

March 04 - March 17, 2022

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E-MAIL: info@athensnowal.com

ADVERTISING:

Ali Elizabeth: 256-468-9425

Degan Wilder: 256-426-2493



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What Makes Ronnie Roll



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And John
Wooden...**

It's March, and
that is the time of
year that in the
world of collegiate
sports is known as
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Clean, Green And Beautiful

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Jeopardy – Are You
Smarter Than A 5th
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Education is one of
our main focuses
here at Keep Athens-
Limestone Beautiful.
One of my favorite
things to do is to go
into all 5th grade...
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Cooking With Anna

Love Does Not Boast...

Have you ever seen anyone
boast? What comes to
mind when you think of
someone who boasts
about themselves all the
time? I immediately think of
someone who is arrogant...
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The 2022 Household Hazardous Waste Collection Celebration Is Next Week On March 19

By Ali Elizabeth Turner

For the third year in a row, the people of Athens-Limestone County are going to have the opportunity to come together and safely rid their homes and property of all manner of items which, if not disposed of properly, can hurt people, plants,

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Wynk and Nod shortly after
they were rescued

Does Your Social Media “House” Need Spring Cleaning? Let Blake Williams Help



Blake Williams, founder and CEO of
Blake Williams Communications

By Ali Elizabeth Turner

Blake Williams, founder of Blake Williams Communications, is offering a service to all who are intimately familiar with the business benefits of social media, and he calls it “spring cleaning.” As someone who usually confines the practice to doing a deep dive, digging out my garage rather than my occasio-

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Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Sales & Distribution
Degan Wilder

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Leigh Patterson
Anna Hamilton
Joel Allen
Nick Thomas
Jerry Barksdale
Roy Williams
Sandra Thompson

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

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Publisher's Point

Nancy Wake, The White Mouse

I was born eight years after the end of WWII, and my life as well as our culture was appropriately still in its shadow. This was a near constant, even as the Greatest Generation came home and sacrificed once again so that we could have the life that they had risked theirs to purchase. My dad rarely talked about the war, and when he did, it was in largely generic terms. But there was one thing that we were encouraged to do, and that was to study the history of WWII. In particular, when I was around 12, I became fascinated with the Holocaust as well as the tales of the Resistance.

When my kids were growing up, I read to them extensively, and they knew that people in Europe risked their lives to make life miserable for the Nazis. But for all my years of fascination, I never heard about the woman who was the greatest threat to the Third Reich, and who was given the name, "The White Mouse." Her name was Nancy Wake, and she made it possible for several British and American soldiers as well as Jews to escape from Vichy, France, during the German occupation.

Now mind you, Nancy was no saint. She was beautiful, had a foul mouth, a hot temper and was, shall we say,

"bawdy." She desperately loved her husband, Henri Fiocca, who was a wealthy French industrialist from Marseille. I have no idea what motivated her to take the risks she took, but it cannot be disputed that the woman saved a whole bunch of lives. She was the recipient of the George Medal by the British; France awarded her the Croix de Guerre with Palm and bronze star, and the Medaille de la Resistance. The United States gave her the Medal of Freedom, and Henri gave his life.

There are a number of versions of just what exactly happened, but one thing is sure, and that is that while Henri had been arrested by the Gestapo, Nancy escaped into Spain. He was tortured and killed, and Nancy did not know about his death for a long time.

From Spain she went to England and trained with Winston Churchill's newly-formed guerilla group, the Special Operations Executive. She learned how to parachute, and insisted on being sent back to France. Although having her parachute getting tangled in a tree could have easily ended her "White Mouse" days, it seems that it just was not her time, and she along with the Maquis saved thousands of lives.

Besides her courage,



Nancy was known for her cheerfulness as well as her sense of humor. Guys became embarrassed at how much they whined in comparison to Nancy, and straightened up. Was she complicated? Completely. Was she brave? More than most. Was her contribution to the war effort genuinely crucial, or is she just honored because that's the PC thing to do? Her contribution to the war effort was inarguably critical, in spite of the controversy she generated. No matter what,

Nancy Wake, the White Mouse who evaded the Nazis until they were defeated, and who helped defeat them, is a true heroine, and she makes me curious to learn more about how she embodied courage in uncertain times.

Ali Elizabeth Turner

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



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Honor At Last For The Six Triple Eight

by Ali Elizabeth Turner



On Monday, the US House of Representatives voted 422-0 to award the Congressional Gold Medal to a group of African-American women who served largely in England during WWII. What was their MOS, or more simply, what did they do in the war? They made sure that mail written from the homefront got into the eager hands (and hearts) of soldiers, Red Cross, volunteers, and government workers. Their official name was the 6888th Central Postal Directory Battalion, or the Six Triple Eight for short. They sorted and routed millions of pieces of mail, and they were 850 strong. There are less than ten of them still alive, and they are thrilled that at last their truly important contribution has been acknowledged.

"It's overwhelming," Maj. Fannie Griffin McClendon, who is 101 and lives in Arizona, said when told of the vote. "It's something I never even thought about it. I don't know if I can stand this." On the way to Birmingham, England, they had to dodge German U-2 boats, and were fired upon by a German rocket when they were in Glasgow, Scotland. Major McClendon and the rest of the Triple Six Eight were assigned to an unheated airplane hangar that also had rats. There, they dealt with a backlog of what was estimated as 17 MILLION

pieces of undelivered mail. There was a saying at the time, and I believe it's true from having experienced firsthand what it means to get mail in a combat zone. That saying is, "No mail, low morale." They worked tirelessly for their country, and unfortunately it took decades for their country to say, "Thank you."

It was estimated that the job would take them about six months, and they got it done in three. Then, they went

to France to do the same thing. When they came home, they faced an uphill climb when it came to discrimination of all kinds, but several went on to be trailblazers as service members and as civilians. Major McClendon joined the Air Force just after the war, and was the first woman to command an all-male squadron that was attached to the Strategic Air Command. She served until 1971.

The GI Bill was passed in 1944, and one of its

most important provisions was to provide a college education for vets returning from the war. Elizabeth Barker Johnson was the first female to attend Winston-Salem State University in North Carolina on the GI Bill. However, it was not for another 70 years that she took part in the college's graduation ceremony. And, she did so at the age of 99. Doris Moore became the first black social worker in the State of New Hampshire, and Indiana

Hunt-Martin worked for the New York State Department of Labor for 41 years.

Am I personally sad that it took this long to get these soldiers who honorably served the United States of America the recognition that is due them? Yes. But I am glad that the handful that are left get to hear it from us before they go home and get to hear it again from the only One that matters: "Well done, thou good and faithful servants."



In this photo provided by the U.S. Army Women's Museum, members of the 6888th battalion stand in formation in Birmingham, England, in 1945. (U.S. Army Women's Museum via AP, File)

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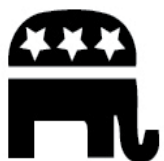
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Calendar of Events

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

Digital Literacy Classes

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

FREE Yoga Wednesdays at Noon

Come join us for FREE Yoga at The Library! Sponsored by North Alabama Area Health Education Center. Just bring your yoga mat & some water! Wednesdays @ Noon

March 16 - March 23 - April 6 - April 13 - April 20 - April 27

Empty Bowls Event - Save the date! March 11

Empty Bowls '22 will have the same good soup and cool handmade pottery bowls at Revival. Take out only this year. Tickets available soon. Money will go to organizational that work with hunger issues in our community. The event takes place from 11 a.m. to 1 p.m.

River Cleanup March 12

As part of our yearly Trash Attack series, we are planning to spend time cleaning up the Elk River and surrounding public

lands. 8am to noon. KALB invites individuals, families, businesses, groups, and organizations to help us with this effort. Volunteers will meet at the Hatchery Road Boat Launch off of Hwy 99 in West Limestone at 8 a.m. to check in and to pick up supplies, including litter grabbers, gloves, vests, and trash bags. Refreshments will be served at check in. After picking up supplies, volunteers will then disburse to different areas along the Elk River to clean. This is a great opportunity for those needing volunteer hours to get out and make a difference in our community. We are grateful to Tennessee Valley Authority (TVA) for sponsorship of this event.

