Her story clearly demonstrates the importance of ministries like the Women's Resource Center and is evidence of God's providence in working through the volunteers and staff of those ministries for His glory and



the good of all mankind." Ashley also shared that it is her own husband, Chris, who is going to be speaking as a man who has had to grapple with the aftermath of having agreed to the aborting of his first child in his first marriage, and not choosing to protect the life of that child. "He was trying to be respectful of a women's so-called 'right to choose,' and it hit him hard one day when we received a graduation announcement of a friend's child that he (Chris) would have had a child that would be graduating, too," she said. Chris is a Marine, and a man's man. He will bravely be stepping up to tell his abortion story and what it has been like to begin the road to healing.

The "sanctity of life" piece is going to be the story of a family that had two children born with challenges, one of whom has spina bifida and is in a wheelchair. Sarah Wilder tells of how they discovered about halfway through her second pregnancy that their daughter had the condition, and then was offered the option of aborting her. They chose life, and their little girl is full of life and limitless ambition. She does ballet and is part of a competitive swim team. Ninety percent of spina bifida pregnancies are terminated, and Sarah and her family cannot



imagine what they would have missed if they had "followed doctor's advice." Starre (using first name for privacy purposes) is going to share a remarkable story of adoption, and how they were able to truly love the birth mom, their adopted daughter, opt for an open adoption, and live out with a greater intensity what it is to move, breathe, and walk in a "spirit of adoption," which is a picture of our Father's love for us.

The meal for the evening will be catered by Ramona J's, and will be served by varsity cheerleaders from Lindsay Lane Christian Academy and youth from Summit Crossing church. There will also be a violinist providing music during dinner. Ashley said that while they have 43 tables, they are still able to take sponsors. The deadline for

sponsoring is March 10, and for more information you can contact the Women's Resource Center by going to their Facebook page, website at [www.wrcathens.org](http://www.wrcathens.org), or call them at 256-233-5775. It will be a tender and inspiring evening that you will not want to miss.

## Women's Resource Center of Athens

727 Market Street West, Athens, AL 35611

Phone 256-233-5775

Hours of Operation:  
Tuesday-10 am-4 pm,  
Wednesday 10 am-2 pm,  
Thursday 10 am-4 pm

Website:

[www.wrcathens.org](http://www.wrcathens.org)

Facebook: Women's Resource Center Athens AL



# Tennessee Valley Spotlight



**Mondays at 10am**

**1080 AM WKAC**



# Mooresville Montessori Homeschool: *Now Accepting New Families*

by Ali Elizabeth Turner

*continued from page 1*

classroom at the back of All Stitched Together to a large homeschooling group with over 100 online members. The Harrises began to offer free tutoring services for students enrolled in other schooling programs and free mentoring to parents who wanted to begin their own homeschooling journey. They also worked with a small group of families on site in a homeschool collective where parents and students met a few days each week.

The Harrises have transformed their learning space and four acres into a Montessori classroom and community called Mooresville Montessori. In addition to a large indoor classroom space full of authentic Montessori materials, Mooresville Montessori has a year-round creek, animals, and a large garden area. The children in their program learn about life cycles from the care and raising of animals such as chickens, exploring the creek area to observe animals such as crayfish, and from participating in growing small crops such as mammoth strawberries. Their mission statement reads:

“Our mission is to create lifelong learners who have the confidence to learn new things and become independent well-rounded adults. As Maria Montessori put it, ‘Our care of the child should be governed, not by the desire to make him learn things, but by the endeavor always to keep burning within him a light which is called the intelligence.’ At Moores-



ville Montessori, we strive to create a learning experience that fosters the children’s self-esteem, encourages awe in God’s world around them, and fosters a lifelong love of learning.”

How is Mooresville Montessori unique? Some of their approach stems from the kinds of values and educational philosophies that were mainstream nearly a century ago. They begin the morning with a Bible reading and prayer. Students and teachers practice “grace and courtesy” in the classroom. Students create journals for each subject, which are a kind of scrapbook for the things they are learning. They are introduced to handicrafts, such as woodworking and sewing. Students also utilize cursive writing at an early age. They are given the freedom to design learning experiences, projects, and use hands on materials for accomplishing their educational goals.

