

March 17 - April 06, 2023

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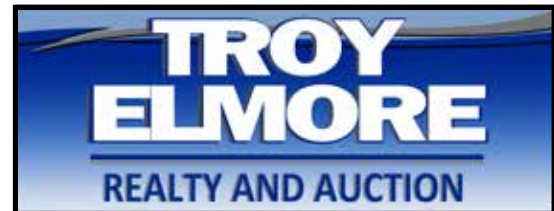
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## PlayAction Sports

Calhoun women's basketball coach Candace Byrd-Vinson was honored as Alabama Community College Conference Coach of the Year...  
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## EvoQore Technologies: *Evolving And Excellent*

By Ali Elizabeth Turner

In August of 2021, I had the privilege of writing the launch article for the Chamber-sponsored ribbon cutting ceremony of EvoQore Technologies, located at 630 S. Jefferson in Athens. It was a joyous day complete with a drone that floated through the office facilities filming the festivities, and one I'll never forget.

Continued on page 15



Torrie Q Fuller of EvoQore Technologies and Pammie Jimmar of the Athens-Limestone Chamber of Commerce at the State of the City Address held at Athens State University

## Clean, Green And Beautiful

### Tennessee River Cleanup

For almost a decade, the Athens-Limestone Tourism Association has been hosting Singing on the Square during the summer around the courthouse square. ...  
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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...

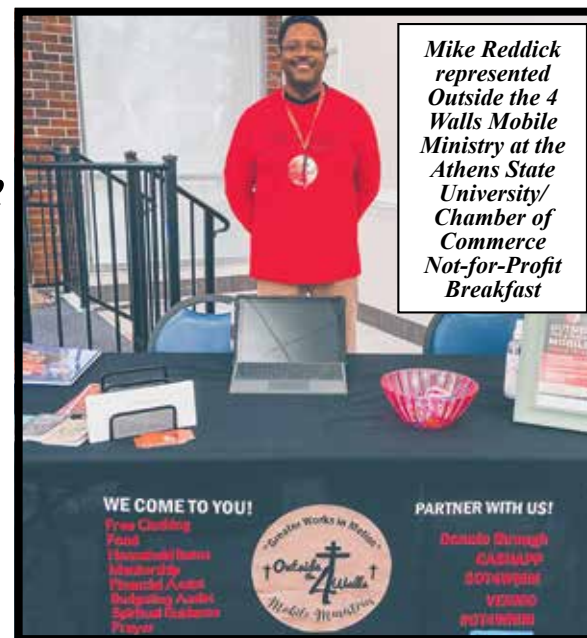
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## Outside The 4 Walls Mobile Ministries: *Getting You From Where You Are To Where You Were Meant To Be*

By Ali Elizabeth Turner

In 2020, Marine CW2 (Ret) Mike Reddick and his family moved here to continue a unique ministerial approach that they had found to be successful while living in Colorado.

Continued on page 17



Mike Reddick represented Outside the 4 Walls Mobile Ministry at the Athens State University/Chamber of Commerce Not-for-Profit Breakfast

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**Publisher's Point**

# *I Hate You But It's Killing Me*

When I was in Iraq, one of my favorite chaplains was Lt. Col Dixey Behnken. He ministered in what was an uncommonly effective way to people of many faiths, and he and his wife had me stay in their home when I visited their base in Germany. It was a visit I will never forget, and they treated me like a queen. I happily nominated him for the *Soldier of the Year Award*, and while I was disappointed that Dixey didn't win, I am sure there are rewards waiting for him in Heaven.

Well, the Behnkens have several kids, and their youngest is named Lukas. Lukas is an actor, a film producer, and a man of faith. And, this month is the premiere of Lukas's new documentary, *I Hate You But It's Killing Me*, which has been four years in the making. He traveled the globe, interviewed people of every group and story, and together with a team formulated a way for people to deal with their hate in a way that brings healing all the way around.

Lukas is married and his wife, Katherine, is his partner in everything, including the production of this movie. Together they have created and are using a film that is gutsy, raw, and well made, designed to invite people to face down their stuff. The system that has been developed with the help of professionals works to help

get willing people unstuck -- whether it is not being able to forgive an abusive parent, or a mother who gave them up for adoption, or a people group, or themselves.

IHYBIKM interviews people in Africa, Germany, Atlanta, and more, and the night they filmed in Atlanta they ran into 15 random people on the street that felt that they were struggling with unforgiveness. I haven't seen the whole film yet, but what struck me is that while there are difficult tales of childhood abuse, torture, abandonment, and garden variety offenses that have poisoned their souls, they have not been allowed, because of the program, to play the victim card and stay trapped in their hatred.

The process is intense and painful, but the looks of joy on the faces of those who speak of their triumphs over the unspeakable is the sure proof that this works. The film and the organization with which it is associated are not afraid to ask the tough questions, so here's one: *"Have you ever hated someone so much that you wanted them to suffer or hated yourself so much that you wanted to die?"*

Talk about getting right to it, but here are some statistics that are set forth in this film, and they rightfully engender the previous question as well as a



discussion of the following:

- 100% of individuals draw a connection between interpersonal strain and suicidal ideation/completion
- Age 12 is when we first start feeling definitive hatred for someone
- 1 in 4 adults is currently estranged from a family member

What is uncanny is how effective the program is, along with how it is able to cut across resistance, justification, and excuses. What is also fascinating is that the film is so inviting, while it is relent-

less in its pursuit of love and forgiveness as solutions, without being what I have come to describe as "squishy."

The film premieres on March 31, and you can get involved as a donor, a participant, or both. To view, get involved, give, or all three, go to [www.ihateyoubut.com](http://www.ihateyoubut.com). You'll be glad you did.

*Ali Elizabeth Turner*

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# Veterans Breakfast Sees Increase in March

by Sandra Erickson



The AMVETS Post 21 held their monthly Veterans Breakfast on Saturday, March 11, and it was a resounding success. More people attended than previously, with 133 meals served! It was great to see so many individuals come out to join us in supporting our veterans, first responders, and community. The breakfast is a great way to enjoy a great meal and fellowship and meet new people.

The breakfast included several delicious choices including biscuits and gravy, eggs to order or omelets, sausage, French toast, bacon, and more. AMVETS members and volunteers from Boy Scout Troop 7236 worked tirelessly to ensure that everyone had a hearty breakfast and a warm wel-



come.

AMVETS prides itself on serving the veterans in their community, and the monthly breakfast is just one way they fulfill their mission. The organization is always looking for new members and volunteers, and they encourage anyone interested in supporting our veterans to get involved.

Please join us for the next monthly Veterans Breakfast on Saturday, April 8, 2023, from 7:30 a.m. - 9:30 a.m. at the AMVETS Post

21 located at 22769 Black Rd. Veterans and first responders eat free and we ask for an \$8.00 donation from all others. The proceeds go to help meet the needs of our veterans and their families. Meals can be ordered for takeout. It's a fantastic deal!

You may also like join us at our next AMVETS Monthly Themed Dinner on March 20, 2023 from 5:30 p.m. - 7:30 p.m. This evening will feature delicious German favorites such as pork schnitzel, German potatoes, cucumber salad, German



green bean salad, and more! We ask for \$15.00 per meal. Well worth the deliciousness!

If you are a veteran and interested in joining AM-

VETS or have other questions, please contact us at [amvetsalpost21@gmail.com](mailto:amvetsalpost21@gmail.com) or (256) 444-2793.

We look forward to seeing you at our next event!

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**AMVETS Host Monthly Themed Dinner**  
The German dinner is 20 March 2023, 5:30-7:30 PM  
Dinner is open to the public and cost is \$15.00



### Menu

Pork Schnitzel  
Pan Fried German Potatoes,  
Cucumber Salad  
German Green Bean Salad (Gruener Bohnensalat)  
German Dessert TBD  
Drink Choices - Water, Iced Tea or Coffee  
\* Dinner includes, main dish, side items, dessert and a drink



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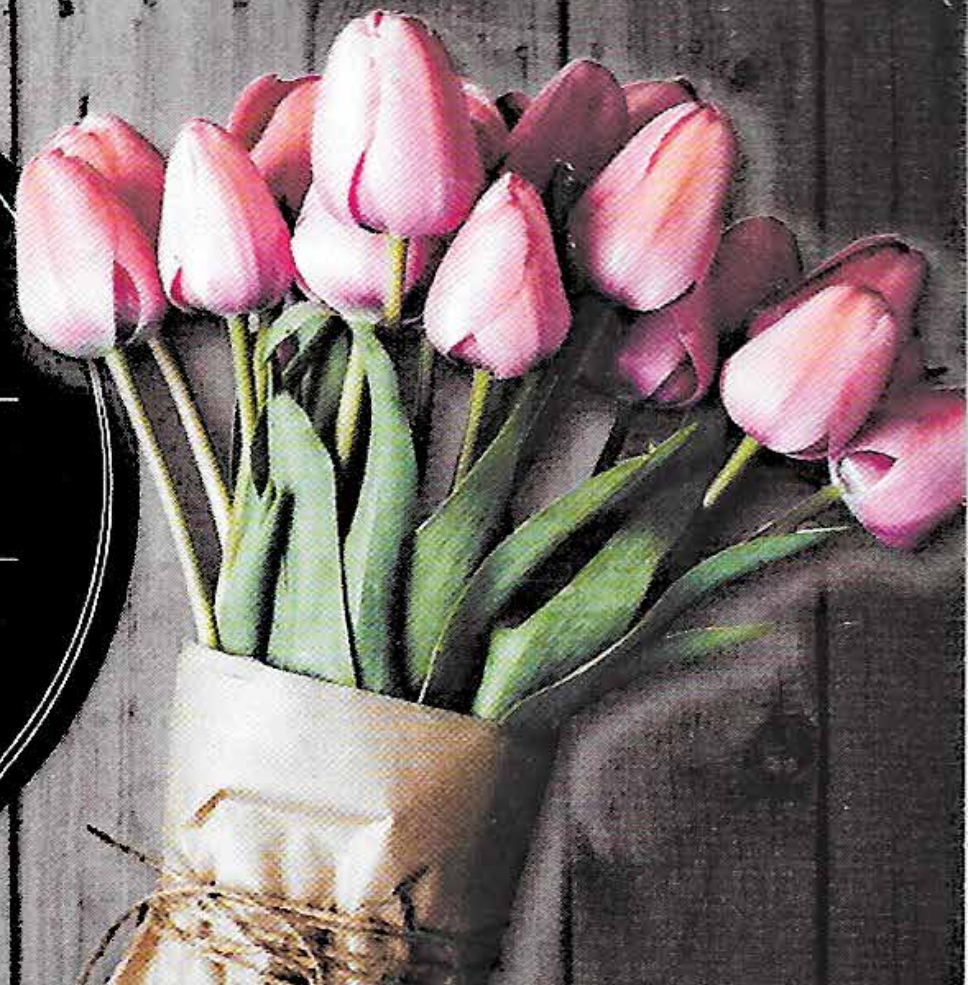
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# Calendar of Events

## **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.

## **Athens Alehouse & Cellar St. Patrick's Day Bash March 17**

111 W. Washington Street Athens AL. 4 p.m. to 10 p.m. - Andrew's Legend Band - Food from Sandman Sandmiches and Rocket City Popperz - beer tents - and fun for the whole family.