Athens Arts League Show March 12

The Athens Arts League is hosting a show on March 12 at High Cotton Arts from 7 to 11pm. Featuring Nolan's Flight, Forest Haven and Joe Whitworth. It is a free show.

St. Patrick's Day Party March 12

The Post and the Disabled Veterans Associations (DAV) are combining together for a fundraiser for both posts. The group "STRAIGHT BROKE" will be performing. There is a cover charge of \$5 at the entrance and Food will be available to purchase which will go to the DAV association. The event is scheduled to start at 6 p.m. until Midnight.

The Sound for a Southern Gospel March 18

Mar Berea Baptist will host The Sound for a Southern Gospel singing at 7PM. No cost, love offering will be received. 16779 Lucas Ferry Rd, Athens AL 35611.

Household Hazardous Waste Collection March 19

Athens Middle School (100 Hwy 31) in the north parking lot. This will be the third collection that KALB has hosted since 2020. 8am to noon. Residents of Limestone County may bring items such as paint, mineral spirits, turpentine, paint thinner, transmission fluid, brake fluid, anti-freeze, lawn and garden poisons, old gasoline, household cleaners, ammonia, bleach, pool chemicals, fluorescent tube lighting, and more. This is a safe and convenient way to dispose of these items that are unsafe to place in your regular trash. Drive thru drop off. KALB is thankful for our partnerships with the Limestone County Commission and the Limestone County Solid Waste Authority that make this much needed event possible.



Caleb Lawler
Financial Advisor

1795 Hwy 72 E
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Athens, AL 35611
Bus. 256-232-9120 Cell 256-577-9100
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March Madness And John Wooden

by Ali Elizabeth Turner



It's March, and that is the time of year that in the world of collegiate sports is known as March Madness. The NCAA basketball championship is one of the most important contests of the year, and there is no shortage of legends and life lessons that come from both the coaches and the players who have been a part of it since 1939. When the mayor came in, we dove right in to the life lessons that were taught by Coach John Wooden, and next edition of Ronnie we will talk about Coach Pat Summit, who won the Coach John Wooden Leadership Award in 2008 for her extraordinary career with Tennessee's Lady Vols.

The first life lesson was that Wooden, as well as us, will not fully understand God's plan on this side, and that often things happen that are "above our paygrade." Wooden experienced that rather dramatically on two occasions. The first was during WWII when Wooden had to undergo emergency surgery that kept him from reporting to his ship, the USS Franklin. The young man who was assigned to Wooden's battle station was struck and killed by a kamikaze pilot. The second was when he was due to fly from Atlanta to Raleigh for a basketball

camp. Circumstances arose that caused him to have to cancel his flight and rebook it for the next day. The plane took off, crashed, and everyone on board was killed. I think it's safe to say that one of the most important lessons that Wooden embodied is to live fully, a life of faith, because there is no way to know when or what the future holds.

Coach Wooden was himself a disciplined man, and expected his players to be. That be-

ing said, he allowed no profanity, and taught his players the same thing his father taught him: "Don't lie. Don't cheat. Don't steal. Don't whine. Don't complain. Don't make excuses. Don't compare yourself to somebody else, but be the best that you can be." Interestingly, long after his players left UCLA, they stayed in touch with him, often calling once a week to check in. He loved them, they loved him, and Wooden was also

someone who never spoiled his players. "He had a healthy view toward discipline," said the mayor.

The State of the City speech is going to be on Thursday, March 10, and as of this writing, there are a few tickets left. They can be purchased at the Chamber of Commerce, who is sponsoring the event. For the last several years the event was held at Athens State University Sandridge Ballroom, but they have outgrown

the venue, and it is being moved to Carter Gym. The theme of this year's speech is "All In With Athens." Both the mayor and Holly Hollman chuckled as they told me, "We stole this from the Youth Commission kids," who use the same title for their podcast. "I am excited that we can all meet in person," said Mayor Ronnie. The time had come once again to pray, so we did, and then it was time for Ronnie to roll.



Two basketball greats: Kareem Abdul-Jabbar and Coach John Wooden

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From the Alabama Veterans' Museum

Announcing New Patriot Trail

by Sandra Thompson, Director, Alabama Veterans' Museum

Alabama Mountain Lakes Tourist Association (AMLA) announces a new "Patriot Trail" to honor those who served. This will be a wonderful way to honor our veterans while attracting visitors to places they may never have considered traveling before. This trail will connect military and/or patriotic sites in the northern sixteen counties of Alabama. "Thank you" to AMLA for thinking of our veterans and military.

The Alabama Mountain Lakes Tourist Association (AMLA) is developing a new **North Alabama Patriot Trail** for 2022, and we would love to have you as a part of the trail. The trail will highlight for our visitors and residents destinations and events that honor all of those who have served in the military forces of America. The Patriot Trail will present your destination to thousands with placement in more than 50 tourist information locations throughout the region's 16 counties, as well as appearing in a special section on our NorthAlabama.org website. Contact AMLA today to help us express our pride and support for America's veterans.

REACH THOUSANDS OF TRAVELERS AND RESIDENTS

As a participant of the AMLA **North Alabama Patriot Trail**, you will receive 12 full months of promotions, reaching thousands of travelers and residents. The will be promoted in a number of outlets, including:

- A New Patriot Trail publication to be release before Veterans Day 2022
- Official North Alabama website
- Southeast & Midwest travel shows
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For more information and to become part of the trail, contact:
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Slinkard On Success

“E” Is For Encourage

by D. A. Slinkard

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

We are plugging right along with the year and have now come to the 5th letter of the alphabet, the letter “E” -- and our word is Encourage. If there was ever a time in our history in which we needed to be encouraged, it is the time we are living in right now. The opposite of encourage is discourage, and we have way too much of this going on. It is easy to become discouraged when you look at the prices of gasoline, or the prices of food, or the conflicts that are arising. This article will be focusing on the word “encourage” and how we can be an encouragement to others.

I was recently speaking with my pastor, and we were talking about attitudes and approaches to life. He shared with me an idea or concept I had never thought about concerning how people look at life. People look at life as either the cup being half-full or the cup being half-empty, and he told me these people are missing the point all together. What people need to understand is whether the cup is half-full or half-empty, the cup is ALWAYS refillable. Wow! I had never taken the time to look at this saying from this perspective.

It was a truthful statement, and one that has been an encouragement to me. No matter the circumstances in life, there will be ups, there will be downs, but the one constant we must remember is whether the cup is half-full or half-empty, we can choose to

refill our cup. The events of life are only temporary, and the momentum or lack of momentum can swing in a heartbeat. If we celebrate the successes too long, we fail to see negative obstacles or pitfalls approaching. And if we wallow in our pity too long, we fail to see the success we can achieve by taking the necessary action. We need to be ready to refill our cup at any time and at a moment's notice.

How does a person learn to encourage? How does a person learn to be the individual who is able to bring up others around them? The answer is simply one person at a time. If you want to learn how to be an encouragement to some-

one, take the time to show them you care. Easy statement to make but much harder to live out. We have become a society that likes to talk about ourselves and our wants, our desires, and we forget about the other person. We need to be mindful of the people we are interacting with. If we make it about them and less about us, we will find ourselves being the person who is able to encourage others.

A reality I have discovered is from an old saying, “People do not care how much you know, until they know how much you care.” Wise words to keep in mind as you go about life. I remember when my daughters were younger,

my wife and I would encourage them as we would be driving them into school to drop them off. We would remind them they were a child of the King (Jesus Christ) and being a child of God makes them a princess, therefore they needed to act like it. You might be asking how they were to be acting like it. Simple – there are bucket fillers in life and there are bucket dippers. A bucket dipper is someone who is constantly dipping into the buckets of others, and they are draining people around them. Bucket fillers are the people who are able to add to the buckets of others. They are the people who add value to others. They are the people a person would want in their life.