At Mooresville Montessori, all learning begins with hands on, tangible materials that engage concentration. Each material has a specific learning

purpose and is introduced as the child reaches the sensitive period for that learning material. Each material or concept has a three-period lesson that begins with the teacher demonstrating the materials or concept, followed by a second period where the child practices uninterrupted for as many days or sessions as he or she likes, and a third period in which the child demonstrates mastery back to the teacher. Mooresville Montessori does not grade elementary children on their work, but instead focuses on progress and mastery for intrinsic value versus external reward. Progress is tracked by the guide, but control over correction is given to the child in forms of materials that point out errors as the child works with them. The Harrises say this has raised a few eyebrows over the years but is one of the most important parts of their program in terms of fostering self-esteem and independence.

Once a child moves into the 12-18-years-old program, he or she moves from more independent work into group work during class time. Students have a Monday meeting



to discuss learning objectives for the week and then work with their peers and guide to complete those learning objectives.

Mooresville Montessori offers a drop-off program for ages 6-18 years, monthly family field trips, and a parent-and-me play area for younger siblings and parents who would like to stay during class time. Parent volunteering is welcome but not required.

Mooresville Montessori is hosting prospective family meetings through March 10 for families interested in joining their homeschool community. The 2023-2024 program is a 3-day-per-week program, 9 a.m.-2 p.m. and \$280 per month 6-12, \$300 a month for 12+. There is a discount for multiple children and a tuition cap for large families.

The deadline for registering is April 1.

Private tutoring is available for students who are enrolled in other programs or in public school. Tutoring is available this school year and is scheduled online at [www.mooresvillemontessori.com](http://www.mooresvillemontessori.com).

Mooresville Montessori offers a limited amount of reduced or free spaces in both the homeschool group and private tutoring for families experiencing financial hardship. Please use the “Contact Us” form on the website if you would like to learn more about these spaces.

To attend a 2023-2024 parent interest meeting, please visit: [www.mooresvillemontessori.com](http://www.mooresvillemontessori.com).

Email: [mooresvillemontessori@gmail.com](mailto:mooresvillemontessori@gmail.com)

# Accountability Is A Two-Way Street

by Eric Betts

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



Effective leaders understand that accountability is a two-way street. Ineffective leaders do not desire to be held accountable but only want to hold others accountable. Effective and successful leaders do not believe that they are beyond being held accountable to those who are in subordinate positions. In fact, they create a culture of both vertical and horizontal accountability. They are the first to embrace responsibility when things go wrong and enthusiastically share the credit once success is created.

When leaders make themselves accountable to those at the middle and lower levels, then a culture is created where everyone seeks to make themselves accountable to each other. Betterworks is a software company which is also a resource company for organizations and is designed to close the loop between people, strategy, and results for performance management and goal setting. Their research has discovered that when leaders are accountable, they encourage a workforce which is capable of critically evaluating the organization's needs and how they can optimize their own contributions. This mindset flows from top to bottom and laterally throughout the organization. It creates an environment where leaders and coworkers are encouraged to own their mistakes rather than looking to blame others. It is in this spirit that everyone is encouraged to learn from their own mistakes and the mistakes of others in order to keep moving forward. It is in this sense, according

to Betterworks, that those at the lower levels of the organization began to commit themselves to the company's values and goals to such an extent that they unwittingly and simultaneously place pressure on the leaders at the top levels of the organization to act in a more consistent way in accordance with those values.

Additionally, when leaders abide by their company's values and ethics, they set concrete examples of what is expected in the entire organization. Accountability means that those in executive positions should consistently remind those in the middle and lower levels of all that is expected of them based on their own job description, along with the goals, ethics, and values of the company. These reminders are a means by which those in the middle and lower levels will hold the expectation that the leader will live in accordance with those ideals. The leader will then function with the sense and continual awareness that everyone in the company

knows what their job entails, what is expected of them. In this sense, they're holding themselves accountable and setting the environment where others are holding them accountable through the expectation the leader has created. Such patterns of accountability are found to create a greater level of performance and success compared to organizations that do not emphasize accountability. A recent study by Professor Gary Latham of the Australian Graduate School of Management found that business leaders who possess the qualities of accountability and integrity are more likely to outperform their peers.