## **St. Patrick's Day Party March 17**

Limestone Legends Billiards, 111 S. Marion Street, Athens AL . St. Patrick's Day Party Featuring DJ Manny with Acosta Entertainment – DJ/Karaoke begins at 8:30 p.m.

## **Unplug'D Athens March 17**

Unplug'D Athens will perform in Merchants Alley from 7 p.m. to 10 p.m. Live Music, DJ, Food & Drinks Featuring Lockhart Music & Brandon Lee and more.

## **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

## **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)

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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)

## **Singing River Trail Launch Tank Business Pitch Contest March 20**

Hosted by Athens-Limestone Chamber of Commerce and Athens State University LaunchBox, this Launch Tank Business Pitch Contest will take place at 10:00 am at the Athens State University Carter Gymnasium.

## **German Dinner - Proceeds To Support Veterans Programs March 20**

Its German Dinner time again. Come and join us for a great German Dinner at Amvets Alabama Post 21 from 5:30pm to 7:30pm. The dinner is \$15 a plate and all proceeds go to support our Veteran Programs. Amvets Alabama Post 21 Leadership

## **Walking Club - Walk & Lunch March 25**

Everyone Welcome. 9:30am - 1:00pm. Meet at the Athens-Limestone Visitors Center at 100 N. Beatty St. and walk with the Capital City Wanderers Walking Club. We will go to Ro's Grille on Hobbs Street afterwards for lunch. For more info call: 256-656-4335.

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# What Makes Ronnie Roll

## The Fight Ain't Over...Yet!

by Ali Elizabeth Turner



From time to time we revisit (even if it is just for one edition of "Ronnie") a book that has been a past source of inspiration. Such is the case with Dr. Kevin Elko's *Believing Is Seeing*, and with a chuckle, Mayor Ronnie read to me from page 138. The subject was the "fight not being over...yet," and there were several examples, some heart wrenching and some humorous. We'll start with the heart wrenching.

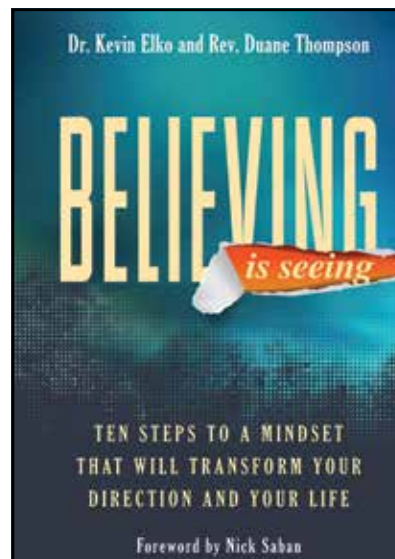
Dr. Elko told of a story that brought a "quick mist to the eyeballs" of us both as it pertained to a difficult topic—children who have been hospitalized due to burns. A teacher had been hired to visit kids in the hospital in order to help them with their work, and she had not been told that this particular child was in the burn unit. She did her best to

get through it, and both she and the child were clearly uncomfortable. She felt that she had performed poorly, and wondered if she was right for this particular aspect of teaching. The teacher went back the next day, and to her shock was greeted by a nurse who said,

*"What on earth did you do to that boy?" She was about to apologize for her poor performance that must have upset the vulnerable child; it must have been even worse than she thought. The nurse went on to say, 'We've been very worried about him, but ever since you were here yesterday, his whole attitude has changed. Now he's fighting back, responding to treatment. For whatever reason, he's decided to live.' The boy explained later, after he left the hospital, that he had*

*indeed given up hope, he had completely given up—until he saw the teacher. As she stood fumbling but earnest at the foot of his bed, he said to himself, "They wouldn't send a teacher to work on verbs and nouns if I were dying, would they?" It was all he needed to find his footing in the hopeful world of the future. Just that littlest spark of knowing what the possibilities are, knowing that there are indeed possibilities may make all the difference and open up the floodgates. There is always something you can do."*

The burned boy story had significant meaning to the Marks family, as there had been a time when Quinton, Ronnie and Sandra's grandson had been in UAB for some extensive cranial surgery when he was just a little shaver. Ron-



fight.

The humorous story was also found on page 138, and it was much shorter. An octogenarian was asked if he had any children, "and the octogenarian, with a mischievous twinkle in his eye, answered, 'Not yet!' This may be carrying it a bit too far, but the principle is the same; you have to believe regardless of the circumstances. There is a future, no matter what is happening in the present."

"The word 'yet' is so powerful," said the mayor after we finished laughing, and continued by saying, "Our fight to make this place better is not over...yet." Of course we had to cheer the SEC on as March Madness is beginning. Both Alabama and Auburn are seeded, and we shall yet see how the fight turns out.

Then it was time to pray; so we did, like we always do, and then, it was time for Ronnie to roll.

nie had come out to the waiting room and was wanting to get a cup of coffee. A woman was there who essentially knew every possibility to find a good "cuppa," including crossing the skybridge and going to the Starbucks that was located on the other side. How did she know? She had a grandchild in the burn unit. How long had she been there? Sixty-nine days. She was Ronnie's guide and angel, and she had refused to give up the



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## PlayAction Sports

# Winter Sports End With Honors

by Tim Lambert

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Calhoun women's basketball coach Candace Byrd-Vinson was honored as Alabama Community College Conference Coach of the Year. The Lady Warhawks made it to the semifinals of the ACCC tournament in the program's first year back after 21 years. Kennedi Hawkins was named to the All-North and All-Region 22 first teams. She and teammate Tashanti Watkins also made the ACCC All-Tournament team. Kyrie Mitchell was tapped for the men's All-North first team and All-Region 22 second team.

Congratulations to James Clemens' Meleah Robinson and Briana Smith, who signed with Calhoun and Lurleen B. Wallace volleyball. East Limestone's Carolanne Wilson and Ariana Fox were named to the first team of the 1A-5A girls' All-State Bowling team; Cal-lie Thrasher was honorable mention.

### Highlights:

#### Baseball

Calhoun 8-6, Volunteer State 7-4  
ABS 12, Tanner 2  
Athens 15, Florence 4  
Athens 6, Westminster 2  
Athens 22, Jackson-Olin 2  
Athens 5, East Limestone 1  
Athens 27, Mae Jemison 1  
Athens 14, Florence 2  
Clements 11, Vinemont 6  
Clements 12, East Lawrence 6  
Clements 8, ABS 1  
Clements 9, Danville 8  
East Limestone 13, Danville 1  
East Limestone 8-11, Randolph 7-1  
East Limestone 12, Austin 9  
East Limestone 5, Scottsboro 3  
Elkmont 10-8, Rogers 0-3

Elkmont 12, ABS 2  
Elkmont 4-6, Brewer 2-1  
James Clemens 9, Smiths Station 0  
James Clemens 6, Grissom 4  
James Clemens 7, Alexandria 3  
James Clemens 9, Hazel Green 1  
James Clemens 17, Etowah 7  
James Clemens 3, Bibb County 2  
James Clemens 9, Stanhope Elmore 5  
Lindsay Lane 10-7, Randolph 8-14  
Lindsay Lane 17-1, Tanner 0-0  
Lindsay Lane 7, Lauderdale County 1  
Lindsay Lane 12, Hatton 3  
West Limestone 11, Lindsay Lane 0  
West Limestone 3-7, Ardmore 2-6  
West Limestone 12, Elkmont 2  
West Limestone 7, Lauderdale County 1  
West Limestone 9, East Limestone 1  
West Limestone 8-8, Colbert County 5-4  
West Limestone 14, ABS 2

#### Basketball

Calhoun W 78, Wallace-Selma 50  
Calhoun W 60, Lawson State 54  
Calhoun W 82, Snead State 75  
Calhoun W 83, Bishop State 74 (ACCC quarterfinals)  
Shelton State W 89, Calhoun 35 (ACCC semifinals)  
Clements VG 85, Midfield 48 (regional)  
Clements VG 51, Lauderdale County 34 (regional)  
Clements VG 56, Pike County 25 (state semifinals)  
Trinity Presbyterian 52, Cle-

ments 48 (state finals)  
Tanner VB 50, Red Bay 47 (OT) (regional)  
Mars Hill VB 70, Tanner 57 (regional)  
Pleasant Grove VG 57, East Limestone 49 (regional)

#### Soccer

Ardmore VG 5, Brewer 2  
Ardmore VB 5, New Hope 2  
Ardmore 1, East Limestone 0  
Athens VG 7, Elkmont 0  
Athens VB 5, Lee 1  
Athens VG 15, Tanner 0  
Clements VG 2, Tharptown 1  
Clements VG 3, Elkmont 2  
Clements VG 3, Elkmont 1  
East Limestone VG 10, Lawrence County 0  
East Limestone VG 10, Brewer 0  
East Limestone VG 8, Russellville 1  
Elkmont VG 5, Ardmore 0  
Elkmont VB 4, Tharptown 1  
Elkmont VG 6, Tharptown 0  
Elkmont VG 2, Alabama CTE 0

Elkmont VB 7, Clements 0  
Elkmont VB 9, Clements 1  
James Clemens VG 4, Florence 0  
James Clemens VB 5, Decatur 1  
James Clemens VG 7, Austin 0  
Tanner VB 10, Alabama CTE 0  
Tanner VB 8, Tharptown 1  
West Limestone VB 4, New Hope 2  
West Limestone VB 6, Hamilton 1  
West Limestone VG 5, Hamilton 0

#### Softball

Calhoun 3-18, Enterprise

State 11-17  
Calhoun 10-10, Chattahoochee Valley 1-5  
Calhoun 5, Columbia State 3  
Calhoun 6-3, Southern Union 5-2  
ABS 7, Clements 2  
ABS 2, Meek 0  
Ardmore 7, Athens 6  
Athens 10, Chelsea 0  
Athens 13-6, Sparkman 9-3  
Athens 12, Austin 2  
Athens 12, Hazel Green 1  
Athens 6, Homewood 0  
Clements 7, Lindsay Lane 4  
East Limestone 7, Lexington 3  
Elkmont 6, Clements 0  
Elkmont 18, Lindsay Lane 3  
Lindsay Lane 8, Falkville 5  
West Limestone 4, Lauderdale County 2  
West Limestone 9, East Limestone 5

West Limestone 12, Elkmont 0  
West Limestone 6, Sparkman 3

West Limestone 5, West Morgan 1

#### Tennis

ABS VG 7, Westbrook Christian 2

#### Track and field

First places at the Bob Jones Redcoat Invitational: James Clemens' Zaria Parker (100m, 200m), Alexa Moore (400m), Tramani Osley (long jump), Kassidy Anderson (shot put), Luke Alverson (3200m), Ben Thomason 110/300m hurdles, long jump), Austin Abney (pole vault), Jaylen Drake (shot put), girls'/boys' 4X100m relay, boys' 4X400m relay, girls' 4X100m throwers relay. Top finishers at the James Clemens Invitational: James Clemens' Cole Robinson (800m), Luke Alverson (1600m), Austin Abney (pole vault), girls' 4X100m relay; Tanner's Keonte Love (100m); Athens Bible's Meredith Romans (discus).

