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Growing Businesses By Building Strong Relationships

Coming June 10-11 To Pryor Field: The 2023 North Alabama Airfest

By Ali Elizabeth Turner

Since 1941, there has been a "secret gem" in North Alabama known as Pryor Field, or more properly, the Pryor Field Regional Airport, located "behind Calhoun College" just west of Hwy 31. People

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Tom Cruise Impersonator California Maverick will be at the Airfest

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Cooking With Anna

News Flash! You Aren't Wonder Woman...

Do you feel like you get enough rest? Enough sleep? Enough time to let your body and mind become restored? I am not a betting woman, but I am willing to say that most of us will answer no to all...
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The Launch Box: A Proven Way To Build Businesses, Leaders, And Communities

By Ali Elizabeth Turner

Recently, I became aware of a sobering statistic. According to Dr. Mark Virkler, small-business startups that have a chance to go through a "business incubator" type of launch training will succeed 8 out of 10 times. Businesses that do not,

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Publisher's Point

Get On The Energy Bus!

I am just back from a wonderful conference in Phoenix put on by the Juice Plus Company, a remarkable outfit that found a way 30 years ago to put powdered plants in capsules, and whose corporate culture has been described by one observer as being as “nutrient-dense as its products.” I have been an affiliate for nearly 20 years, and when I say that going to the conferences is like a ginormous family reunion, I mean it from the bottom of my happy heart.

With COVID now being officially in our rearview mirror, the hugs we have been waiting to give each other were especially welcomed, and

the fear that we were some kind of walking pathogen was nowhere to be found. There are always outstanding keynote addresses, and this year we were treated to the humor and inspiration of best-selling author and speaker, Jon Gordon. Jon spoke on the topic of “Leading With Purpose,” which is the title of one of his books, but I am going to talk about the one that started it all: *The Energy Bus-10 Rules to Fuel Your Life, Work, and Team with Positive Energy*.

Before you cringe and contract with the pre-conceived notion that this is just a bunch of baseless rah-rah, siss-boom-bah, what Jon is able to do with humor and real-life examples is talk about the actual science of

positivity. He is hired by many professional sports teams and corporations to help bolster flagging spirits and energy, and preventing it from being depleted in the first place. And, he does it from the standpoint of emergency measures he personally had to take to keep from “losing it all.”

Once upon a time, Jon was a self-admitted sourpuss. He was whiney, “living in a penthouse in Self Pity City,” and nearly blew up his marriage. His wife came to him one day and said something to the effect of “Jon, I love you, and I can’t do this anymore. You are going to have to do something to stop being so negative about everything.” That was the wake-up call that sent him on a jour-