James Brogan, CEO and co-founder of PepTalk which is a platform helping companies understand and build great teams, says that the benefits of accountability are numerous. Brogan explains that if you take responsibility for something going wrong, your team will see that as an indication that you can be honest and learn from your

mistakes. They will discover that you haven't given up on trying to improve. Brogan suggests that self-accountability dictates that leaders make sure they set high standards for themselves, because if you want your team to be accountable for their actions, then we must first be accountable for our own actions. In other words, leaders cannot expect those within the organization to set the highest of standards for subordinates while creating the lowest of standards for themselves. In this two-way culture of accountability, everyone welcomes being held accountable, and it is this mindset which creates a higher level of performance.

According to Paloma Cantero Gomez, an expert on leadership, proactivity, and entrepreneurship and a 2017 nominee for the Forbes 30 Under 30 list of influential leaders on policy and law, accountability means responsible behavior and taking ownership when misunderstandings occur. Gomez views accountability as not

being so quick to blame others for not being good listeners, because accountable leaders first examine and take ownership of their role in miscommunicating their message. Accountability is not merely blaming others for their failure to comprehend, but it also involves the leader being a good active listener to the needs and concerns of subordinates and peers.

Accountable leaders take ownership of negative results. They take responsibility for not meeting their own individual performance goals and their own measurements of success. Thus the environment is created where others recognize and take ownership when they fail to meet their company's performance expectations, deadlines and goals, and work to correct those failures. When accountability becomes a two-way street, it creates a level of teamwork which brings the organization closer to fulfilling its mission, goals, and markers of success.



# Another Man Trip

by Jerry R. Barksdale

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



We were off on another “man trip,” this time to the Hall of Heroes Museum in Talladega, Alabama. As usual, women weren’t allowed. No ma’am! This was a serious trip. They would have hampered important discussions about—well, women – juicy gossip about women and male health problems. Anyway, we didn’t have time to stop for pedicures, shoe shopping, and other such foolishness.

Mike Criscillas, a/k/a “Big Mike,” Army Command Sergeant Major, Ret., was at the wheel of his wife Shirley’s luxurious Infiniti SUV. It’s loaded with high-tech gadgets ranging from butt warmer to navigation apps. It could use a simple Boy Scout compass mounted on the dash since Mike tends to get lost. On a previous man trip, he got lost before we left the Veterans Museum parking lot.

Ewell Smith, retired ASU Business Manager, served as our official reporter on Alabama politicians that have recently been indicted. Bill Ward, retired mathematician and college professor, was self-appointed “joke cracker.” Retired Athens cop and president of the Alabama Veterans Museum, Jerry Crabtree, was back seat driver and color commentator. I

rode shotgun. All of us are volunteers at the Alabama Veterans Museum.

Earlier, Jimmy Williams and Joe Powers with the recently organized Hall of Heroes visited us in Athens seeking advice. We accommodated them. They reciprocated and invited us to visit them. It was an entertaining 2 ½-hour trip on back roads through historic Somerville, along low mountains, past green pastures, corn fields and lovely chicken houses. We drove to Attala, then south on Alabama 77 to Talladega.

Crabtree, a retired National Guard Sergeant, who made many convoy trips from Athens to Ft. McClellan, almost grew misty eyed with nostalgia when he pointed and said, “This is where our convoy always stopped, and we got out and peed.” Very touching. “In somebody’s yard?” asked Ward. Phew wee! They must have contaminated every well within a half mile. A historical marker – or warning sign – might be appropriate.

Someone mentioned that Madonna had finally carried out her threat and departed America. She moved to Portugal. How much more bad news can we endure? We are already in a trade war, opioids are killing our citizens, and Russians are telling us how to vote. I still have hope. We’re a resilient people. We survived Pearl Har-

bor and 9/11, and I pray we will survive Madonna leaving our fruited plains.

Finally, good news. “Talladega is just ahead,” someone said.