We have all the negativity in the world, and right now we need people to learn how to encourage others. We need people to learn how to be an encouragement to others so they can make a positive impact. We need to focus on having the best day possible and doing it on purpose. Too often a person has a good or bad day, and it is all because of chance or luck. We need to do things on purpose.

Commit yourself today to be a person who encourages. Make the effort to be a bucket filler, and then just watch the impact you will have on others. We need something to be encouraged about, will you be that person?





Clean, Green And Beautiful

Environmental Jeopardy – *Are You Smarter Than A 5th Grader?*

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

Education is one of our main focuses here at Keep Athens-Limestone Beautiful. One of my favorite things to do is to go into all 5th grade and some 6th grade classes in Limestone County Schools and Athens City Schools to teach them about litter, recycling, and other environmental issues. It is so important to teach the next generation how to care for the world around us.

Each school year, we go into all of these classrooms with the Limestone County 4-H program as their guest speaker. We begin during the month of November and finish up during the month of February. For the last several years, we have been playing Jeopardy with the students, and each year we rotate the topics between Environmental Issues and Recycling, to keep from repeating the same program each year. This year's topic was Environmental Issues and the categories were Litterbugs Me, The 3 Rs, Birds Bees and Butterflies, It's A Wildlife, Let's Talk Trees, and Living Together.

The students really enjoy playing the game. We divide them up into teams and watch their competitive spirits come alive! They also learn things that they may not have heard or thought about before. Most of the time, the students are able to answer the questions after thinking them through (and maybe with just a

little bit of help).

Just for fun, here a few of my favorite questions that are asked during the game, along with the answers. Do you know the answers? Are you smarter than a 5th grader?

Can litter in Athens end up in the Elk or Tennessee River? Explain your answer.

Yes, because wind, water (rain), and wildlife can move litter great distances. Litter is carried through ditches and streams to the river, and can even reach as far as the ocean!

This question helps the students to understand that even though litter is thrown down in one place, it affects more than just the area where it is thrown or dropped. Litter moves! Littering in downtown Athens can potentially affect one of the sources of our drinking water, the Elk River, and can even reach the ocean, a fact that most do not consider.

Once an aluminum can is recycled, how long would it take to become a new can on the store shelf? 6 weeks, 3 months, or 6 months?

6 weeks! Once a can is recycled, it is sold, processed, and manufactured into a new can, and back on the shelf in 6 short weeks! What a waste to toss it in the trash!

Aluminum is a natural resource, and with this question, we help the students think about how important our natural resources



are, and that we are saving unused resources by recycling what has already been processed. We also teach them about landfills, and how wasteful it is for aluminum and other recyclables to end up there. Everyone is always surprised at what a short time it takes for the aluminum to end up back on the store shelves!

Explain the meaning of the following Native American Proverb: We do not inherit the Earth from our ancestors, we borrow it from our children.

If we destroy our environment, we are taking away from future generations who will not have what they need. That is the definition of greed. We must do our best to preserve the Earth, not out of obliga-

tion, but as a gift we want to pass on to our children.

I believe that this question teaches the concept of being a good steward, and taking care of the world around us, so that it will be in better shape when we leave than how we found it. This includes being responsible in regards to littering, recycling, and how we use our natural resources.

We had a fun time in the classrooms again this year!



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Cooking with Anna

Love Does Not Boast

by Anna Hamilton

Have you ever seen anyone boast? What comes to mind when you think of someone who boasts about themselves all the time? I immediately think of someone who is arrogant. An arrogant person is someone who sees themselves as superior to others. There is no room for arrogance in love.

I am truly enjoying exploring 1 Corinthians 13 and how loving myself fits into this chapter. To be honest, I am struggling with what to write for love does not boast. It is forcing me to hold a mirror up to myself and truly see myself as others see me. Am I an arrogant person? Unfortunately, at times, I can say yes. There are times in my life that I have been arrogant, and most of the time it is an internal dialogue of arrogance.

In order to make myself feel better, I have judged

others' situations and that is not love. When you don't know how to truly love yourself, you start to rely on focusing on other people's downfalls rather than looking at yourself. It could be as simple as judging someone for what they order at a restaurant. I would feel like I had my life more together because on that particular day I ordered a salad and someone else ordered fries. How ridiculous does that sound? But it was a way I was coping with not truly understanding love.

Leaning on your own arrogance to make yourself feel loved will always fail. You become bitter and harsh. Being boastful (arrogant) will make you a very lonely person. No one wants to be around someone who is constantly judging others to

continued on page 23

Lemon Chicken Spaghetti Squash

Ingredients:

*2 lbs. boneless, skinless chicken breast, cubed
1 Tbsp. olive oil
¼ cup diced yellow onion
2 cloves garlic, minced
1 cup cherry tomatoes, halved
2 cups fresh baby spinach
1 cup chicken broth
½ lemon, juiced
4 cups cooked spaghetti squash
Salt and pepper to taste*

Directions:

Season chicken breast with salt and pepper. Heat oil in a large skillet and sauté chicken until cooked through. Remove chicken and set aside.

Add onion and garlic to skillet. Sauté until fragrant and 1 to 2 minutes. Add tomatoes and cook until they begin to soften.



Add chicken broth, lemon juice, salt and pepper. Reduce heat and cook until the liquid is reduced by half, about 15 minutes.

Add chicken back to skillet along with spinach. Cook until spinach is wilted. Serve on top of spaghetti squash.



Health and Fitness

Go For Green

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

When beginning a new healthy eating routine, one of the meals which is an automatic go-to is usually salad. While this is not a bad idea, it does need to be the right kind of "salad" for it to truly benefit the body. Salad can be a sneaky thing, especially at a restaurant. Some salads can contain just as much, if not more, calories as a big hamburger and plate full of French fries. Salad, in general, can also be incredibly lacking in nutritional value, leading to hunger returning very quickly. However, a fabulous tasting salad can have great nutritional benefit; it is all about which greens are chosen!

A salad made up mostly of the pale green iceberg lettuce will NOT cut it! Throw it out! Build a substantial salad with rich, deep greens like spinach and kale which pack a huge nutritional punch.

These greens both offer an amazing amount of fiber. However, spinach alone provides the iron the body needs to carry oxygen from the lungs to the rest of the body. Another major asset of spinach is the magnesium it provides. Magnesium is a mineral that helps keep things like headaches, muscle cramps, and chronic fatigue at bay. It also helps

keep blood sugar levels and thyroid function normal. Finally, potassium is an unexpected component found in spinach, it aids in bone growth and may reduce high blood pressure.

Kale contains a significant amount of immune-boosting vitamin A. It also offers vitamin C and RDI which create a healthy immune system, not to mention a large amount of vitamin K which the body needs to

prevent blood clotting and support bone health.

Both of these leafy greens have their own incredible benefits which not only fill the body, but provide immense nutrition for fueling the body. For women who are pregnant or those with high blood pressure, spinach will be the best choice. When suffering from a cold reach for some kale or just grab a bit of both for good measure. Kale is also to be

considered as the lesser option for those on blood thinners. As always, nutrition should be tailored to each individual for these type reasons.

Finally, remember not to destroy healthy greens by piling them high with poor toppings. Keep it smart and tasty with some grilled chicken, olive oil and vinegar for dressing, and a few favorite veggies! Not in the mood for salad? Try making

a smoothie and adding in a generous handful of these greens; this provides amazing health benefits without the taste.

Remember that food should fuel our body. It is not about how much you eat, it is COMPLETELY about WHAT you eat!

For more information regarding a personalized general or sports nutrition plan contact Prime Performance 423-805-0870.