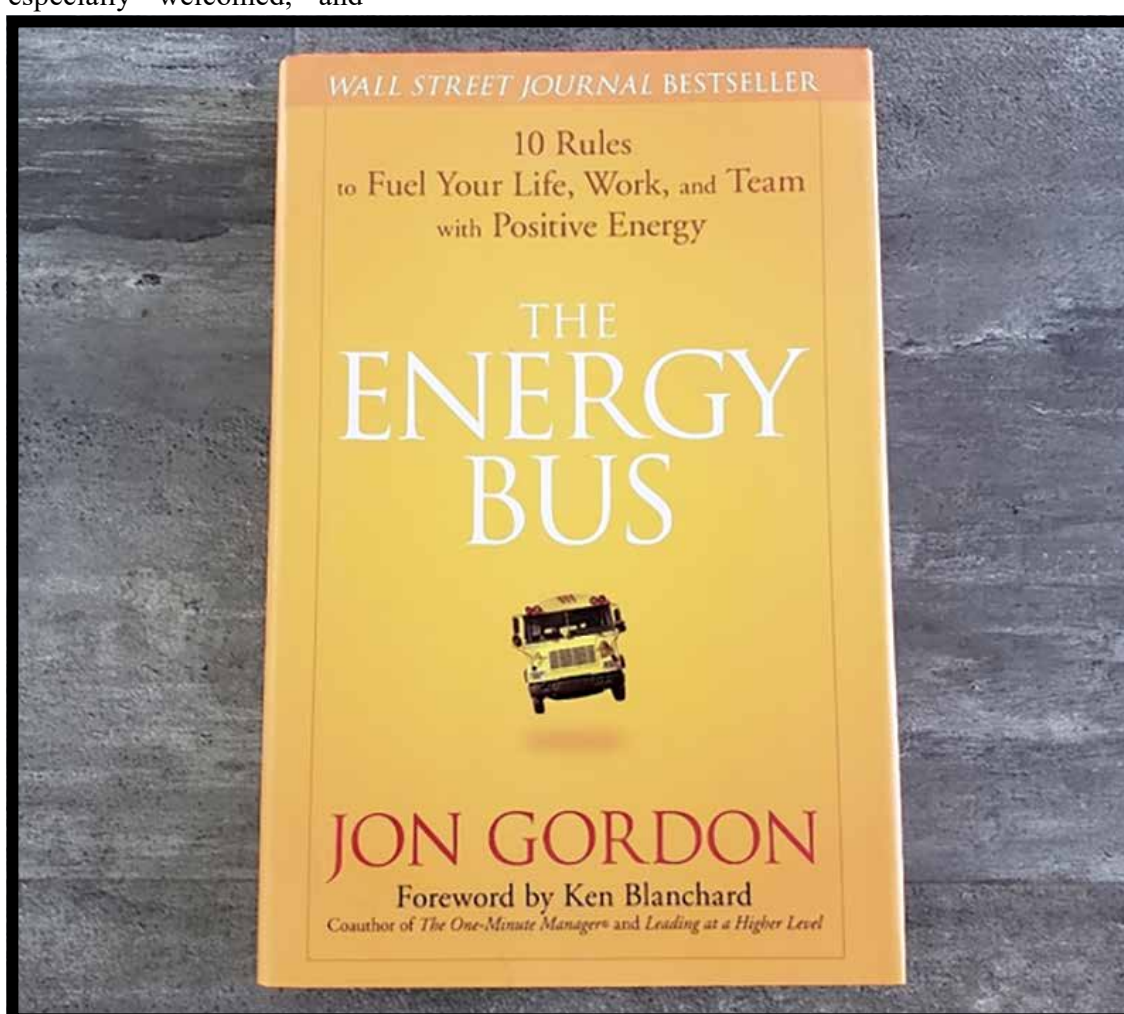
ney to not only learn how to manage his own perceptions, emotions, and resultant behavior, but Jon has gone on to help millions. He is, as they say, “the real deal.”

The Energy Bus is a fable and an easy read. It is the story of a man named George who finds that his car is dead in the driveway, and he is forced to take the bus to work while the car is in the shop. Turns out, the needed part to fix it is going to take two weeks to get in, so George is grumbling about the fact that he is going to be stuck on the bus with total strangers. Turns out, the fellow travelers have all previously been in a similar state, and the bus functions as a rolling rehab center for the recovery to the addiction to negativity. And, I might add, it is an actual addiction, proven to be physically fueled by your internal pharmacy.

George gets busted, George chooses to face down his stuff and “muck his stall,” and while the road back to being who he was always intended to be has some colossal obstacles along the way, he triumphs at work and at home. If you are a certified grump, get this book. If you are only a light-weight grump, get this book. If you are someone who tries to be positive but you are struggling, get this book. It will give you a good reason to get and stay on *The Energy Bus*.

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Beefing Up The Border: Why Now?

by Ali Elizabeth Turner



The summer before my husband and I moved to Mexico to start a school at an orphanage, 43 people were found dead in the back of a truck down in the arroyo below the facility, abandoned by the coyotes who had trafficked them. I cannot imagine what it must have been like to bake to death in a container that became an oven when you thought you were on your way to freedom, albeit illegally. When we would wait in line for hours to cross the border at various points in Juarez, if we were not going to El Paso only, there were also additional checkpoints where we were stopped and checked to see if we were transporting illegal entrants. Because we had a huge bread truck that carried Steve's mobile cabinet shop in it, that was a given; we understood, we planned for it, we didn't mind.

A little over a week ago, a man who had been the recipient of an impotent "catch-and-release" policy, was here illegally and deported four times, shot and killed his neighbors, including a nine-year-old boy because



they asked him to please stop shooting his gun so a baby could sleep. He was later found hiding under a pile of laundry in a closet. Hopefully his career of utterly disregarding life and the law is finally over.