Talladega (pop. 15,451) sits on the edge of 392,000 acres of Talladega National Forest. Looming in the distance was Cheaha Mountain, the highest point in Alabama. The city is known today for Talladega Superspeedway and the Alabama Institute for Deaf and Blind (AIDB). Athens history buffs may be interested to know that Rep. Thomas H. Hobbs introduced the first legislation in 1858 to establish a school for the blind. Hobbs’ Co. F, 9th Ala., was the first to depart Athens to fight in the Civil War. He died following the Battle of Gaines Mill, June, 1862. His parents who lived on N. Marion Street (it still stands in front of present City Hall) fled to Talladega for safety when Yankees occupied Athens in 1862.

We arrived at Hall of Heroes on the east side of the courthouse square. Jimmy Williams, wearing short pants and a wide smile, greeted us. The museum is housed in the Wood-Weaver Building (c. 1870, listed on the National Registry of Historical Places) where shoes were sold for nearly 150 years. Uniforms of local servicemen are displayed in the windows, along with a Red Goose shoe

sign. Admission is free. The museum is neat and clean.

Ms. Aimee Gable, friendly Museum Manager, along with Ms. Keela Brown, Museum President, greeted us; they treated us like we were somebody. I love Southern hospitality. Photos of local heroes line both walls and mannequins displayed a variety of uniforms. My attention was drawn to a display of U.S.S. Talladega, a naval transport named for Talladega County. It landed Marines on Iwo Jima during WWII, included four of the Mt. Suribachi flag raisers.

The Weaver family donated the building to the museum; a city councilman did the plumbing and the Mayor did the flooring -- all for free. The backroom, dedicated to policeman, firemen, first responders, and scouting, is filled with artifacts and uniforms.

Following lunch at Tina’s Home Cookin’, a block off the square, we toured the “Silk Stocking” historical district, 113 acres of stately old homes listed on the National Register of Historical Places. Located nearby is the Alabama Institute for Deaf and Blind. I was told they manufacture all of the neck ties for our military.

On the return trip home, while Crabtree was yacking on the phone doing a car trade and not

performing his back-seat driving duties, Big Mike shot past the turnoff. “Hey Mike, you lost again?” asked Ward.

I began feeling warm, then perspiring for no apparent reason. Heart attack! Oh, no! Worse still, I may have contracted a case of TDS (Trump Derangement Syndrome) from association with my liberal friends. Big Mike was smiling. He had dialed up my seat warmer to broil. Scared me half to death!

It was a fun trip, and I heard a lot of half-truths and gossip which I can’t report. I can say that there is no sin in Athens -- until after the sun goes down. Seriously, it was a great man trip. There is a lot to see in Talladega. Drive down, visit the Hall of Heroes, hike the endless trails in the Talladega National Forest, and visit the nearby International Motor Sport Hall of Fame. Take your camera and stop at the historic intersection of U.S. 431 and Ala. 278 and see where the Athens National Guardsmen peed. One day you can tell your children that you saw it -- and have a photo to prove it. And be sure to tell the folks at the Hall of Heroes that you are from Athens. Remind them about our man trip. They may tell you to get out of town. But, I bet they’ll treat you like you’re somebody.

# Rehoming A Service Dog

by Joel Allen



Well, folks, another month has gone by and it has been a whirlwind year already. Recently, we lost a close friend and the Lord gained another bright soul for His Kingdom. I am speaking of Norm who once worked for Walmart as a door greeter. I will miss hearing his voice boom, "Welcome to Walmart!" to any who entered the store while at the same time, turning his power chair to those exiting to say, "Have a good day!" He rarely got upset about anything and was a light for many folks.

One day as I came into Walmart, Norm was working the door as always and said he would like to discuss something with me. So, when he took his break, he rolled up to me in electronics and said he would like to train his dog for service for him. That began the journey of Xena his white pit-bull becoming a service dog.

Let me tell y'all, Xena was a natural from the start. She had humble manners and just knew she was supposed to be with Norm. As I observed her and was deciding the best training she could use to assist Norm, she seemed to already have it. The one thing I spoke with Norm about training her to do was pick up things he dropped from his chair to lessen the risk of a fall and carry his medicines should he need them. She was a natural on diabetic alerting

for Norm. His daughter shared the story about when he was at church with Xena and she tried to get his attention. Norm had told Xena to lie down and within minutes he felt hungry and then dozed off in his chair. She was indicating to Norm that his sugar was low and going down. Xena and Norm had such a bond. Many of my readers probably met Xena and did not realize it because Norm would dress up as Santa for Walmart and Xena would wear reindeer antlers.