#### Wrestling

At the state meet, Athens High's Will Anderson won his Class 6A 132-pound division.



*Candace Byrd-Vinson made Calhoun history as their first African American female basketball coach and guided the Lady Warhawks to the ACCC tournament" (Photo credit: Dean Baucom)*





# The Courage Of Your Convictions

by Phil Williams

When I was a young paratrooper, I was making my first jump off the ramp at the back of the aircraft as opposed to jumping out the side door. The jumpmaster was a Green Beret master sergeant who did all of the usual air safety checks, gave all of the right commands, and I was expecting him to tell me when to jump and then to follow me out. But he didn't do that. He stood up and looked at the jumpers, all of us waiting earnestly, and when the green light went on he yelled, "Follow me!" and went off the ramp into the abyss. He was first off the ramp, and we would have followed him anywhere at that moment. People will follow when a leader stands up and says, "I see the way forward and I'm willing to go first. I'm willing to risk it. Follow me!"

This past week, the Alabama Republican Party held its Winter Dinner with the keynote address delivered by Florida Governor Ron Desantis. As expected, the man who has become

known as "America's Governor" knocked it out of the park. Whether or not he will run for president remains to be seen, but everything he spoke of in front of a crowd of well over 1500 attendees needs to be a part of the next presidential administration, regardless of who takes the helm.

Desantis spoke on fiscal discipline, traditional values, taking care of our kids, and pushing back on "woke" ideology. He talked about the Southern border, the Constitution, cutting red tape, fighting good fights, and ending bad fights. But the most important thing he said all evening was what sold me on his potential to be a national statesman. He said, unequivocally, "You can be right on all of the policies, but if you don't have the courage of your convictions, you will never beat the left."

He is right. None of the policies matter, none of the rhetoric matters, none of the plans and budgets and agenda items matter if the leader at the helm doesn't go into

each and every one of them with the courage to back up their convictions and be willing to fight to make them happen.

In these present times, we don't need, nor do we have time for, public officials who look for the most expedient route, the easy road, the soft landing. Conservatives must take note that the left does not care about your political future, or whether you made the debate go smoother. Far left progressives want to burn your political and cultural house down with you in it, and they could care less about whether or not you want to offer them compromise, or avoid going on the record. It is not enough to have "convictions." We must also have the courage to stand when our convictions are challenged.

Ronald Reagan comes to my mind as someone who had the "courage of his convictions." Reagan was trounced on by the left on a regular basis. "What could a guy who was a movie star possibly know about leadership?!" He starred in movies with

monkeys!" Never mind that he had been on the record for years as a conservative. Never mind his successful run as the governor of California back when California elected conservative governors. Reagan stood in the face of extreme opposition in the wake of the Carter era. He faced the Cold War with the Soviet Union. He dealt with a broken economy, at a time when American foreign policy was in the tank, and political expediency was the norm. But Reagan had convictions and the strength to do something with them no matter what the naysayers threw at him.

One account of Reagan's legacy says: The defining feature of Ronald Reagan was his moral courage. It takes tremendous moral courage to resist the overwhelming tide of received opinion and so-called expert wisdom and to say and do exactly the opposite. It could not have been pleasant for Reagan to be denounced as an ignorant cowboy, an extremist, a warmonger, a fascist, or worse by people who thought themselves intellectually superior to him...During Reagan's presidency, America enjoyed its longest period of sustained economic growth in the 20th century....By the time he left office, the faith of Americans in the greatness of their country had been restored...he ended his days as the single most important American conservative figure of the last century. Not bad for an ignorant cowboy.

But it did not happen because Reagan took a walk on the hard stuff. He be-

lieved it, and he acted on it, and the world was better because he did. There is something magical that takes place when a leader is willing to get out front and take his/her position and stake out ground unequivocally. Naysayers will show up but so will people who are dying for someone to actually lead.

Not everyone has the gift of leadership, but those who do have an obligation to use that gift effectively. They have a duty to refuse to waffle, to decline to look for the easy way out. People will respond to a leader who says with the courage of his convictions, "I see a better way! Follow me!"

*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

# Learning To Live Life With Purpose

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)*

If I could tell you how to achieve everything in life that you wanted to achieve, would I have your attention? If you could know how to succeed in every area of life you wanted to, would you take notes? I have found that far too often in life we get what we did not want because we were unclear about what our actions should be to obtain our heart's desire.

Too often in life, bad things happen to good people simply because of their inability to act fast enough. Businesses go under because they cannot sell products fast enough in quantities great enough to keep the creditors at bay. Success in life is all about taking the right action to achieve that which is important to us.

I'm going to ask you, "What is it that you are wanting to achieve with your life?" Go ahead and think about this one question and really dig deep for your answer. Now with the answer firmly within your mind, I want to ask you, "What has been holding you back from achieving your desired outcome?"

Studies from the Napoleon Hill Institute suggest that 95% of the world's population is comprised of people walking around in life with no purpose. I was taken aback by this number, but then it made sense why the richest

1% of the world holds as much wealth as the rest of the world combined.

This is not an article bashing the 1%, because honestly who would not want to be in that category for financial wealth? Regardless though, the secret to separating yourself from the 95% walking around without a purpose is to learn how to find your purpose through this article. I want you to think about your life and the energy it takes to make it through each day.

Now I want you to picture a rudder on a boat, and if that rudder becomes lost while out in the Tennessee River, the boat begins circling around. Eventually you're going to run out of fuel. But keep in mind that you initially had enough energy (fuel) to get back to shore; however, because your rudder (purpose)

was lost, you were unsuccessful in obtaining your goal. Your boat and your life were just going in circles.

What you need to do to find your "definite purpose" in life begins by answering the following four questions. Your answers should be deliberate and purposeful because otherwise you are doing the same thing you have always done, and you will get the same results you have always gotten. Here we go:

- 1.) Decide your definite purpose in life.
- 2.) Write out a clear statement of this purpose.
- 3.) Write a plan for how you will obtain the object of your purpose.
- 4.) Create an accountability group of like-minded individuals, which is also known as a "mastermind" group,

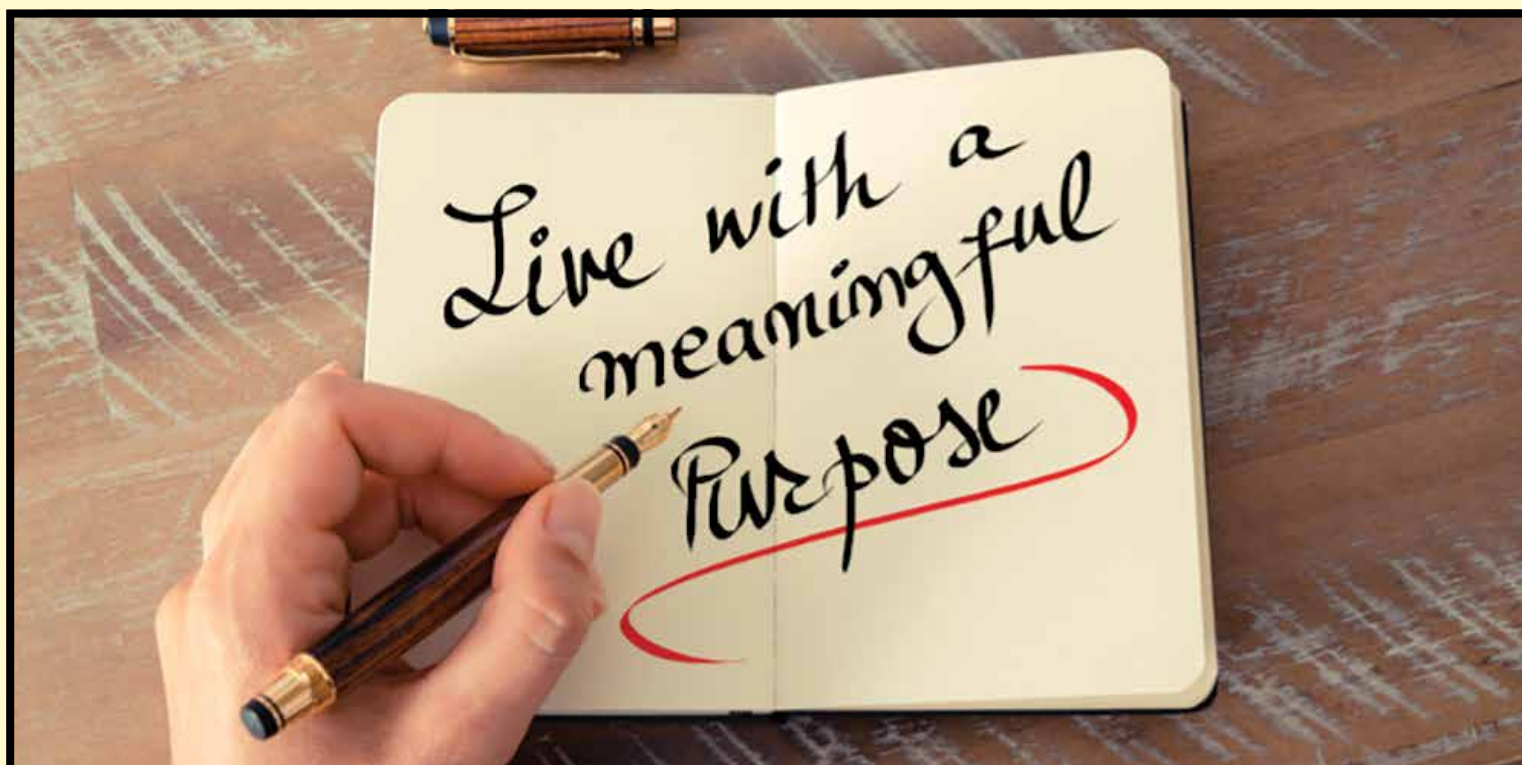
to help you achieve your goals.

You have two options when it comes to answering these questions: You can fly through them and see how quickly you complete the assignment, which will have you walking away feeling much the same way you did prior to the exercise. You rush through it and miss the entire purpose, seeing no benefit. The alternative way to handle this is to take some time to really reflect upon the questions and be sincere in answering the questions listed.

I say sincere because after all, this is your future self you are writing this for. This exercise is for who you will become, not for who you are at this very moment. The hardest part is truly finding what that definite purpose in life is because we have too many exter-

nal factors that dictate what we think we should be going after. Your definite purpose in life only holds meaning for you. It holds no weight for your parents, for your spouse, for your brother or sister, just you. Be honest with yourself when you write out the answers to these questions.