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The 2022 Household Hazardous Waste Collection Celebration Is Next Week On March 19

by Ali Elizabeth Turner

continued from page 1

and pets. In fact, it was the harming of three-week-old kittens that prompted the return of the Household Hazardous Waste (HHW) collection event in 2020, after a hiatus of 12 years.

The incident that occurred in the summer of 2019 brought awareness to the problem of there being no proper way to dispose of HHW materials in Limestone County.

Keri Chalmers, avid cat lover and assistant manager at the Athens-Limestone Recycling Center, received a call from someone letting her know that a mother cat and four very tiny kittens were injured when someone dumped oil-based paint and lacquer thinner down a storm drain. The mother was using the storm drain as a refuge for her new family. Keri took in three of the kittens in an attempt to save

them. The fourth kitten was never found.

Keri named them Wynken, Blynken, and Nod from a well-known children's poem. Sadly, Blynken could not be saved and died in Keri's arms within 48 hours of the incident. Wynken, or Wynk as she is affectionately called, was in bad shape and became the "poster child" for the seriousness of a lack of proper disposal options for these chemicals. Today Wynk and Nod are thriving, as is the intention of KALB to make household hazardous waste disposal something that can eventually become ongoing.

For now, we are "celebrating victory" over household hazardous waste on one day, March 19, through the help of Huntsville's solid waste disposal authority, (SWDA) Clean Harbors Waste Disposal Services, the Solid Waste Authority of Limestone County, the Limestone Coun-

ty Commission, the City of Athens, and the hard work of volunteers. Incidentally, volunteers are still needed, and there will be breakfast and lunch provided for all who help. What has always struck me is the joy of those who help and how positive and patient they are with those who bring stuff to dispose.

I spoke with Leigh Patterson, the Executive Director of Keep Athens-Limestone Beautiful, who emphasized the fact that all of this is about being good stewards of what we have been given. In addition, she mentioned something I found most thought provoking: "If people have a sense of responsibility, then they can have SOME sense of control in an unsettling time."

The first year, 2020, was smack dab in the middle of the unknowns of COVID, and there were almost 500 cars that showed up. In 2021, in the midst of pouring down rain, nearly 300 cars came, armed with all manner of approved things of which to dispose safely. This year Leigh is hoping for even more.

Everyone is always wanting to know what is and is not allowed, and here is the breakdown:

MATERIALS ACCEPTED

- Paint and related products

such as oil or water-based paints, mineral spirits, turpentine and thinners, furniture strippers, paint removers, stains, aerosols.

- Automotive products such as transmission fluid, brake fluid, anti-freeze (motor oil should be taken to the Athens-Limestone Recycling Center on Lucas Ferry Rd. for recycling).

- Household cleaners such as oven cleaners, toilet cleaners, disinfectants, drain cleaners, rug and upholstery cleaners, floor and furniture polishes, ammonia or bleach-based products.

- Household chemicals such as acids, pool chemicals, solvents, mercury thermometers and thermostats, fluorescent lights.

MATERIALS NOT ACCEPTED

- Explosives
- Radioactive or biological waste

Here are a few more guidelines:

If you are bringing tube lights, they CANNOT be broken. The "bulb eater" is designed to capture the mercury and then it will be disposed of safely. Prescription medications, both liquid and solid are accepted. Incidentally, the Athens Police Department receives medications (in pill form) for disposal all year round, so you don't have to wait for the HHW event. If the containers are damaged, please put them in a box that has been lined with two garbage bags or in a container with a lid. If your household wastes are leaking, put the box or container in cat litter, sawdust, or other similar absorbent materials for transport.

If you are unsure about something you have, give KALB a call at 256-233-8000 and they will get an answer for you.

The 2022 HHW collection event will be held on Saturday, March 19 from 8 a.m.-noon at the Athens Middle School parking lot, 100 Hwy 31, Athens, AL, and is open to Limestone County residents ONLY. For more information, or to volunteer, please call KALB or email KALBCares@gmail.com. Come and celebrate the chance to be a better steward of all we have been given in Alabama the Beautiful!



Wynk and Nod today

Household Hazardous Waste Collection

Saturday, March 19th, 2022

8:00 am - Noon

Athens Middle School parking lot

100 Hwy. 31, Athens, AL

Limestone County Residents ONLY



For a list of items accepted please visit:

www.KALBCares.com

Questions? Please call 256-233-8000



Limestone County Commission Chair Collin Daly helping sort old paint

BRAD STOVALL'S AUTO BODY

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



Behind Tanner Post Office • 233-5140

Does Your Social Media “House” Need Spring Cleaning? Let Blake Williams Help

by Ali Elizabeth Turner

continued from page 1

nally dysfunctional digital world, I chuckled at the use of the term, and asked Blake what he meant. “Spring is the time when people react,” said Blake. He further explained that “This is when things get moving again, new life is coming, and everyone wants a fresh start after a long winter. That applies to social media, too.” For those of us who were not born with texting thumbs, the idea that someone can successfully arm wrestle with algorithms, understands branding as well as market trends, and can keep their sanity (as well as yours) cheerfully while they do deep digital cleaning is a welcome relief in the 21st century. It can also increase your business’s bottom line.

For those of you who may not know Blake, here is some of his background:

Limestone County, Alabama, native Blake Williams studied public relations at Mississippi State University. After moving back home from Starkville, Williams launched Blake Williams Communications to help small businesses, nonprofits, and government agencies with strategic media planning, digital media marketing, website development + maintenance, social media management + content creation, and direct mail marketing.

Backing up a bit, while still in high school at East Limestone, Blake volunteered to help local government organizations with their social media programs, and while in college he interned for two summers with WHNT News 19. Currently Blake is looking to expanding his business with more clients.



The Whataburger ground-breaking ceremony

Blake has assembled a creative team which includes a graphic designer, a videographer, and a photographer, and that makes it possible for the social media team to specialize this spring in helping businesses optimize their brand and increase their reach. Here is more of what they offer:

Blake Williams Communications (BWC) promotes multiple digital and print media marketing opportunities. Through extensive networking, the BWC team provides several options to market your business through television, radio, print, social media, and more. Need to get information out quickly? In today’s world that means social media – and a lot of it! The BWC social media team believes in powerful and engaging content. Creating content and managing all the different platforms requires research, planning, implementation, and evaluation.

Because today’s marketing often centers around the concept of creating an experience for the customer, great skill is needed in doing that through an online venue. Blake offers a social media “audit,” which analyzes what has worked, what hasn’t, and plans for a

new season. “We look at the data and find out what people engage with,” said Blake. Then, BWC designs a custom package that runs for a six-month period. “Some people do their campaigns around holidays, seasons, and big events. They realize that time is money, they want a return on their investment, and we provide proof that it is working,” Blake told me. BWC also helps people determine what is good timing for the client’s communication needs. Should it be once a month, like a blog? Once a week? Once a day? BWC can give you answers and the reason for the answers.

Here is some of the feedback Blake Williams Communications has received from satisfied clients:

“Blake Williams has been a key contributor to Athens Main Street’s marketing and promotion efforts for the last several years. He was instrumental in the creation of our website and continues to keep it highly relevant and running smoothly. His social media savvy has helped grow our social media platforms to more than 12,000 unique users across three platforms. Each year, we look to Blake to help us create

our Marketing and Promotion Plans. His advice and understanding of our community are invaluable. I would highly recommend engaging Blake Williams to help your organization or business take your marketing to the next level.” --Tere Richardson, Executive Director, Athens Main Street

“Blake Williams is an asset to the Greater Ardmore Chamber. As our communication consultant, his expertise has been invaluable. The Greater Ardmore Chamber’s presence online and in print has improved drastically over the past year with Blake’s website design, social media management, and media relations skills. His purpose-driven marketing has helped us connect with a targeted audience and helped us be successful when planning and implementing our goals and

events. Also, Blake has assisted with the overall communication within the Chamber of Commerce which is perhaps one of the greatest measures of success I am most proud of because communication within any group is a key to success.” – Yolanda Eubanks, Director, Greater Ardmore Chamber of Commerce

Blake finished our time by saying, “I can’t control algorithms, but I can control the quality of the content, and you’ll get my 110%.” Call him today or go online to “clean house” and build your business.