In between the horror stories of deception and death at the border, you

have people who want to come to the States illegally for all manner of reasons, only to be siphoned into slavery. No sane person will dispute the fact that something has to be done at our virtually non-existent border. Perhaps the recent agreement struck between Mexico and the U.S. to set up centers where people can begin some semblance of applying for legal entry before they come across is a step in the right direction. It doesn't hurt that 1500 more troops have been sent essentially to send a signal on even a paltry level that perhaps we actually

mean it when we say, "You are welcome here if you mean us no harm, and you have to respect our laws if you are going to be in America." God bless our soldiers for protecting us.

The point of this piece is to clarify the fact that sending troops to the border has been done by both Democratic and Republican administrations and has been going on for decades. Starting in 2006, thousands of troops have been deployed and rotated to the border, and there was no outcry, as has been alleged by some, that we are "militarizing the

border," and "sending the wrong message." It is also to ask a simple question: "Why now?" Yes, I get it that Title 42, the COVID policy that was put in place ostensibly to curtail the spread of the coronavirus by reducing illegal entry, is being retired in a few days. It is expected that there will be a veritable run on the border, and I am glad that the border is at least on the surface being "beefed up." However, it doesn't stop me from scratching my head and wondering, "Yeah, but, why now?" And, I know I am not alone in that.

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Special Feature

The 2023 MTM Unsung Heroes Scholarship Banquet Is Just Around The Corner!

by Ali Elizabeth Turner

Twenty-three years ago, a community hero by the name of Jannifer Matthews along with her husband Gary started the MTM Unsung Heroes Scholarship Fund, and the purpose of this article is to let everyone know that this free supper and celebration is literally right around the corner. This Monday night, May 8, Friendship Church Lucas Ferry Campus is hosting the annual event beginning at 7 p.m. It is free, and open to the public.

MTM is Jan's umbrella non-profit (that is named for her kids) that serves our community in so many ways. But for the purposes of the Scholarship Banquet, there is a story that you need to know that just might inspire you to attend, celebrate, and if you feel to, donate. Long ago, Jan made a "horizontal and vertical promise" that she would get a good education, and she has. Part of that promise made was to also help and inspire her peers with whom she had gone to high school see the value of an education, even if they were now a little bit older. She is a proud graduate of East Limestone High School, and has two degrees from Calhoun Community College -- one is in education and the other is in business administration. She went on to earn a bachelor's degree in management of technology from Athens State University, and then got her MBA in entrepreneurship from Nova Southeast University in Florida.

Jan has put all of that into her career, having worked for TVA and for the past 34 years, for NASA. She is more than generous with her time and her money, and inspires others to do so as well. Recently, she was named by the Chamber of Commerce as the Community Hero of the Year for 2023, and was completely and happily shocked by the news that she had won. I can think of no one more deserving, and congratulations for that honor!

Now, back to the banquet. When I asked Jan how much MTM had been able to contribute over the years to the education of children, she said, "More than \$100K." Some scholarships have included a free ride to Freed-Hardeman, a private university in Tennessee, and most have been to Calhoun Community College. Some have been augmented by matching funds, and have spanned all manner of academic and technical disciplines.

The banquet is going to be a box dinner that has been created by a chef by the name of Kenny Turners, who is with the Escoffier School of Culinary Arts. Music is going to be provided by Megan Noel Humphrey. Kenny Anderson of 2nd Chance Radio in Huntsville will be the emcee for the evening. Speakers will be Labreesha Beatey of NASA, and professional counselor Marcy Watkins will give the "power talk." Marcy is well known in our area for her motivational ad-



dresses that specifically target mental wellness in the workplace.

Last but not least is Athens' very own mayor,

Ronnie Marks, who has worked side-by-side with Jan for years at this event. You will want to make sure to come and enjoy

the fruit of the labors of a hard-working team, hard-working students, and a city that is committed to being the very best it can be.

The banner features a blue background with the text "MAY 16TH 6:30PM" in white. Below this, "MTM UNSUNG HEROES" is written in large, bold, yellow letters. Underneath, the phrase "Trust the Process" is written in a large, black, cursive font. The background of the banner shows a group of graduates in black gowns and caps, some with their arms raised. In the foreground, there are two circular portraits: one of Jan Matthews, a woman with dark hair, and one of William R. Marks, an older man with white hair and glasses. Below the portraits, the text "Founder Jan Matthews" and "Mayor William R. Marks" is written in a cursive font. At the bottom, the event location is listed: "FRIENDSHIP UNITED METHODIST 16479 LUCAS FERRY ROAD ATHENS, AL 35611". To the right, the donation information is provided: "DONATIONS: 112 MARKET WEST ATHENS, AL 35611" and a green dollar sign icon followed by "JANMATTHEW".