You want to write the answer to the first question and keep it in a place you can see it every day. You will need daily affirmation of what your purpose is to help achieve it. You will want to utilize your mastermind group to help you stay on course. You want to allow them to be your rudder when yours gets lost along the journey. You will find your true self when you find your definite purpose, and in doing so, you will separate yourself from the other 95%.







Clean, Green And Beautiful

# Tennessee River Cleanup

*“If not us, who? If not now, when?”*

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

Our local waterways are precious resources. Not only do they supply our drinking water, they provide habitats for our wildlife, recreation opportunities, and natural beauty. A stroll along the river or taking a seat to watch nature can be a great stress relief.

Unfortunately, some humans do not appreciate this tremendous resource. Secluded areas around our rivers become places to dump trash, tires, old appliances, furniture, and a myriad of other unwanted items. Trash and debris cause harm to the environment, endanger our wildlife, and can spoil what should be a peaceful experience along the river.

Litter and debris can also make its way to the water no matter how far away it is tossed. Wind, rain, and animals carry litter to ditches and streams which can then wash to lakes and rivers, and even to the

ocean.

KALB and TVA sponsor an annual River Cleanup to help remove some of this unhealthy and dangerous trash. We need YOU!

## CLEANUP DETAILS

Efforts will take place in and around the Tennessee River. Volunteers will work in teams. Boats, canoes, and kayaks are welcomed! If you'd like to clean litter and debris from the water, feel free to bring your watercraft.

Since most cleanup will be done away from roads, this is a great opportunity to involve youth. All volunteers must sign hold-harmless forms, and anyone under 18 must have one signed by a parent or guardian. The form can be emailed to a group leader to have them completed in advance, or they will be available at the sign-in table.

TIME: 8 a.m. to noon

## MEETING LOCATION:

Volunteers will sign in and receive supplies and instructions at Cowford Campground, 8700 Cowford Rd. (from Athens, take Brownsferry Rd. and turn left on Cowford Rd., which leads to the campground).

## SUPPLIES PROVIDED:

KALB and TVA will provide breakfast for volunteers as well as trash bags, mesh bags, gloves, litter grabbers, safety vests, and some buckets. The first 100 volunteers to register will receive a free litter grabber and reusable litter bag to take home. Volunteers may bring rakes, shovels, or other tools.

## GENERAL INFORMATION:

Remember to wear clothing and shoes appropriate for cleaning up trash and debris. Sunscreen or bug repellent is suggested according to the weather.

## HOW TO REGISTER:

Registering ahead of the event helps us prepare to



have appropriate food and supplies. Send an email to [KALBCares@gmail.com](mailto:KALBCares@gmail.com) or call 256-233-8000 to let us know you are coming. Please provide names of each volunteer and if any are under the age of 18. We will also welcome anyone who decides to join us last minute. We can't have too

many volunteers!

Let's do our best to care for this beautiful land God gave us here in the Tennessee Valley. As President John F. Kennedy said, "If not us, who? If not now, when?"



Become a Fan



(256) 233-8000

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

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







## Cooking with Anna

# Whistle While You Work

by Anna Hamilton

*Saturday, we celebrated my mother-in-law's birthday. We had a party of twelve at the restaurant and only one waitress worked our table. She was a wonderful waitress. She made sure everyone had plenty to drink; she delivered the food quickly and was able to remember what everyone had ordered. She was quick to bring you anything you requested, and she did it with a permanent smile on her face. We thanked her for doing such a good job and let her know how much we appreciated her making my mother-in-law's birthday so special.*

*Her wonderful service reminded me of a quote from Ann Voskamp, "If you're waiting on God, do what waiters do: serve." Most of us have found ourselves at one time or another waiting on an answer from God. I know when I have been waiting for God to answer a prayer, I have found myself with a feeling of paralysis. I just sit and wait; I don't move.*

## Enchilada Bake

### Ingredients:

*½ cup green onion, finely chopped  
6 oz cooked chicken breast, shredded  
1 4.5 oz. can chopped green chilies  
2 tsp chili powder  
Salt and pepper to taste  
¼ cup enchilada sauce  
1 cup diced tomatoes  
½ cup sharp cheddar cheese, shredded  
1 cup pepper jack cheese, shredded  
1 avocado, sliced  
½ cup cilantro  
½ cup sour cream*

### Directions:

*Heat oven to 350 degrees. Spray a 9x13 baking dish with cooking spray.*

*Heat a large skillet over medium-high and cook onions 5 minutes. Reduce heat to low and add all ingredients except cheese, avocado, and cilantro. Cook until heated through. Remove from heat and stir in cheddar. Transfer to the baking dish and top*

*When you were a child and waiting on a special day to come, your parents would give you a project to keep you busy. God does the same thing for his children. In your own home, in your community, there are many ways you can serve. Service to others is the best way to show your love for Christ and to show others the love of Christ. Acts of service not only help you pass the time while waiting on God but it also makes for a fulfilled life.*

*God sees everything we do, and he will take notice of your hard work. Hebrews tells us that God will not forget the work and love we show as we help those around us. "God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them." Hebrews 6:10*

*While in a season of waiting, it is easy to want to give up. We*  
*continued on page 23*



*with pepper jack cheese.*

*Bake 10-15 minutes. Turn oven to broil and cook for an additional 1-2 minutes. Remove from broiler and top with avocado, cilantro, and sour cream.*



# Save The Dates For Singing In The Park

by Tina Morrison, Tourism Athens

For almost a decade, the Athens-Limestone Tourism Association has been hosting Singing on the Square during the summer around the courthouse square. This year, in conjunction with our Shine a Light Athens Big Spring Park marketing campaign, and to avoid any confusion with Main Street's Fridays After Five on the Square, we are rebranding our very popular free concerts to **SINGING IN THE PARK**. The three Singing in the Park Summer Concert Series Friday night

dates are: **May 12, June 9, and July 14**. They will all three take place in the beautiful Athens Big Spring Memorial Park behind the Athens-Limestone Visitors Center at 100 N. Beaty St., just 2 blocks from the square.

Announcing the addition of our generous Artist Sponsor **Hughes Properties, II, LLC**, our generous Stage Sponsor **Michael Howell State Farm**, and a brand new Food Court with food trucks open from 6 p.m. and the Free Live Music scheduled for 7-8:30

p.m.

The Big Spring Memorial Park located just steps away from our Visitors Information Center and nestled right between the Beaty Historic District and Athens College District is surrounded by the city's oldest cemetery, the Athens-Limestone Chamber of Commerce, Keep Athens Beautiful headquarters, and the in-progress Scout House music venue. The groundwork has been laid to establish the park as the perfect

location for many popular events, like the April Historic Walking Tours, the Wacky Quacky Ducky Derby, Superhero Day, and The North Pole Stroll. With all the amenities Athens Big Spring Memorial Park has, such as tennis and pickleball courts, a covered pavilion with picnic tables, restrooms, a pond with a fountain, sidewalks with benches, flower gardens, a grassy area, a playground, historical markers, and one-of-a-kind metal sculpture artwork, this park, in the heart of Athens, is one of our own premiere event locations. With a statewide focus on outdoor recreation, we are poised and ready to host more



Tourism events in Athens Big Spring Park! We're bringing the stage! You just need to bring your own chairs or blanket.

Please **SAVE THESE DATES TO YOUR CALENDAR** and plan to bring your friends and family to our **FREE 2023 Summer Concert Series** in Big Spring Park sponsored by Hughes Properties II, and Michael Howell State Farm, and Athens-Limestone County Tourism Association. We are proud to announce this year's Singing in the Park lineup:

**May 12 - Tom McClung:** A local musician, gigging professionally since he was 15, Tom has played solo and with Bark the Dawg on and off for 30 years.

**June 9 - Matt Prater:** A local singer-songwriter and soulful storyteller with country, honky tonk, folk, and roots music influences.

**July 14 - DEAN:** A local husband/wife duo, Garrett and Briana Dean share a passion for creating and performing.

See you in Athens Big Spring Memorial Park! As always, for more information visit Athens-Limestone Official Events Calendar here: [VisitAthensAL.com](http://VisitAthensAL.com)



Athens-Limestone Tourism,  
Hughes Properties and  
Michael Howell State Farm present

## Singing in the Park

Athens Big Spring Memorial Park



★ **May 12** **Tom McClung**

★ **June 9** **Matt Prater**

★ **July 14** **DEAN Duo**

All the fun of Singing on the Square now  
at Big Spring Park! Food, Fun, Music,  
and a Playground for the kids!  
Enjoy the magic of Athens  
Big Spring Memorial Park  
**FREE Live Music!**

**FOOD TRUCKS at 6:00 pm**  
**Music from 7:00 pm-8:30 pm**  
**100 N. Beaty St. Athens, Alabama**

Donations to the Tourism  
Accepted To Support More  
Athens-Limestone County  
Events Like This!  
**VisitAthensAL.com**



BIG SPRING PARK





# EvoQore Technologies: *Evolving And Excellent*

by Ali Elizabeth Turner

*continued from page 1*

When I saw that EvoQore was the presenting sponsor at the recent State of the City address held at Athens State University, I said to Torrie Fuller, the firm's founder, "It's time to do another article!" He heartily agreed, and we got caught up last week with all the latest accomplishments and developments of a firm that truly proves that America is STILL the land of opportunity!

Torrie Q. Fuller grew up in Lawrence County, and always thought he would be a lawyer. He loves to help people, "came up rough," as he puts it, and thought that being an attorney would be the best way to make a difference. However, it was at the Lawrence County Tech Career Center that Torrie became enamored with information technology, and that is a love that has only grown over the years. Torrie got his A.A. degree from Calhoun and his bachelor's from ITT Tech, and he knows that he is doing what he was born to do.

EvoQore has had to evolve, and it was the craziness of COVID and the extra demands put on the IT industry as we all worked at home in our PJs that helped them become so excellent that they were even sought out by a New York fashion design firm by the name of Marchesa. EvoQore came up with software that made it possible for designers to create their fashion pieces completely online and still be able to work remotely. EvoQore is also the IT firm that handles the Tony Markets Group, also out of New York, where they managed more than 1400 MacBook using employees. They developed some software for 640 Square, which is an application for chiropractors to be able to have a virtual desktop environment in their practices. EvoQore remains the IT service that cares for the Limestone County Public schools, and that means managing the tablets that are now in the hands of the students.

Since 2021, EvoQore has also been awarded some new certifications which make them more marketable and



*EvoQore was the presenting sponsor at the recent State of the City Address (l) to (r.) Torrie Fuller, Mayor Ronnie Marks, Erica Napier, Chadwick Kilgore and Bobby Street*

competitive. One is the Small Business Administration HUB Zone certification, which is necessary in order to land government contracts, and another is what is referred to as being Registered Practitioner Certified. That is a sophisticated and difficult designation to achieve, and both certifications have caused EvoQore to evolve into a greater level of customer service and excellence.