**Blake Williams
Communications**

256-529-8201

www.blakewilliams.co

blake@blakewilliams.co



Blake teaching about the importance of social media

Advertising | Public Relations | Marketing

BLAKE WILLIAMS
Founder & Chief Executive Officer
blake@blakewilliams.co
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Tennessee Valley Spotlight



Mondays at 10am
1080 AM WKAC

Long Road To Taos: Part III

by Jerry Barksdale

www.jerrybarksdale.com fb.com/jerry.barksdale.7



The morning broke cool and clear in the high desert country of Taos, New Mexico. The day held promise.

"Dad, let's take a trip to Valle Vidal," said my daughter Shannon. My good friend (and sometimes red-head) Pat and grandson, Joshua were all in. I was eager to return there.

Valle Vidal (Spanish for "valley of life") is 102,000 acres of pristine wilderness 69 miles north of Taos and inhabited with elk, bear, bison, and bisected by a wild river teaming with cutthroat trout. If God ever vacations, He surely goes there. It's where I had planned to live in a tepee part time following retirement. I had purchased "Little Red" my devoted Toyota pick-up specifically for that purpose. Shannon helped me select a tepee and I planned to acquire a dog for company and to keep me warm on cold nights.

Then I met Pat. She's a "Tanner-tested" lady (similar to Good House-keeping seal) who can cook like a gourmet chef, paint a house, mow grass, and operate a Farm-all tractor. What else does a lazy man need? For several years she has waged an unrelenting battle against ugliness in Athens at her modest beauty shop, The Total Look. If a customer is short of money, Pat will give them a "half look." She doesn't cuss much, smoke, drink

or use drugs (except Sun-drop); is slow to anger; and never throws cups and plates. A fine lady who looks and smells a sight better than a dog. I forgot about the tepee and dog. I'm glad I did.

We drove down a narrow, winding gravel road and across Valle Vidal. In four hours we met fewer than six vehicles. Turquoise sky, blooming mountain flowers and rushing streams took our breath. Such peace and tranquility. Then a loud scream! "EEoooow!" Joshua slammed the car door on his hand. Tranquility ended. "There goes his good job at Anasazi Hotel," I thought.

We emerged back in civilization at tiny Cimarron, a speck of a town on the old Santa Fe Trail. We stopped at the St. James Hotel. Back in the day it was frequented by Jessie James, Bat Masterson and Clay Allison, just to name a few. Numerous bullet holes dot the tin ceiling. Twenty-six killings occurred there. Clay Allison, from Waynesboro, Tennessee, killed several men in the bar. He was discharged from the Confederate Army for psychological problems – "part manic" – but later served in the 9th Tennessee Cavalry and rode with Gen. Nathan Bedford Forrest. Allison always said he never killed a man that didn't need killing. How many of us can boast of such sterling civic accomplishments?

That evening Pat made pasta, garlic bread and salad, which we washed down with a good red wine. Afterwards, we sat outside where an ancient acequia the Spaniards constructed to irrigate the valley, gurgled past us. We talked as a night breeze rattled leaves on ancient cottonwoods. There was so much love among our little tribe.

tel in Santa Fe. He had worked one day before asking for four days off. Not good.

After Joshua returned to Santa Fe, Shannon, Pat and I drove 20 miles north of Taos to San Cristobal, location of the 160-acre D.H. Lawrence Ranch (elev. 8600). Lawrence, a famous English writer, who wrote *Lady Chatterley's Lover*, and

who is a sixth-grade school teacher. Her father fought with the Philippine Guard when the Japanese overran Manila during WWII. He, along with others were lined up by an open trench and gunned down. He survived, escaped to the jungle, and fought with the guerilla against the Japanese until Gen. McArthur returned. Roe moved to Taos after her son was killed in a car accident "to find peace," she told me.

On another evening we went to the Alley Cantina to hear Shannon sing. They play rock'n roll, blues and funk. Shannon is lead vocalist and Dave Kinney plays guitar and harmonica. Rick, keyboard player, is a Taos lawyer who moved there from Beverly Hills. Brendan Devlin, a lederhosen-clad waiter at the Bavarian restaurant during the day, plays lead guitar and sings. He slings his long black hair like he has water in his ears. It drives women crazy. Long hair is stupid. I'm bald and don't have to go around slinging my head. "Ohhh, he's so cute," Pat cooed. "I'm going to take him home." The little punk.

We headed back to Alabama. I yearned for humidity, ripe tomatoes, and fried okra from our garden on Elk River. I watched as the mountains faded in my rear-view mirror and knew I would return to Taos. I always do.



Since the death of Carol, my children have grown very close to Pat. And it's good.

Later, we built a fire in the kiva fireplace and temporarily adjourned to the hot tub on the patio. Our fun was interrupted by a woman who appeared out in the night decrying that her husband was allergic to smoke and was choking to death. Not wanting to be responsible for his death, we put out the fire.

Joshua woke at 2 a.m. whimpering with pain in his hand. I gave him two Advils and worried that he wouldn't be able to return to work that afternoon at the Anasazi Ho-

tel in Santa Fe. He had worked one day before asking for four days off. Not good. After Joshua returned to Santa Fe, Shannon, Pat and I drove 20 miles north of Taos to San Cristobal, location of the 160-acre D.H. Lawrence Ranch (elev. 8600). Lawrence, a famous English writer, who wrote *Lady Chatterley's Lover*, and his wife Frieda came to New Mexico in 1922. They lived in a small, rustic cabin on the ranch where Lawrence wrote. Lady Dorothy Brett, a Lawrence admirer of English nobility, came to the ranch in 1924. The cabin grew too small for the two women and Frieda banned Lady Brett to a tiny closet-size cabin in the back yard. Cat fight? Lawrence died in Venice, France, 1930; and his ashes eventually ended up at the ranch.

One evening we had dinner at the Kyote Club where Shannon and her band performed. Shannon introduced me to Roe, a beautiful woman with long black hair,

Is Your Canine Groaning And Moaning With Age?

by Joel Allen



Hello, folks! Today I am going to share ways to help your dogs to function better as they age. Speaking from my experience, for my dogs, I use a lot of homeopathic remedies, and it sure helps with the vet bills.

My Ollie Girl is my elderly Dane, and believe it or not, she loves to play, and she still wrestles with the younger ones. I keep worrying that she is going to overexert herself, but she never does. She is over 10 years old, and for Danes, that is approaching senior citizen level very easily. So, how do I keep her young? By her appearance, she is showing her age, but her energy has perked up quite a bit.

Over a year ago, Ollie Girl would get up in the morning and cry

out in pain. If anyone knows anything about dogs, they can be in pain and not alert to it unless someone knows what to look for. But when they yelp or cry, they are in real pain and not discomfort. So, when Ollie Girl began to display this behavior and cry out, I became concerned and started to check her over. Her pain was coming from her joints and mainly her back. I started her on turmeric with curcumin, 1500mg. She gets one every meal in a pill pocket. Now let me explain why turmeric. Turmeric helps fight inflammation in the joints and does not carry side effects that I am aware of. Within the first week, Ollie Girl was showing signs of improvement. The first day on turmeric, she seemed to

be in less pain. Now she is pain free and playing like a puppy. I take turmeric myself for much the same reasons Ollie Girl does. The last few months, I also started my boy Woodrow (6+-year-old black Great Dane) on turmeric as a preventative for future arthritis.

The other supplement I give my girl is chlorophyll. This hidden treasure has ways of healing the body and helping prevent infections. I added this because I wanted to ensure her body stays healthy. Just a precaution, but I believe it is worth it.