So, here I was about a month ago meeting with Norm because his illness had become terminal, and he wanted Xena to be rehomed when he went to be with the Lord. We all worried she would grieve over him really bad. I promised Norm that I would come for her when the time came. Now, folks, Norm's family loves Xena and would have kept her, but they felt she would be better off in the service of another "hooman" and that is the reason she was rehomed.

Two weeks ago Norm passed, and I received the news while I was out of town in Tennessee. I immediately put a posting on Facebook about Xena. That is such a responsibility to rehome a dog, especially a service dog. I prayed to the Lord about the situation because I had no clue who I was willing to allow her to go to. Fifteen

minutes didn't even pass after I had said "Amen" that someone Norm and I knew texted me with interest for Xena. Sure, I got several responses, but this text I felt immediately was the one. Mr. Richard told me that his granddaughter wanted Xena. We had spoken before about his granddaughter and how she could use a diabetic alert dog for her diabetes. Like a thunderbolt, I was all excited and called Norm's daughter with the news. Mr. Richard and I set up a time to meet as soon as I returned. We agreed to meet at Norm's home and see if Xena would accept Taylor, Mr. Richard's granddaughter.

I arrived before Mr. Richard and Taylor did. Xena greeted me and then watched the door as if someone had told her to expect a visitor. Now, granted she might have been looking for Norm, but I like to think she was looking forward to meeting Taylor. When they arrived, Taylor came in and Xena immediately went to her. The bond was instant, as soon as they met. Within minutes of their meeting, Xena already indicated on Taylor, and Taylor pulled out her CGM (Constant Glucose Meter) to see if Xena was on point. Sure enough, she was high and her blood sugar was climb-



ing. So, when it was time to go, Xena walked with Taylor out the door and into the vehicle. She even insisted on sitting in the same seat as Taylor. These last couple of weeks, Mr. Richard has called me and updated me that Xena has stayed on point with Taylor. Thank the Lord!

Now, folks, I want to close with something I copied from a video on the internet that a man shared. It's just what he was thinking and it fits this article, but think of this in reverse:

"It occurred to me that every time I lose a dog, they take a piece of my

heart with them and every new dog that comes into my life gives me a piece of their heart. My hope is that I can live long enough so that all the pieces of my heart are dog and I can be as loyal, as generous and as loving as my dogs are."

*"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

# Procrastination Part II

by Lisa Philippart,  
Licensed Professional Counselor



***"It's never too late to be who you might have been."***  
- George Elliott

and social environment. It's not all in your head! If you struggle with chronic procrastination, take some time to think deeply about the environment in which you keep procrastinating. What could you remove from your environment that would make it easier to start working and stay focused? Sometimes it is just a matter of adding something to your pre-work routine that would make it easier to get started. Or, there may be people in your life who distract you or pull you away from following through on your commitments. Look for people in your life who help you focus and do good work.

There may be small ways you could make doing your work easier or more enjoy-

able. Do you have appropriate lighting? Could you use aromatherapy? Would instrumental music help you focus and/or relax? You may also seek alternative times or places where you could experiment with doing your work. If you think carefully, I can all but guarantee that some relatively simple solutions will present themselves. But that doesn't mean that those solutions will be easy. Here's an example: Suppose you realize that you'd probably procrastinate less on your goal of exercising more if you had a small home gym in your garage. It would be simpler and less time consuming to try to get in a workout regularly. However, making enough room in

your cluttered garage might require a lot of work, including a difficult conversation with your partner about how much stuff to hang on to!

Your environment matters...a lot. And if you've struggled with chronic procrastination for a while, and tried lots of other things without much success, it's entirely possible that what you really need is

a significant change in your surroundings. So, get out of your head, and change your environment instead!