EvoQore is a tech solutions company that has a deep commitment to work for the customer, rather than have the customer feel they are at the whim and discretion of the tech company. "We work for you, not the other way around," Torrie told me. They also handle network security, software development and applications, help desk and engineering services, and they are affordable. Here is some of what they say about themselves: EvoQore Technologies was founded in 2020. We are a small minority-owned business who seeks to provide our customers with evolving information technology engineering support solutions that will secure and maximize their operational effectiveness.



The combined knowledge of our staff equates to over 32 years of IT and software applications development.

They are also hiring, and are only interested in people who are both competent as well as service-oriented, and who have a solid work ethic. Here is why EvoQore feels it is a good match for aspiring IT professionals who enjoy the challenge of building a business in the early days of its development:

Join a team where excellence is our core! EvoQore Technologies values the intellect, diversity, and cultural backgrounds that make us all unique. We strive to be individual but have the same goal at the core. That is to make a difference collectively.

EvoQore employees work together to make a difference by serving our community and customers. Our employees are passionate about information technology, software and application

development.

I watched his team in action on the day of the ribbon cutting, and what Torrie says above is true. His team made the day memorable, and I have no doubt that they will serve their IT customers with the same passion and professionalism that they exhibited on opening day. If you have the need for state-of-the-art cyber security for your business, you need to contact EvoQore Technologies to custom design the services that you need, can afford, and will support you.

***EvoQore  
Technologies***

**630 S Jefferson,  
Athens, AL 35611**

**Hour: M-F, 7 a.m. - 5 p.m.**

**Office phone: 256-680-3774**

**1-800-654-7156 Help Desk**

**info@evoqoretech.com**

**www.evoqoretech.com**

**Facebook: EvoQore**





# Understanding Hormone Imbalance

by Danny Moon



Simply put, a calorie is a unit of energy. Calories indicate the energy content of the food and beverages you eat and drink. Understanding calories can help you make educated decisions about your diet and exercise.

There are three primary sources of calories in the human diet. They come from the three macronutrients: carbohydrates, fat, and protein. Carbohydrates are the primary source. They provide four calories per gram. Fat comes in second and offers more than twice as many calories, at nine per gram. Protein is the third source, which delivers four calories per gram. (Some countries use kilojoules instead of calories to measure food energy. This article uses calories. But here's the conversion rate you need—1 calorie = 4.2 kilojoules.)

A common question is whether all calories are created equal. On paper, it's hard to argue why they wouldn't be identical. Remember, calories are a measurement. So a calorie from fat should provide the same energy as a calorie from protein. But really, this question should be posed to the gut.

Your gut absorbs almost all the calories from the carbohydrates, protein, and fat you eat. But your gut treats fiber (a type of carbohydrate) differently than the other macronutrients. Instead of taking on all the calories fiber has to offer, your gut will only absorb about half. That's because fiber is difficult for the gut to digest completely.

On top of that, fiber quickly absorbs water. This process can help you feel fuller for longer and enables you to cut back on how many calories you eat—or at least absorb. Combined with the other health benefits of fiber, it's no wonder that The American Heart Association recommends adults consume 25 grams per day.

### Your Body at Rest

Most people are familiar with the idea that exercise burns calo-

ries. However, your body also expends energy by merely existing.

The amount your body uses at rest is called your "basal metabolic rate" or BMR. It makes up for two-thirds of your daily calories burned.

This is a significant chunk because metabolism requires a lot of energy. Metabolism includes processes like body temperature regulation, blood circulation, and cell growth to name a few. Your brain chews up about 20 percent of your calories—about 450 for an average diet—per day.

If you're counting calories, you can think of these as freebies. Understanding the calories your body burns to maintain itself will help you plan your diet and exercise better.

### How Many Calories Should You Eat?

You need to consume a certain number of calories daily for your metabolic processes to occur effectively and for your body to work correctly. For men, this number is roughly 2500 calories per day. Women need approximately 2000 calories per day.

These daily requirements fluctuate depending on a few factors—age, sex, weight, and activity level.

- **Age:** Infants and children require fewer calories than adults. As adults age through their lifespan, energy requirements decrease. This is true, in part, because the activity levels of older adults tend to decrease with age.
- **Weight:** Calorie need is a function of weight. A larger person needs more calories because carrying more weight takes more effort and requires more energy. They also have more living tissue to support them. This is also true in the opposite direction—smaller person, fewer calories.
- **Sex:** Men typically require more calories per day on average because their BMR is higher.
- **Activity level:** Athletes are a great illustration of the effect of activity level on calorie

needs. Calories burned through intense physical activity need to be replaced to ensure the body's metabolism can continue unaffected. That's why athletes take in more calories and stay fit.

When determining your unique calorie needs, consider whether you're trying to lose, maintain, or gain weight. Imagine you'd like to lose weight. Losing one pound of body fat is the equivalent of burning 3,500 calories. So if you either burn or cut out 500 calories per day, you would lose one pound per week.

Here are some other ideas for how to be more mindful of your calorie intake:

1. *Add more fluids to your meals.* Maybe start with soup or increase your water intake. Either way, consuming more fluids can help you feel full.
2. *Increase your fiber intake.* Fiber is not easily digested and, as a result, the gut only absorbs half of the fiber's calories. Additionally, fiber will keep you feeling full for longer.
3. *Add protein to your breakfast* (if this isn't already part of your routine). Protein will help you feel full for longer. Protein can also help support lean body mass, which will help increase your BMR.
4. *Limit empty calories when possible.* These are usually found in added sugar and solid fats. While these foods provide energy, they lack important nutrients.
5. *Read nutritional labels for macronutrient and calorie content.* Pay attention to the number of serving sizes in each package. The nutritional information represents only one serving.

### Understanding Calories and Exercise

Now that you're familiar with the calories in your diet, let's explore how calories relate to exercise.

You already know exercise is the best way to burn calories. And burning calories is one way to manage your body weight. Vigorous exercise can burn as

much as 20 calories per minute.

But this type of effort is difficult to maintain for a long period of time. The good news is that sustained, moderate activity burns the most calories.

### The Relationship between Calories and Bodyweight

Understanding calories from your diet (calories in) and those you burn (calories out) makes weight management a matter of simple math. There's still a lot of effort, but it's all about balancing calories in and calories out.

You can control calorie intake by paying attention to your diet. And you can change how many calories you burn by incorporating a range of physical activities into your lifestyle.

If you're consuming less than your daily calorie requirement, you will likely lose weight. If you're matching the requirement, you should maintain your current weight. And if you're consuming significantly more than your baseline requirement, you will likely gain weight.

Weight loss:  $\text{Calories In} - \text{Calories Out} < 0$

Weight maintenance:  $\text{Calories In} - \text{Calories Out} = 0$

Weight gain:  $\text{Calories In} - \text{Calories Out} > 0$

Recall the factors that will influence your daily calorie needs (age, weight, sex, and activity level). These affect your "calories in" and, consequently, how many calories you need to expend to reach your goal. There are many calorie calculators available online that take these factors into account and that can help you determine the activity changes and calories needed to manage your weight.

### Which Is the Most Important Side of the Calorie Balance Equation?

Exercise only burns about 100-400 calories per 30 minutes of activity—or about 200-800 calories per hour; the average person needs to consume approximately 2,250 calories per day. Probably the easier side of the equation to immediately affect is "calories in." It is hard work

to burn 500 calories through exercise. Yet it's pretty easy to put down the fork—or stop eating the empty calories through junk food—and consume 500 fewer calories every day.

This isn't to underscore the health benefits of exercise. Everyone should be exercising at least 30 minutes per day at least four days a week. This will help you experience the health benefits of exercise.

To make the easiest impact on your weight, slowly begin to consume fewer calories. If you have a hard time restricting your calories at first, increase your exercise routine accordingly. But to make the quickest impact on your weight, work on both sides of the calorie balance equation. Combine eating less, making healthy food choices, and increasing your daily exercise routine.

### Putting It All Together

Developing a healthy regimen of balanced meals and exercise can be daunting. Understanding calories can be a big help. And fortunately, there are many resources available to make this process easier. Start by learning about your energy needs based on your age, sex, weight, and activity level. This gives you a great starting point.

Gather the information you can from food packaging to make educated decisions based on the labels. This will help you meet your daily calorie requirements while building out your snacks and meals. Then, based on your weight management goals, you can decide how many calories you should be consuming compared to your baseline energy requirement.

Finally, determine how many calories you can burn based on the physical activities you enjoy. This will give you an idea of how long and how often you should exercise to achieve your weight management goals.

Understanding calories can be the first step to a healthier you. No matter what your health and fitness goals are, you're now armed to navigate the decisions more confidently.



# Outside The 4 Walls Mobile Ministries: Getting You From Where You Are To Where You Were Meant To Be

by Ali Elizabeth Turner

continued from page 1

Mike honorably served our country for 20 years, in the telecommunications career field. He is a disabled veteran, and his passion is to help people not through entitlement but through the enlightenment that can only come from having a vibrant relationship with Jesus. If you let it, that vibrant relationship will turn victimization into victory every time. Also, if you have the right kind of support and accountability, it makes it much easier. The purpose of Outside the 4 Walls Mobile Ministries is to bridge the gap between where you are now and where you desire to be. They believe in partnering with anyone who wants to change their lives for the better to get them where they were meant to be.

How do they do this? Largely, by being mobile because they will meet you where YOU are -- physically, emotionally, and spiritually. Through spiritual and financial education, they can help you to take your next step to building a better future for yourself as well as your community, one step at a time.

I met Mike through a BNI colleague at a Chamber of Commerce event that showcased nonprofit agencies in our area. It was held at Athens State University, and from the get-go I was intrigued by their approach. In addition, one of the things that I immediately loved about these guys was their heart for people, especially for veterans. As many of you know, Alabama has one of the largest veteran populations in the U.S., and it is not at all uncommon for people who have honorably served our country



to have a tough time after they leave the military. Outside the 4 Walls Mobile Ministries is there to serve those who serve, past or present, as well as others in the community.

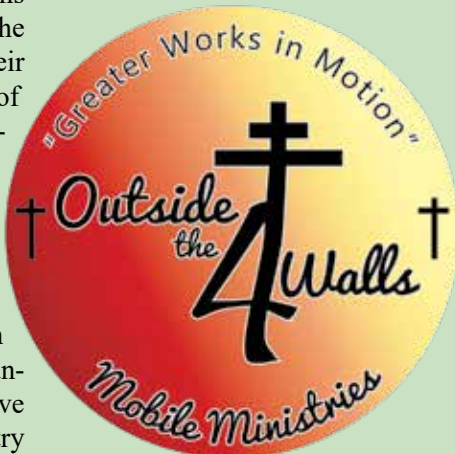
Mike started Outside the 4 Walls Mobile Ministry while still in Colorado, and at first it focused on men. At that time, it was mostly helping men become better, whether they were single, husbands, or fathers. He partnered with a fellow Marine by the name of Bruce, and they became like Jonathan and David. There were a lot of veterans in the Colorado congregation, and together they dealt with the struggles that can lead to homelessness, addictions, and the often-unmentioned poor financial choices that first shackle and then cause a daunting downward spiral. He is very passionate when he says, "We offer a hand up, NOT a hand out."