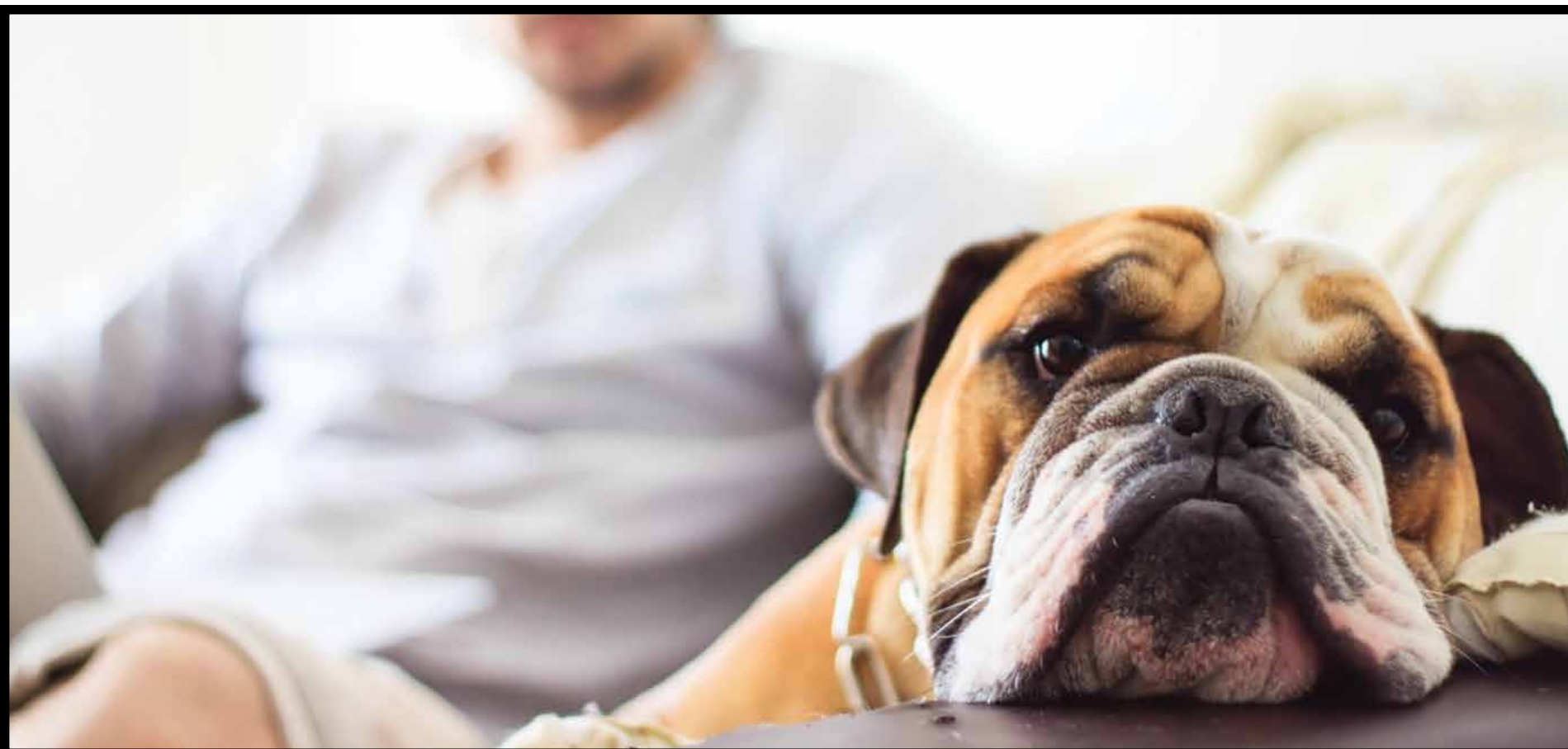
Another supplement I give her is glucosamine with MSM, 1500mg, 2 pills each meal. Yes, she gets all of what I give her at each meal. Glucosamine has a way of

lubing up the joints from what I have observed. I buy a bottle of the human grade and have a stone bowl with a crusher to powder the pills. I did not start her on glucosamine until this year. My theory, and it seems to hold merit, is this gives the turmeric a boost in assisting her to live and feel young. Here lately, I will hear a playful growl and look to find Ollie Girl shoving the younger ones around and taking their toys! Lol! If anyone could hear what goes on here at home, they would hear, "Now Ollie Girl! Slow down! You're going to pull something!" My dad was surprised by her recently when he came by the house. She ran right up to him and leaned on him with a lot of energy.

So, folks, just a recap. I use turmeric with curcumin, 1500mg (1 pill each meal), chlorophyll, 100mg (1 pill each meal), and glucosamine with MSM, 1500mg (2 pills each meal). Also, if anyone tries this, take note and investigate what doses to give your dogs. I hope that this article was very helpful to many of my readers. Until next month...and don't forget it's planting season!

"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**



Working With Imagery: Compassionate Nurturing Imagery And Imagery Rehearsal

by Lisa Philippart,
Licensed Professional Counselor



“Self-compassion is nurturing yourself with all the kindness and love you would shower on someone you cherish.”

- Dr. Debra L. Reble

Welcome to the third and final article in my series on working with imagery. We will be discussing the last two imagery techniques: Compassionate Nurturing Imagery and Imagery Rehearsal. If you have experienced a critical or abusive childhood, you may benefit from developing compassionate nurturer (CN) imagery. This imagery can be used for its own sake to promote self-compassion, by bringing up a “perfect nurturer” image during times of self-criticism or negative self-talk. It can also be used as part of imagery re-scripting (see my previous article,) by introducing the presence of this compassionate nurturer into distressing memories.

To begin, you will need to develop your own compassionate nurturer. I suggest avoiding using an actual person, and instead create a fictional figure or spiritual presence. Ask yourself what you might need this nurturer image to be like; what qualities you need

this nurturer to have; and what you would find to be most helpful, soothing, or calming. The nurturer image should be wise, strong, accepting, warm, compassionate, and caring. As you create your nurturer image, explore your senses...appearance, smells, touch, sounds, and sensations. Ask yourself, what emotions does this image evoke? Is there a name that you would like to give this compassionate nurturer image? Once you have secured the CN image in your mind, we can utilize imagery re-scripting by taking these steps:

- Bring your CN image into the front of your brain.
- Focus on the presence of this imagery now; its sole purpose is to be there for you, to help you.
- Tap into your sense’s memory of your CN -- smells, sounds, etc.
- What do you notice? Can you feel the presence of your CN?
- Really focus on that feeling, and the presence of your nurturer.
- You can now imagine a distressing scenario, but with your CN by your side.
- How does this change the event or memory?
- What does your nurturer do or say?

Imagery Rehearsal is



used to make positive changes to the imagined outcome of a feared future event. You may begin by examining the imagined scenario in detail. This would be followed by another detailed description of how you would like things to be in that situation. It is important to identify unhelpful thoughts that accompany the situation (I may look stupid, I always mess up, etc.) and come up with a more realistic perspective. The purpose of this exercise is to imagine the painful scenario in unbearable detail but coping and getting through it...seeing it through to a successful completion. You allow yourself to safely “observe” the difficulties you might come up with during the scene,

and then identify ways of dealing with them. You progress through the imagery rehearsal as follows:

- What do you see, hear, smell, sense?
- What’s happening?
- What is being said or done?
- What can be different?
- What is going on now?

Negative imagery will come up, but with the tools you have learned

to use, you can deal with most situations and see them through to a successful (maybe not perfect) completion.

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

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





The Alternative Approach

Let's Talk Mangosteen

by Roy Williams

A few years ago, a wonderful product came out called Xango. It was a liquid that was derived from the fruit of the mangosteen tree that contained some very powerful, health-enhancing nutrients. The fruit juice tastes great and truly changed people's lives based on medical reports. For about five years, Xango was a huge seller at Herbs & More in Athens and at NHC Herb Shop in Killen because of the wonderful benefits people experienced.