Calendar of Events

1818 Farms Fresh Flower Friday May 5, 12 and 19

9am - 12pm. Your favorite Spring Blooms are ready for harvest! Our campanula, larkspur, snapdragons, delphinium, bachelor buttons, statice, scabiosa, and baptisia are blooming beautifully. We hope that you will visit us and see these farm blooms during our new "Fresh Flower Fridays." These unique flower varieties were planted in October and overwintered. Their bloom season is typically finished by the end of May. Their season is short but spectacular. Our gift shop will be open as well. It's a magical time at the farm and we hope to see you there. 1818 Farms is located at 24889 Lauderdale Street Mooresville, AL 35649

40th Annual National Travel & Tourism Week Visitor Center Open House May 7 - Sat 13

Athens-Limestone Visitors Center, 100 N Beatty St, Athens. Stop in the Athens-Limestone Visitors Center any day for our OPEN HOUSE. Meet the Staff. Pick up a new Official Athens-Limestone Visitors Guide. Lots of fun activities are being added to this event as we celebrate Tourism Week! The week will culminate on Friday night with our 1st Concert of the Summer Concert Series. Tom McClung will be Singing in the Park!

Whistle Hollow Wedding Venue Open House May 9

ATTENTION ALL 2023 and 2024 Brides! We are having an Open House from 3:45-5:45pm. If you've already booked us, this is a great time to bring your friends, family and vendors to check out your wedding venue, look through the She Shed, and get any questions answered. If you are still looking for a '23 date, we have a few available and would love to show you around! RSVP today: <https://whistlehollow.com/open-house-visits>

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

FB: www.facebook.com/YesterdaysEventCenter

Annual Relay Night Survivor Dinner May 12

5:00pm - 7:00pm. We love celebrating our survivors, so we hope you'll join us Relay Night for our annual Survivor Dinner. Dinner will be provided at 5pm. Relay Night prior to the festivities. There will be an area set up on Marion Street by the Courthouse. Each survivor can bring one guest. Please RSVP by May 5. Send an email to Cherry Hammonds at cherry.hammonds@cancer.org or call her at 256-221-3926.

Mothers Day Brunch At Joe Wheeler May 14

Come celebrate Mother's Day with us at Joe Wheeler State Park! Our Mother's Day Lunch Buffet will be 11am - 2:30pm. MENU: Steamship Round of Beef, Ham, Teriyaki Chicken, Green Beans, Creamed Potatoes, Broccoli Casserole, Buttered Corn, Macaroni & Cheese, Fried Okra, Steamed Mixed Vegetables, An Array of Salads, Dessert Table, Dinner Roll. Price: Adults: \$21 | Children 10 & under: \$10.95 (Drink & Dessert Included)

Household Hazardous Waste Collection May 20

8am to 12 Noon. Limestone County residents may bring household hazardous waste items, fluorescent tube lights, television sets (no other electronics), and medications in pill form to the Athens Middle School parking lot (next to the stadium) for proper disposal free of charge. Proof of residency may be required. Volunteers will unload your vehicles for you. For questions, please call KALB at 256-233-8000 or email KALBCares@gmail.com.

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

Special Feature

Boys & Girls Club's Night At The Derby And More

by Ali Elizabeth Turner

On the evening of April 21, I joined many others at the Alabama Veterans Museum for the inaugural "Night at the Derby" fundraiser benefiting the Boys & Girls Club of North Alabama - Athens. Co-chairs Shannon Elliott and Jennifer Bridges did an excellent job planning and executing the event. The Kentucky Derby theme added an element of excitement and beauty to the night as people arrived dressed for the gala in their "Derby duds," which included the gorgeous women's hats that are associated with the race day.

Fundraising dinners and events for the Club have been done every year (but not since 2019 due to COVID), and this year's "Derby" theme made for a fantastic, fun social event. In the past, they have had a sport's speaker, but this year the Derby theme was chosen. It was such a hit, that they plan on making this an annual event...so

get those fancy hats ready!