Then, there came a time when

Mike had what he calls "an Abrahamic experience." In fact, some would say he was living the American Dream "a great job, a nice home, a church, and a part of a good ministry. "I had a son, a great wife, just an all around great life, and I had no desire to leave!" And then, he believes God basically said, 'Go to a place I will show you.'" They felt that they had some choices, Florida being among them; and then everything came together in a way that far transcended human endeavors, and they landed here in North Alabama.

Outside the 4 Walls Mobile Ministries does not just confine their outreach to veterans; they wish to help anyone. Here is what they say about themselves:

*"At the core of our existence, we are motivated by our passion and dedication to helping everyone who needs it when they need it. We hope to touch as many lives as we can, and empower families and individuals to lead better lives. From financial assistance to educational services, or even spiritual guidance, we are here for you. Whether you are in need of household necessities, rental-related matters, or spiritual guidance, our team is simply a call or email away."*



Minister Mike Reddick, BS  
- CEO



Kytira Reddick, LCSW -  
President



Tameka Gideon, BA -  
Vice President



Nekedra Bullock, MS -  
Treasurer



Samona Doeman, MS -  
Secretary

Mike told me that one of the things that holds people back and keeps them down is a lack of resources and transportation. And while they do not exist to just be peoples' personal Uber service, it is the education and mentorship that occurs while in the car, on the drive to or from, or even in the home that makes the difference. More importantly, it is the power of building healthy, accountability-based relationships that is so crucial in helping people get from the place where they are to becoming functioning, contributing members of society. Mike's wife's name is Kytira, and she is a licensed clinical social worker. "She understood my vision, and started preparing to submit the paperwork to become a 501(c)3 nonprofit, and

although we hit a few snags in the process, we are now registered as a nonprofit organization," Mike told me.

Speaking of vision and dreams, what Mike is also looking for is an opportunity to build a literal community. He wants to find 10 acres or more of land where he can provide temporary housing for the unsheltered, and then help them build their lives so that they can both pay it forward as well as return to society.

If you are in need of help, or want to help others, please contact Outside the 4 Walls Mobile Ministries. They can be reached at 256-910-9176, or contact them at ot4w2016@gmail.com.



# The Gold And The Golden Rule

by Eric Betts

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



There are many conditions for achieving success as a leader and in team building, but the Golden Rule is indispensable among them. Revered author and leadership expert John Maxwell reminded his readers of certain universal values which are shared among religions and regions of the world:

*Whatever you want men to do to you, do also to them.*

*Christianity*

*Hurt not others with that which pains you. Buddhism*

*Not one of you is a believer until he loves for his neighbor what he loves for himself. Islam*

*This is the sum of duty: Do naught unto others what you would not have them do unto you. Hinduism*

A counterintuitive statement coinciding with the Golden Rule is, "He who makes the gold makes the rules." This jarring declaration is quite catchy and creative, however, it fails to appreciate the fact that since the dawn of civilization, we all universally "make the gold" and the standards and rules we agree upon as we interact with each other. Those who rule do not necessarily make all the gold, as some think. At some level, the people who are ruled, both rule and make the rules. Even in authoritarian and oligarchic settings, at some level one must answer to the people that are being ruled. History is filled with examples where the governed decided that they could or would no longer exist under systems which undermined these basic universal values. This has been at the heart of many rebellions among the most vulnerable within societies, and the reason for chaos and resentment.

In expanding upon the Golden Rule (which identifies how we all want to be treated,) John Maxwell expands upon six universal desires that we all hold in common. Each of these de-

sires touch upon what it means to be a human and belong to community of fellow humans.

**The first universal value says: "I want to be valued (not for what I do but because of what who I am)."**

It is important for leaders to both model and set the expectation within teambuilding that the individual is infinitely more valuable at the core of who they are rather than what task they can perform or what products they create. Even when a person can no longer perform a task due to injury, physical limitations, or disability, they still hold as much value within their personhood and as a member of the community. Everyone person is inherently conscious that they hold worth, dignity, and a noble spirit. What is often not emphasized is that the same awareness of one's own dignity, worth, and spirit is also the same inherent awareness held within the being of others.

This is why when a person is sick or unwell, they are not fired right way or immediately replaced. It is considered uncaring and inhumane. All team members and leaders realize that part of being human is falling ill from time to time, and understand that each member at some point will need the same consideration. One who is sick should not feel forced to come in to work because of fear of being terminated; their overall health is more important to the workplace that the task they would have performed that particular day. In this example, all in the workplace understand that even though human beings become sick and unable to perform a task, this does not make them less valuable. In a society where production is more important than being a human, so many fall into unshakeable depression when they become disabled.

The civil rights icon, Dr. Martin Luther King Jr. prophetically warned modern society

against falling into the trap of becoming a "thing-oriented" society versus a "person-oriented" society. This means not using people to acquire things, but valuing people and accomplishing great things together. The things that people produce are not more important than the quality of life of those who produce them. Everyone has the need to be valued because of who they are as people, and they should recognize this same need in others. We are all fellow travelers in life's journey, and when we honor the humanity of others, we are actually honoring ourselves. We honor others simply because they exist, and we are designed to exist together as one humanity. It is the life, the personality of the individual and the invisible connection they have with fellow humans, that has value by itself.

**The second universal need says: "I want to be appreciated (an acknowledgment that what you do matters)."**

This universal need suggests that no one wants to be taken for granted. Whether what one does is a result of a cultivated gift or through years of hard work, it should be verbally and tangibly appreciated. Every person is unique, and not everyone performs an assignment exactly the same. They should be regularly and enthusiastically complimented both in public and in private for their performance. It is true that most are simply doing what is expected or what they agreed to do, but everyone who does a task well brings their own unique flavor to what they do. In many cases, there are those who go above and beyond a given assignment.

Although a person is doing simply what is required, the fact that you are able to connect with such a capable person is a blessing. This appreciation must come from the understanding that there are abilities people aren't born with. Sometimes

what people are able to accomplish requires education, training, and observation. There are certain people, because they do not share the same history or background, who are unable to perform the same task as others. This universal value says that it is socially unacceptable to not express appreciation for what others do.

Moreover, when a task is performed, it is helpful for leaders to share how their work is helping the organization. Instead of implying that members of the team are dispensable, share how the goals could not be accomplished without such production. It is quite inspiring when a team member's work is placed in the context of the overall aims of the company, and how they are helping. There are many examples of employers behaving or expressing the idea that they are doing the team member a favor by allowing them to work for the organization. This conveys the idea that one is not truly needed, but their inclusion on the team was an act of charity. In other words, "I really don't need you, but I decided to be generous." No one, whether they be the team leader or member, wants to be viewed as a charity case, and should never make anyone on the team feel this way. If you believe that what you do matters, be intentional about making others believe and feel the same about themselves. This goes beyond company teams or volunteer groups, and extends into family settings. Formulate the habit, wherever you are, of reminding others that what they do matters greatly. This not only fulfills a human need but also inspires.

**The third universal desire says: "I want to be trusted."**

When a person goes about their responsibilities with integrity, it is insulting when viewed by others with suspicion. It is hurtful to know that those around them do not believe in them.

Everyone wants to be believed and know that others believe in them. When a person is performing to the best of their ability, it is extremely demoralizing when they are constantly being questioned. People don't mind questions, but questioning a person is different. It comes from perspective of doubt and uncertainty concerning the individual. Having the feeling of being micromanaged or someone looking over your shoulder is profoundly discouraging. Failure to fully empower one to perform the task assigned them is another way of saying, "I don't trust you." Just as certainly as you want people to have faith in you, have faith in others.

**The fourth universal value says: "I want to be respected."**

The word respect can be both a noun and a verb. Respect is something one possesses in their inner being toward another, and it is also expressed in actions performed toward others. Both the noun and verb are fundamental to being human. No matter how high or subordinate a person's position, all are worth of equal respect. Those who are holding top-level positions should ponder how they would want to be respected if they were in the same position. They should not demand respect because of their top-level position, but because it is a universal value shared by all. In other words, the groundskeeper, receptionist, or vice-president should never be given a lower level of respect because they are not in the higher positions. Too often, people give higher levels of respect based on the position or income, but all are worthy of respect. Such respect costs us nothing. No one is deserving of discourtesy, rudeness, or bad manners because of their rank on the team.

Even when a person makes a mistake, impoliteness and condescension is unjustified. It is possible to correct a situation





# The View From The Bridge

## As We Celebrate Women's History Month: *Sharing "Her Story"*

by Jackie Warner

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

March is Women's History Month and provides us all an opportunity to recognize, learn, and honor women's accomplishments and contributions.

Here's to strong women; may we know them, may we be them, may we raise them

Charlotte Ray has the distinction of being the first African American woman lawyer in the United States and the first woman admitted to the bar in the District of Columbia.

Civil rights hero Fannie Lou Hamer is remembered by those who joined her in the struggle.

Vel Phillips, the first African American judge in Wisconsin and the first woman, and African American, in the nation elected to executive office in state government.

Claressa Shields, who was just 17 years old when she won the Olympic gold medal for women's boxing in 2012.

Shirley Chisholm is best known for her 1972 bid to win the Democratic presidential nomination; she was the first Black woman to make this attempt in a major political party. She was also the first Black woman to be elected into the U.S. House of Representatives in 1969.

In closing, I would like to give a blessed thank you to all those women who influenced my life and helped me to be the person I am today. Special thanks to my strong grandmothers who allowed me to bring some of their history into my life journey!

***Until Next Time, Be  
Sincere, Kind and  
Intentional***

Jackie Warner, Community  
Outreach Specialist

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Check out upcoming events:  
<http://thebridge-us.yolasite.com/>



# Tennessee Valley Spotlight

**Mondays at 10am**  
**1080 AM WKAC**



# Horsepower Meets Authority

by Deb Kitchenmaster

Do I share this experience or not? Again and again the word 'authority' kept coming to me as I thought about March's article. I realize that some readers will be encouraged, some will be doubtful that a simple, ordinary female would be qualified for this experience, some will get thirsty saying inside, "I want some of this," and others will read it more than once and glean what is good and good news for them personally.

I had enrolled in a Bible college out of state for a six-week semester. My husband continued to work at his establishment and tend to our horses. Six weeks were complete, and I caught the first flight home. It was late when we arrived at the house, so first thing in the morning while still in my jammies, I ran outside to see the horses that I had missed so much -- their smell, their eyes, their snorts and their nudges. Coming down the hill, the stallion identified

me and then it happened! He bowed! When he took that position, the Spirit of God came all over me and I heard, "You need to get this." What? What am I to get? Based on, "My sheep hear my voice, a stranger they will not follow. No one can pluck them out of my hand," I heard inside, "For the eagerly awaiting creation waits for the revealing of the sons and daughters of God." Why not! God used a rooster, a whale, and a donkey before to get someone's attention. Why not a stallion?