For some reason, the company that manufactured Xango went out of business. Over the last few years, many people have asked about it, so we did our research and located the source of the fruit and the processing plant that made the juice. We found out that the health-enhancing benefits that made this particular fruit juice so effective was that they used the fruit and the peel, which contained some amazing anti-oxidants and anti-inflammatories called xanthones.

It took a while to formulate a capsule that would deliver the same nutrients as the juice. The re-

sult is a product that not only meets all the nutrient values that was in the juice, but we enhanced it with many other synergistic qualities. We decided to call it **Mangosteen Supreme**, because it is far superior to the benefits derived from the juice alone. Each bottle is a two-month supply when taken as suggested and is even more affordable than the juice was.

In a few months, it became the go-to product for the people who could no longer get the juice. Amazingly, those same people who loved the juice began to let us know that the capsules gave them the same results and, in many cases, even greater benefits. My favorite was those who sent us their medical reports comparing their blood tests showing lower cholesterol, lower blood pressure, and lower CRP levels, which proves that it lowers inflammation and pain. So many other results came in that **Mangosteen Supreme** has become one of our fastest growing products. You don't have to take my word for it though. Read about what doctors are saying.

According to J. Fred-



eric Templeman, M.D., "Studies are showing that xanthones have positive effects on nearly all the body's systems. From increased energy to protection from free radical damage, and decreased inflammation, xanthones have a wide range of medical benefits." Dr. Templeman has been using this remarkable, all-natural product in his practice for years with some very amazing results.

Les Berenson, M.D. adds, "We're now aware of many diseases where inflammation is the central component: cancer, Alzheimer's, heart disease, diabetes, allergies, asthma, arthritis, autoimmune disorders, Lou Gehrig's disease, Parkinson's disease, and many others...The traditional approach to treating inflammation and pain is with anti-inflammatory drugs such as ibuprofen or Naprosyn and COX-2 inhibitors. These man-made drugs have serious side effects including ulcers, bleeding problems, and now reported increases in heart attacks. Man-

gosteen is a natural COX-2 inhibitor and a powerful natural anti-inflammatory, without the side effects of those synthetic drugs."

Here are some of the health supporting benefits of taking mangosteen: allergies, asthma, sinus infections, neck pain, acid reflux, osteo- and rheumatoid arthritis, Alzheimer's, Parkinson's, appetite, migraines, constipation, stamina, ADD, autism, down syndrome, high blood pressure, several types of cancer, muscle spasms, cholesterol, cystic fibrosis, endometriosis, type I and type II diabetes, IBS, fibromyalgia, obsessive disorder, anxiety, sinus headaches, bursitis pain, Meniere's, kidney stones, numbness in limbs, MS, energy, acne, eczema, fungal infections, psoriasis, burns, fatigue, allergies, UTI, tremors, pain, sleep, chronic obstruction pulmonary disease, gastroesophageal reflux disease and many more.

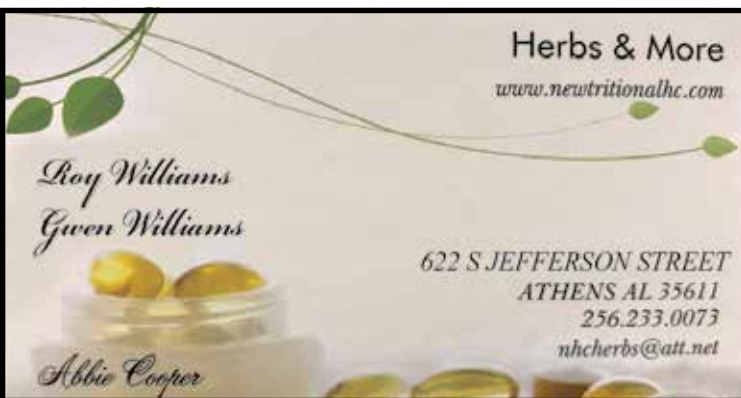
Mangosteen has been used for many disorders in Asia for thousands of

years. It is so safe that if a child ate the whole bottle, you would not even have to call the doctor. It does not interfere with any other drugs. To help you find out just how great this product is we are running a special.

To save 20% off your first bottle of **Mangosteen Supreme**, take this article to Herbs & More in Athens or NHC Herb Shop in Killen. To have it shipped, call 256-757-0660 and tell them you read about the discount in this paper to receive the discount. Remember, you can go online at www.nhcherbs.com.

Mangosteen Supreme is also a perfect product to take along with **MSM+C**. Talk about the perfect combination, this is it. With this article you can receive the same 20% discount off both products making this the perfect time to truly support your health naturally and learn just how great you can feel again.

Your Friend in Health,
Roy P Williams





Cooking with Anna (continued from page 13)

Love Does Not Boast

by Anna Hamilton

continued from page 13

make themselves feel better. Arrogant people are lonely people.

When you truly love yourself, there is no room for arrogance. True love focuses on the loved one. This is still true when you are the loved one. To truly love anyone else the way Christ wants us to do, you have to learn to love yourself. In Jeremiah 50:32 it says, “The arrogant one will stumble and fall and no one will help her up; I will kindle a fire in her towns that will consume all who are around her.” How scary to think if you continue to be arrogant and self-centered, no one will be there when you need them the most.

Love does not boast. I will not put others down in order to make myself feel better. That is not true love to myself. That is not true love to others. It is harmful to everyone around you. Arrogance and boasting, whether you are

secretly judging others, or boasting to someone around you, will always leave you alone and lonely.

If you take nothing away from this article, please hear this, you never look good trying to make someone else look bad. Trying to make yourself feel loved, look better, feel better will never come from making others feel less than, feel bad, feel unloved.