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

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In my last article we discussed two ideas that could help you get to the root of your problem of chronic procrastination. One idea was to reframe procrastination as a values problem, not a productivity problem. The second idea was to stop using self-criticism as motivation. I said at the beginning that chronic procrastination is often the result of a deeper psychological obstacle. So, it might seem contradictory that my last suggestion for dealing with procrastination is to get out of your head and focus on your environment instead. But your environment is just as big a part of your psychology as your thoughts, beliefs, emotions, or any of the other things we typically associate with the mind. Think about it like this: Do you have a hard time resisting junk food because you are lazy and lack willpower? Or is it difficult because your house is full of unhealthy snacks and everyone else in your home is constantly eating junk food? Another example is: Do you have a hard time getting started writing your first novel because you lack discipline? Or could it be that you keep trying to work on it at the end of the day when you're exhausted?

Most procrastinators overestimate the importance of their mental environment and underestimate the importance of their physical



# The Alternative Approach

## Why Are We So Sick?

by Roy Williams

It might be surprising to many of you but America is far from the best when it comes to health care as reported by the Commonwealth Fund's data. That is in spite of the fact that in 2011 the U.S. expenditures for health care totaled a whopping \$8,500 per person.

When you look at the 10 other major industrialized nations, next in line for spending was Norway, which spent \$5,700 per person and New Zealand spent the least on health care coming in at \$3,200 per person. In spite of those facts, our media, and even members of Congress, assert that the U.S. has the best health care system in the world.

The U.S. health care system falls way behind in many respects, even though we spend more per capita than any other country on earth. The same has been true for many years, dating back to 2004 when the documented evidence was published. To my knowledge, there have been no reports since 2011. Could that be part of the censorship going on by our media and governmental agencies who don't want us to know the truth?

Ranking of health care performance among 11 industrialized nations are as

follows: Best to least are, United Kingdom, Switzerland, Sweden, Australia, Germany, Netherlands, New Zealand, Norway, France, Canada and, coming in last, the U.S. Why are we told over and over again that America has the best health care system when it is so evident that we do not?

At NEWtritional Health Care and our stores, we see and hear it all. So many complaints are about the cost of everything pertaining to health care from medications to hospital stays and even insurance cost, including amounts that they have to pay out of pocket. We hear complaints about reactions to medications, the number of medications prescribed, having to see a half-dozen specialists, the amount charged by the hospitals, and not getting to actually spend any time with their doctor.

In its 2013 book, *U.S. Health in International Perspective: Shorter Lives, Poorer Health*, the Institute of Medicine (IOM) documented that "the U.S. generally has worse health outcomes and higher premature death rates in all age groups and income levels than the average among 16 other high-income na-



tions."

Now that we know the truth, that the U.S. is among the sickest and least healthy nations on earth, what are we to do? Of course we can just go on as if those facts don't exist, or we can make new decisions. As for me and many others, we are fighting back by seeking a better, less expensive and more effective way to support our health.

If everyone would just do these steps, they could cut their overall health care dependency by half in as little as six months to one year, reduce inflammation and pain, lose weight, and increase stamina. Have you been taken in by the national media and their advertising campaigns? Are you tired of going from one

doctor to another just to be put on another prescription? Can you say that your health has improved evidenced by, more energy and vitality, more ability to go and do what you truly enjoy and ease of relaxation and rest? If not, then begin doing the following.

Step 1) Drink at least 64 ounces of water a day and stop all soft drinks. (Preferably use distilled or purified water with alkalizing drops added).

Step 2) Cut out all foods and drinks that have high-fructose corn syrup and refined sugar added.

Step 3) Stop eating foods that are cooked in hydrogenated oils. (If you must fry your foods use extra virgin olive oil.)

Step 4) Begin supporting

your overall health by taking a really high-quality multivitamin-mineral combination such as Life's Fortune or MSM+C.)

Most of you would not hesitate to go to your doctor if you thought something was wrong with you, even though you know that all they can offer is treating the symptoms of your disease or disorder. Doesn't it make more sense to improve your lifestyle doing the simple things suggested above? If you continue doing what you have been doing, are you going to expect a different outcome? I certainly hope not. After all, that is the definition of insanity.

Please consider going by NHC Herb Shop in Killen or Herbs & More in Athens and allow us to at least give you options on how to support your health naturally without being dependent on the medical profession and the pharmaceutical industries that rank lowest of the industrialized nations mentioned above.