Horsepower is a unit of power equal to 550 foot-pounds per second (745.7 watts). In fact, the maximum output of a horse can be up to 15 horsepower, and the maximum output of a human is a bit more than a single horsepower. The ratio of units of power is around 15 to 1 -- horse 15, human 1. Add to that another fact that humans have 2 legs, horses have 4. And horses have blood flowing through their veins not oil. Horses do not have an On/Off switch,



but they do have safety switches that connect to units of power.

Let's consider another unit of power, AUTHORITY. Authority is the power or right to give

orders, make decisions, and enforce obedience. Horses don't function in this power. They can and do connect with this power but it's not within them. They are waiting for this to manifest in humanity. So where did this power of authority come from? Why is creation groaning for this to come forth?

In the beginning, God gave authority over all creation to humans when he said, "Fill the earth and subdue it: have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." God, Himself, gave this authority to humanity. This author-



ity was given away to a liar -- a fear-monger.

There was a time on earth that an invitation was extended from the liar to Jesus and the liar told Jesus he would give him all the kingdoms if Jesus would simply bow down and worship him. Why? Because he had them to give. Adam had forfeited his God-given authority and these five kingdoms to him. Originally, the order of these kingdoms was God, humanity, angels, animal, and plant. Out of order came as a result of humanity giving authority to an angel. So now the order was God, angel, humanity, animal, and plant.

Matthew 28 tells us about a conversation Jesus, from the village of Nazareth, had with his friends one day. Jesus came up and said to them, "All authority (all power of absolute rule) in Heaven and on earth has been given to Me." Jesus, the second Adam, got us back in order. No man, no woman, no system, no government gave this to us. Jesus, Himself, did through his birth, life, death, and resurrection.

In this God-given authority let us manifest the salt and light we truly are in the earth. Our horses, in fact, all creation, will rejoice.

*Your NEIGHbor,  
Deb Kitchenmaster*

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# Uncomfortable Emotions

by Lisa Philippart,  
*Licensed Professional Counselor*



***“Healing our wounds requires that we be willing to feel all of the uncomfortable emotions that lie within them.”***

**- Jessica Moore**

Many people think about painful emotions as viruses...destructive invaders that should be eliminated as soon as possible. Are you feeling anxious? Quick, what is a coping strategy that you can use to make it go away? The problem is that your emotions, even the really painful ones, are not invaders trying to hurt you. In fact, quite the opposite...your emotions are part of you and just trying to help. You feel anxious because your brain thinks something is dangerous and wants to keep you safe. Of course, your brain and the emotions it unleashes can be erroneous. There are times when our emotions are based on faulty information or reasoning. I remind my clients that just because an emotion feels bad doesn't mean that it is bad or that they are bad. If you continue to treat emotions like the enemy, you may miss out on the times when these emotions are truly helpful and therefore something worth listening to. Let's look at three emotions that, while uncomfortable, may be worth your attention.

Envy is one of those emotions that, for whatever reason, people immediately think of as bad or dangerous. When you talk about envy, there is usually shame or guilt associated with it. But really desiring something that other people have is a pretty normal reaction. For example, if a co-worker gets a big promotion and raise, it's natural that you would feel jealous and want one too. Like any emotion, envy itself is not a negative; it's how you respond to it that matters. One problematic response to feeling envy is that you become obsessed with the object of your envy and then start ruminating on it. In addition to making you feel even more envious (and perhaps resentful), there are the emotional opportunity costs to consider...all the time and mental energy you've spent dwelling on what someone else has and you don't. All that time and energy could have been more productively invested elsewhere.

The more problematic response to envy has to do with values. Specifically, if the feeling of envy leads you to confuse other people's values and goals with your own, you're in for trouble. If you invest significant financial resources into lavish vacations or expensive homes simply because that's what the people you envy are doing, well, it's not hard to

see how that gets problematic. When you make your decisions based on other people's values, you end up living someone else's life! Rather than immediately avoiding the feeling of envy, and keeping yourself in denial about it, what if you used it as a cue to self-reflect about what you really want? Here's an example: You notice yourself feeling jealous of a friend's amazing Instagram vacation photos. Maybe that envy is trying to tell you something. Not that you need to take that exact same trip necessarily, but perhaps that you're craving more adventure or variety in your life. Or

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maybe that you value spending quality time with your family doing fun things but haven't really been doing it much lately. Rather than immediately avoiding envy, judging yourself for it, or acting on it impulsively, try to get curious about it. Very often, envy is a useful cue for thinking more deeply about your values and

the things that matter most.

In my next article, we will cover the troublesome emotions of pride and pity.

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







## The Alternative Approach

# Four Things You Should Know Before Taking Another Supplement: *Back To The Basics*

by Dixie Bell

Many of us are taking dietary supplements, but there are some overlooked topics that I wanted to dig into today. We will be talking about four things you need to know before ever taking another supplement.

### 1. Supplements cannot replace a healthy diet/ lifestyle.

Many people take multivitamins, greens powders, protein powders, or a specific herb/nutrient hoping for it to “fix” their problems, when in reality supplements alongside a poor diet aren’t going to be enough. You may have some results when starting them out, but in the long run, they aren’t going to give you the desired results without following a balanced healthy diet. This means proper hydration and getting your macro and micro-nutrients from whole foods.

The digestive process is also extremely important in supporting a healthy body. Digestion starts with chewing your food. Simply chewing your food begins the digestive process. Your body starts making enzymes to digest and absorb nutrients. Then the body takes the fiber, water, fats, nutrients, extra enzymes, protein, etc. out of the food to fuel your body. This process doesn’t happen when you take supplements. Also, most supplements don’t have

fiber or digestive enzymes. This is not to say don’t take supplements, because even if you are on an organic whole foods diet you are likely still not getting enough nutrition because of our depleted soil. That’s why supplements are called supplements. They supplement what your diet isn’t giving you. It’s really a balancing act. It’s still taking your supplements while doing the best you can to eat a clean diet.

Everyone is in a different place on this journey. So don’t be hard on yourself. Just start taking small steps to reach your nutrition goals. You are going to notice the supplements are going to benefit you so much more this way!

### 2. Know the ingredients, quality, and sourcing before you buy.

Not all supplements are created equal. Many brands contain chemicals, synthetics, poor-quality ingredients, fillers, unethically sourced ingredients, etc. It’s important to know what is in the supplements you are taking. It’s okay to be picky. Do your research and make sure you are buying high-quality vitamins and supplements. If you are unsure how to read the labels or research finding the best supplements, it’s a good idea to find someone who is trusted and knows their stuff.



Feel free to reach out to NHC Herbs in Killen and Herbs & More in Athens. They have excellent customer support and they are extremely knowledgeable. Feel free to ask questions and look at ingredients to make sure you are getting a high-quality supplement.

### 3. Multivitamins are not for everyone.

No two people are alike. Our bodies all have different nutritional needs. That’s why multivitamins aren’t good for just everyone. You may be already getting enough of a certain vitamin and taking that multivitamin could push you over your daily needs. This is

a two-way street. You could also be extremely deficient in a certain nutrient/vitamin and a multivitamin wouldn’t cut it. You will have to get that specific nutrient and take what you need to balance your body. So many health issues stem from deficiencies. I’ve learned that finding out exactly what your body needs and taking just that can be extremely beneficial. A good way to do this is to get some blood work done to see where your nutrient levels are. This tool can be extremely helpful to see where you are and know exactly what to take.

### 4. Not just expensive pee.

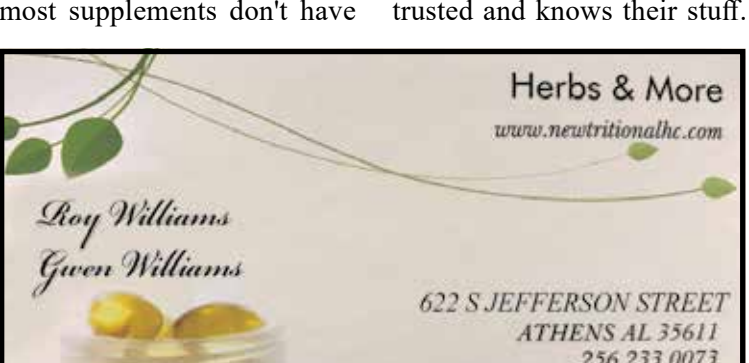
You might often hear a com-

mon theme that ‘vitamins are just expensive urine.’ I want to just go ahead and debunk this myth, because in fact, good quality vitamins and supplements are not just expensive urine. There is extensive evidence to show that vitamins provide additional support in many areas of health. Our bodies are designed to heal themselves if you give them what they need. This is why supplements are so powerful. They, along with a healthy diet/lifestyle, support a body that was designed by God to heal itself. We serve a mighty and powerful God.

At Herbs & More in Athens, NHC Herb Shop in Killen, and our parent company, NEWtritional Health Care, our goal has always been to Make America Healthy One Person At A Time. For more information go to one of our locations or call 256-757-0660 or visit our website at [www.nhcherbs.com](http://www.nhcherbs.com).

Blessings,

Dixie







Cooking with Anna (continued from page 13)

## *Whistle While You Work*

by Anna Hamilton

*live in a society of instant gratification and waiting is not the norm. As Christians, we know that patience is a virtue, but it is so hard to wait when your heart feels like it is breaking while you wait. The pain of waiting can make you want to give up, but we know that God is faithful and he always keeps his promises. God has told us that our hard work will be rewarded. He will take care of us while we wait, and He will give us exactly what we need. "But as for you, be strong and do not give up, for your work will be rewarded." 2 Chronicles 15:7*

*Most of us have seen the children's classic, Snow White. When the seven dwarfs are headed off to work, they sing the song, "Whistle While You Work." It creates a happy tune to help make the work day pass quickly and makes everyone working in a happy mood. While we wait on God, while we are in a place of service, we should strive to whistle while we work. We should keep a happy spirit and look to the future in anticipation of God's blessings.*

*This week's recipe is a hope for the summer to come. It is a yummy one-pan dish that is sure to be easy, fast, and delicious for these busy weeknights. My family loves this dish with chicken, but feel free to substitute it with ground beef or pork. Enoy!*

### *Whistle While You Work*

*Just whistle while you work.*

*And cheerfully together we can tidy up the place.*

*So, hum a merry tune*

*It won't take long when there's a song to help  
you set the pace*

*And as you sweep the room.*

*Imagine that the broom is someone that you love*

*And soon you'll find you're dancing to the tune.*

*When hearts are high the time will fly so whistle  
while you work*

*So, whistle while you work.*

Learning As A Lifestyle (continued from page 18)

## *The Gold And The Golden Rule*

by Eric Betts



without demeaning the person who made the error. Remember that there are many stories about how those in the bottom level positions eventually reached the top. Could it be that they may one day remember those who treated them so disgracefully? One of the greatest motivations in a workplace is when those who are at the top levels give the utmost respect to the ones holding the lowest paid positions.