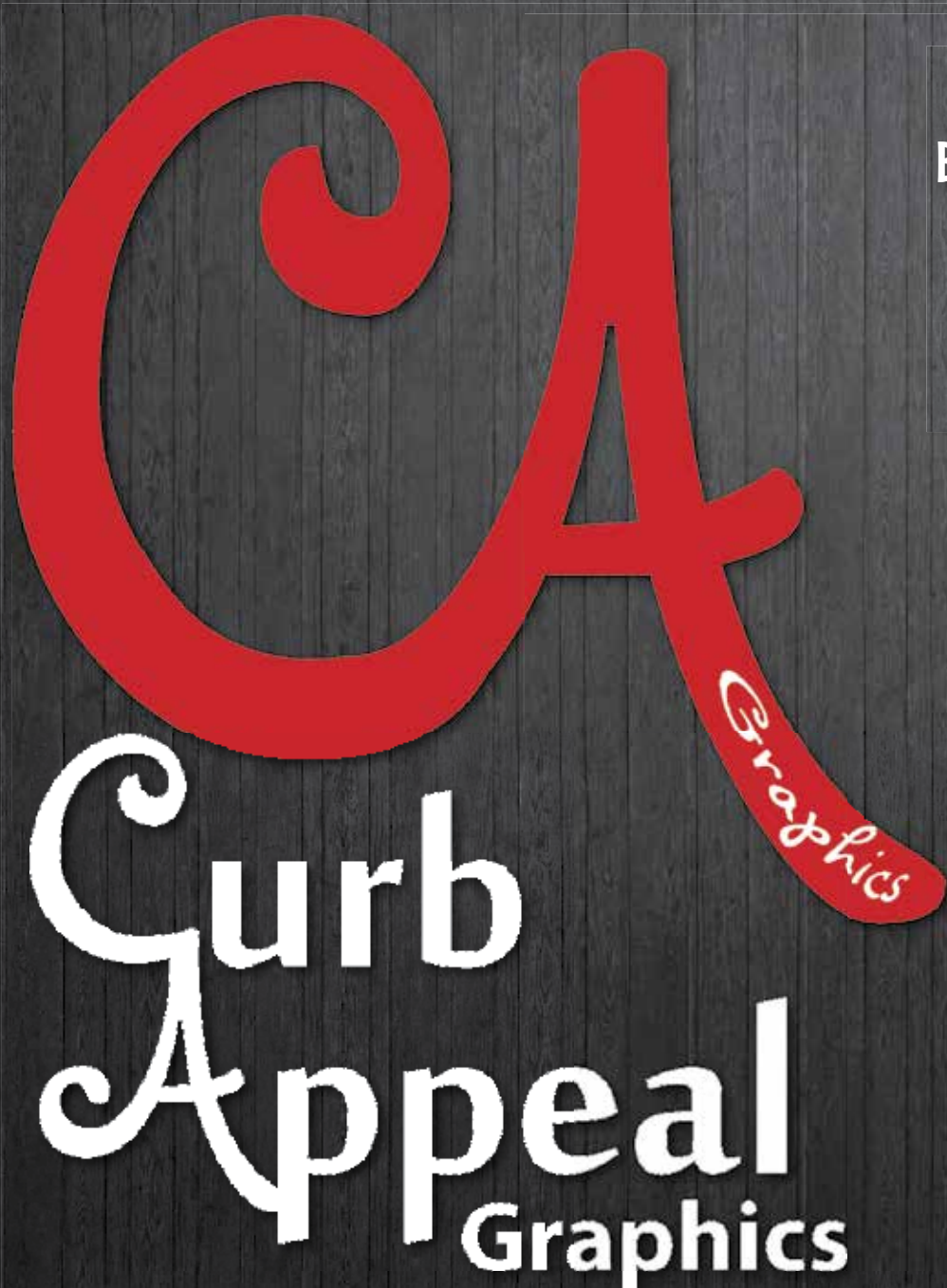
This week’s recipe is a delicious chicken spaghetti, but one that won’t leave you feeling heavy. It is light, tasty, lemony, and just simply scrumptious! My family loves this dish with chicken, but as always, feel free to make this work for your family. It would be equally delicious with shrimp, pork loin, or filet.

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.” Ephesians 2:8-9

Love Does Not Boast

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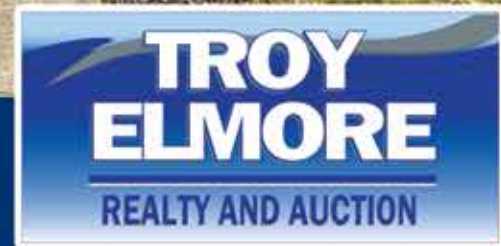
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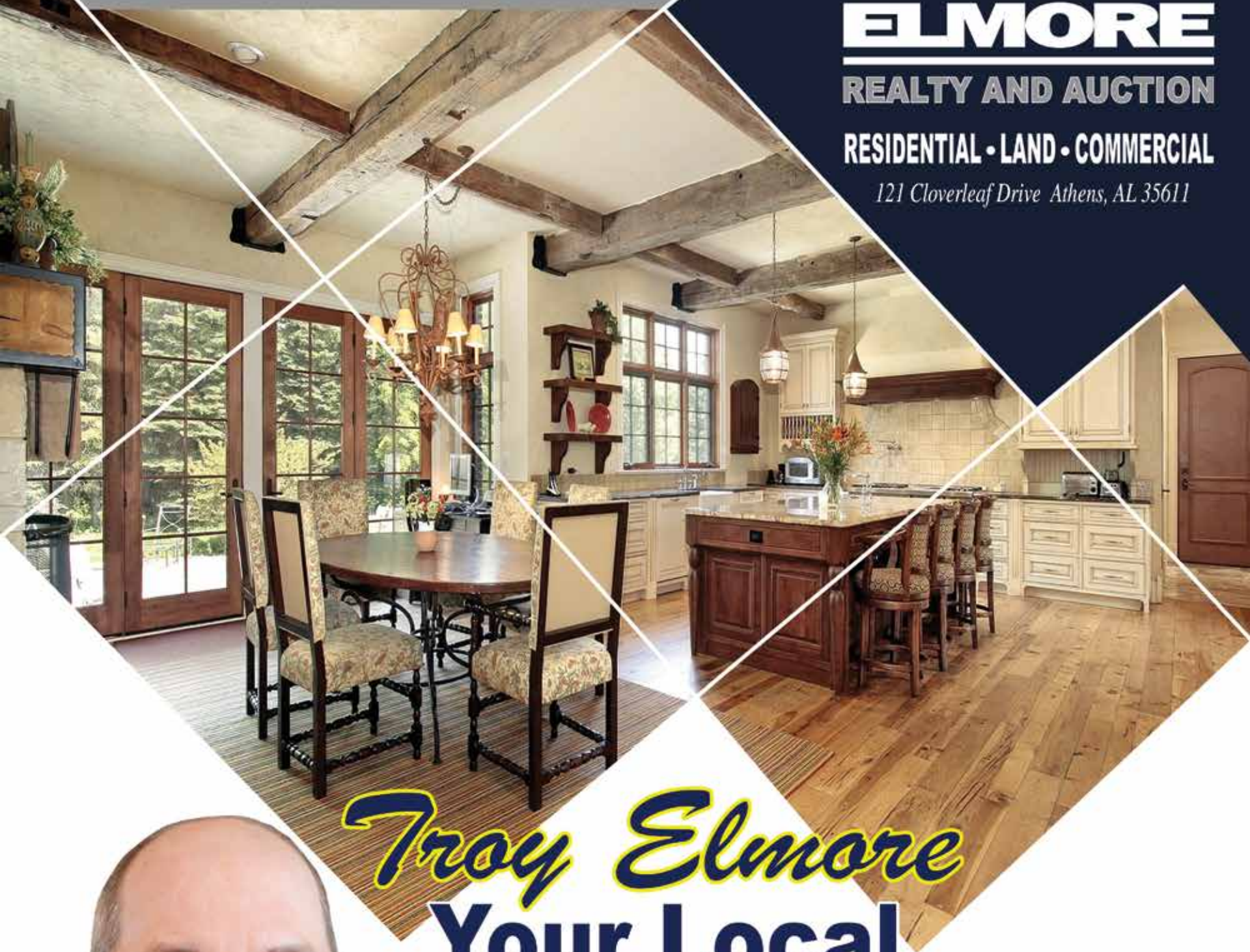
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	9		4					1
		1	5			8	9	6
3	6					4		5

*"A smooth sea
never made a
skilled sailor."*



~ Franklin D. Roosevelt

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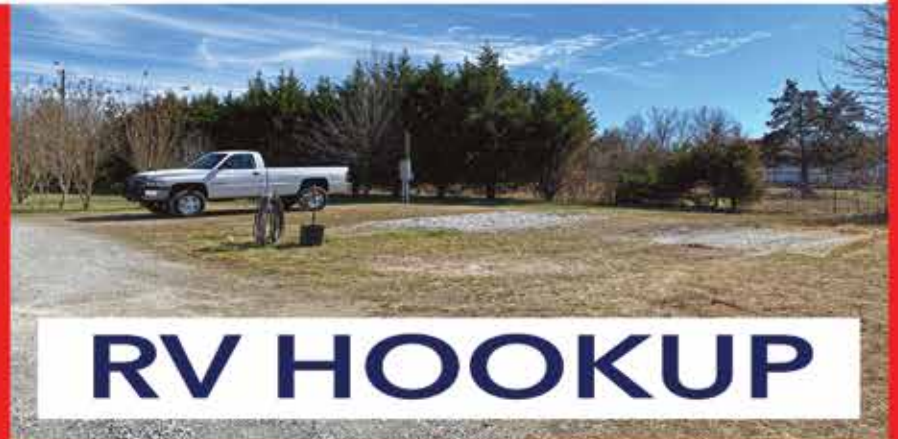
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