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Cooking with Anna (continued from page 13)

## ***Bear-Hugging A Potbelly Stove***

by Anna Hamilton

*continued from page 13*

*and your minds in Christ Jesus.” Philippians 4:6-7*

*Letting go of what you know is hard. It feels sometimes easier to live with what is hurting you than to take that leap of faith and let go of what burdens are weighing you down. God wants us to trust in Him enough to take that leap. Letting go of everything that is keeping us from having full faith in God. As Christians, we should have full confidence that God will take care of us. “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” Hebrews 4:16*

*I urge you to let go of the potbelly stove that is burning you. Let go of all that is harming you and keeping you from the love and grace of God. Letting go will bring you closer to God and will help others around*

*you come to know Christ.*

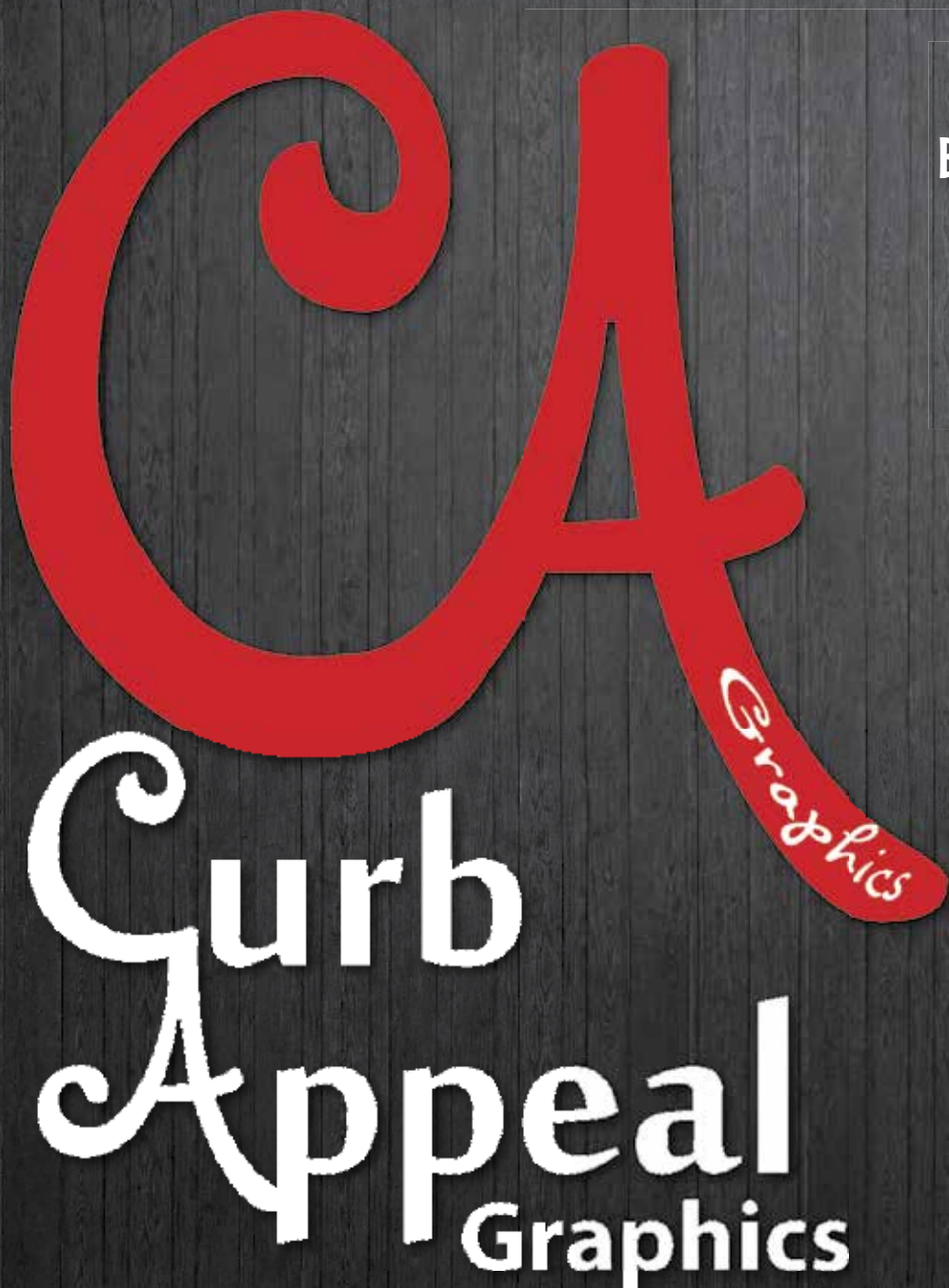
*This week’s recipe is an easy tomato bisque. It is so much better than the condensed stuff in the can and everyone will love it! Serve it with a simple green salad or a gooey grilled cheese sandwich. Either way, you can’t go wrong!*