**The fifth universal value says: "I want to be understood."**

This universal desire requires that all members extend themselves to meet people where they are. No one wants to be misinterpreted or misunderstood due to their unique personality or level of hardship. Inside most workplaces, there are differences based on life experience, culture, or geographical origin. In every case,

there are differences in thought process and personality. This value requires active listening and making an effort to learn where a person "is coming from." Sometimes a person can hear a statement from another person but not understand the meaning due to the difference in perspectives and ways of interpreting interactions. This is why personality studies and strengths evaluations are so critical.

In order to understand and not simply be understood, one must take the time to learn about a person's background and life's journey. Additionally, it requires learning something about the cultures represented in the work place. There are differences in colloquialisms and vernacular, and leaders recognize the need to educate themselves in this area. Tone of voice or facial expressions can mean one thing in one culture but another in a different culture or setting. Studying and seeking to un-

derstand cultural differences is valuable because it reflects the universal value of wanting to be understood. Those who are not a part of minority population groups carry the greatest amount of burden in this area.

Minority groups exist within a society where they have a better understanding of the dominant culture because they have a greater amount of interactions in that space. However, this can easily become a blind spot within the mainstream of society because their interactions with other groups are not as high. Also, the tendency is to unwittingly think that the ways in which they interact are the norm and that there is no need to understand anyone who lives outside of the predominant society. The question is, "Who defines normal?" There are also differences between those who were born into wealth and those grew up in poverty. In any case, everyone feels the need to be understood.

**The sixth universal desire says: "I don't want to be taken advantage of."**

Within any workplace, no one wants to be manipulated or feel used because they feel powerless to say no or set boundaries. Some people will perform whatever is asked because they feel pressure to do so when the one who is making the demand holds power. While it is true that a person has a job to do and should do what is asked, what if it constantly goes beyond what is asked? This is taking advantage, and it is especially true when someone else should actually be hired to perform those additional duties. If you feel the luxury to constantly ask favors of someone because of their subordinate position, they should feel free and confident to ask favors of the one in the higher position. Too often, this is not the case.

Another issue involves utilizing a person's energies more often because they come across as gentle, manageable,

kind, or agreeable. The person who delegates does not make the same requests of the person who is "rough around the edges," gruff, or who complains more often. If it involves an assignment where everyone should participate, it violates the Golden Rule to gravitate toward and overburden the "nice guy." You are taking advantage of them in order to avoid conflict and remain comfortable. One should not be punished because they are polite and have a cheerful disposition.

These universal desires are as old as time itself, and should be regarded as sacred in every arena. Swiss philosopher Henry Frederick Amiel says, "He who floats with a current, who does not guide himself according to higher principles, who has no ideal, no convictions -- such a man is a mere article of the world's furniture -- a thing to be moved, instead of a living and moving being -- an echo, not a voice." May the Golden Rule be your guide.



# Who Was St. Patrick?

by Mae Lewis

I've never paid much attention to St. Patrick over the years. Like the stories of King Arthur, I am convinced that the myth has become greater than the man. Nevertheless, he pops up every year around this time and has us all pinching each other.

My February article, "The Importance of Holidays," had me examining St. Patrick's Day a little more closely. Why should we care?

Almost every source concurs that St. Patrick is venerated because he brought Christianity to Ireland. He is one of Christianity's earliest missionaries, and one of the most important figures in Irish history. He was born somewhere between 340 and 370 AD and most likely died in 460 AD. We celebrate St. Patrick's Day on the day of his death, March 17th.

What I found most surprising about St. Patrick is when he lived. He was a Roman citizen at the height of the Roman Empire. Christianity had been persecuted until about 324 AD, when Constantine became the first Christian Roman Emperor and made Christianity the official religion of Rome (This is understood to be the beginning of the organized Catholic Church). St. Patrick was originally born in Britain (on the very outskirts of the Roman Empire) and his grandfather had been a priest. Patrick heard the Gospel as a young boy but was uninterested. At the age of 16, he was kidnapped by Irish pirates and brought to Ireland as a slave. He worked six years in captivity, during which time he prayed

to God to rescue him, and he converted to Christianity. Guided by a dream, he made a daring escape and was reunited with his family in Britain.

I always assumed that Patrick's foray into Ireland was much later, during the times of castles and knights, but it was much sooner. For context, the Bible was officially compiled in 397 AD, and it was translated into Latin for the first time in 405 AD!

As a Roman citizen, Patrick would have been in an alien land -- the equivalent of the darkest jungles of Africa! The people of Ireland were perfectly pagan, and virtually untouched by the Roman Empire (which only extended into Britain). Rome didn't even know that Ireland existed until 170 AD! It was populated by a warrior group of Celts and ruled by terrifying druid priests and superstition. Patrick would have become very familiar with their practices and beliefs during his youth there.

A few years after returning to Britain, Patrick had a vision that the people of Ireland were crying out to him and asking him for guidance. He then worked to be ordained into the priesthood and returned to Ireland. Upon his return, he boldly challenged the druid priests by lighting a forbidden bonfire on a sacred night on a sacred hill and declared that Christianity had come to Ireland. He worked in Ireland for the rest of his life, constantly facing imprisonment, starvation, and martyrdom. His prayers resulted in miracles, and his humility and poverty were renowned.

According to works that he wrote himself, he baptized thousands of people, including his captors. He taught them how to read, and the combination of literacy and conversions led to an enormous cultural shift, ushering in a new era. He single-handedly led Ireland out of the Dark Ages and into a period of enlightenment and economic stability that lasted for almost 400 years. According to legend, he used the 3-leafed shamrock to teach his converts about

the Trinity, passing the shamrock into the faith and cultural identity of the Irish.

So what are we to take from St. Patrick? The story of his life is one marked by forgiveness. Even under the best of circumstances, being kidnaped and taken into slavery during this era would have had many horrors. Yet, he chose to return to the land of his captivity and risk his life to bring the gospel to his captors. He was able to overcome his past and strive against

impossible odds to cause a massive cultural shift in this dark corner of the world. He did not see himself as a victim, but as a light to a lost people.

I find it fitting that St. Patrick's Day happens during Lent. As we approach Holy Week and find ourselves turning inwards on spiritual matters, let St. Patrick's Day be a reminder to forgive those who have wronged us, to want the best for them, and to work to change the narrative of our lives.





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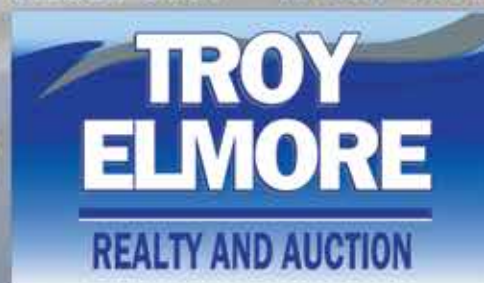
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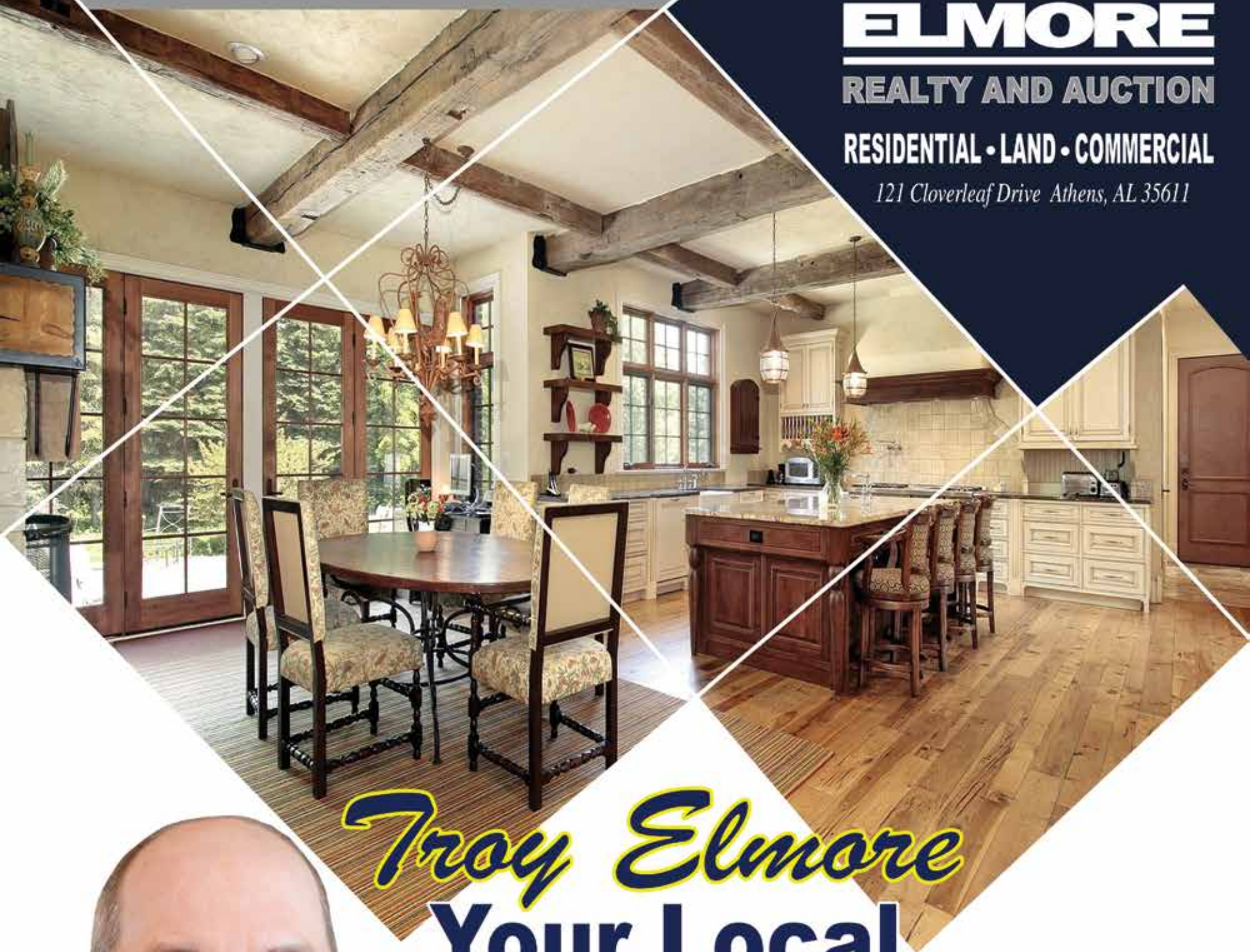


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~Suze Orman



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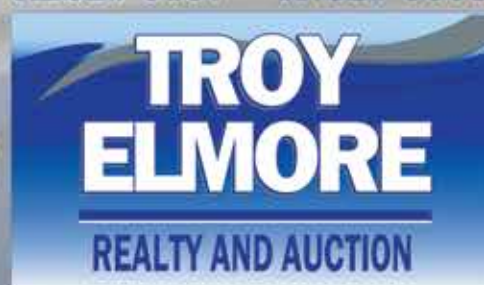
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