*“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!” Matthew 7:7-11*



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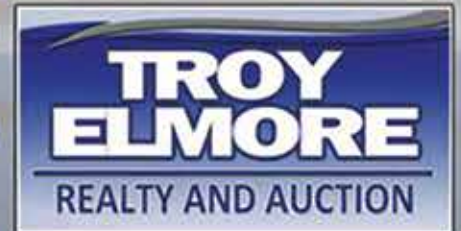
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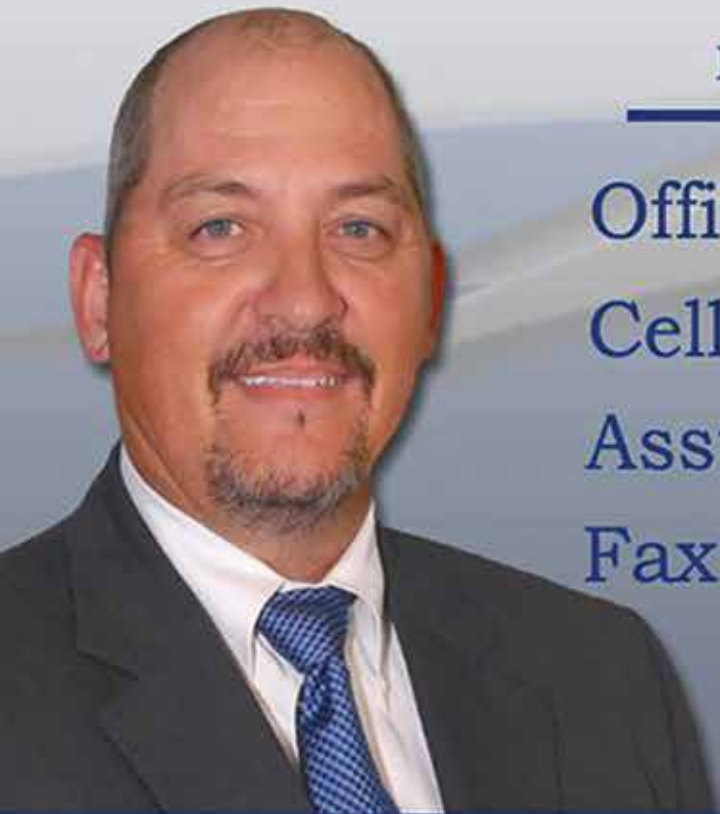
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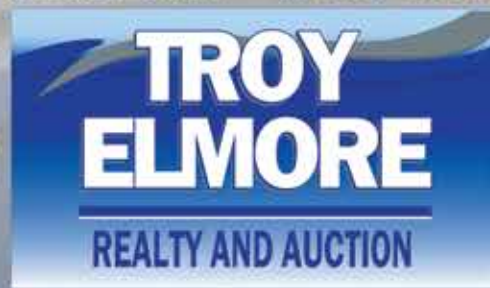
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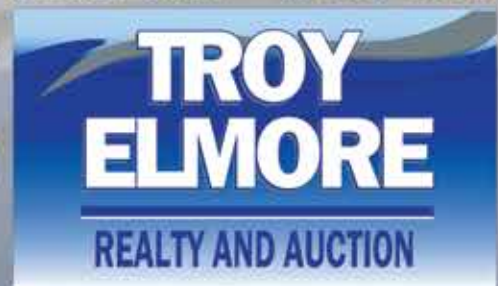
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