The event venue was breathtakingly decorated with beautiful floral arrangements by Athens Florist. The delicious food was prepared and served by Wildwood Deli. And no Derby event is complete without Kentucky bourbon and signature drinks. Limestone Legends Billiards did an excellent job manning the bars. There was musical entertainment as well as games and the ever-popular silent auction. The event was a huge success and garnered much need funds for the club.

There are eight Boys & Girls Clubs in N. AL which operate autonomously and are responsible for their own finances. Like every institution, the Club needs funding to operate and provide the many services they offer. There is a weekly fee per child for after-school, school breaks, and summer as well as grants available, however, donations from

individuals and businesses are always needed to cover operational expenses.

On my visit to the Club, I was very impressed with how much it had grown from when I had volunteered there many years ago. I spoke with Griff Redmill, president of the Club's advisory board, about exactly what the Club has to offer. He told me about the wide range of fun and age-appropriate programs that are available, such as sports and recreation, tutoring and educational activities, and meals and snacks are provided. There is a Drum Circle every Monday, led by the Athens Art League, where participants play different drums to create unique sounds. There are numerous activities related to the STEM program, which stands for science, technology, engineering, and math. Griff said that there are currently 130 kids in the Club.

The unit director for the Athens Club is Jarrett Collier. When I was there, he was quite busy with the young ones. It is evident how much he cares about the youth. I asked him why the Boys and Girls Club is so important in today's world. He said, "It is their mission to prepare young people to be responsible, productive, and caring citizens. They need to be nurtured and have a sense of belonging." Their focus is always on helping youth academically and socially, which some may not get elsewhere. Boys-to-Men and Smart Girls are grooming and etiquette classes.



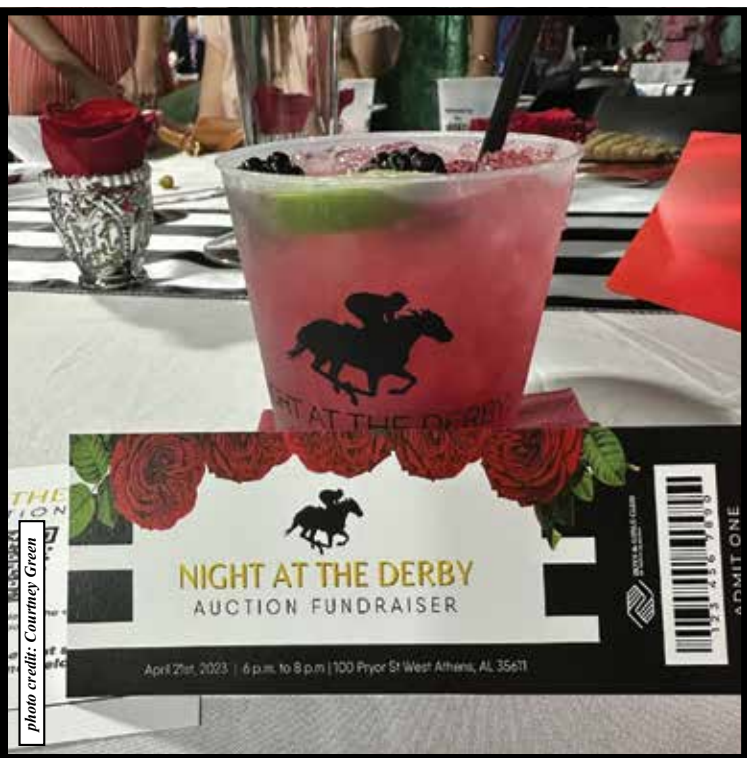
These programs, along with others, help to instill a sense of purpose and self-esteem that are so important for a successful future.

The teenagers at the Club are assisted in planning their future beyond high school whether it be college, trade school, or military. Something that impressed me was that once the participants graduate and leave the Club, the staff maintains contact with them and continues to encourage them. Many of the Club's alumni return to speak to the young people and volunteer where needed. The Club is truly a caring and loving environment.

Having raised my four boys and taught high

school, I know how important mental health is, especially in the formative years of childhood and the angst-ridden teen years. I asked Jarrett if there were counselors or mental health personnel who worked with the youth. He said that at the current time there are none but that they were looking to begin training in that area in the near future.

Please support the Boys & Girls Club through donations or by volunteering. Although the school year is winding down, tutors are urgently needed for the next school year. No college degree is necessary. Just a caring heart, patience, and the desire to invest in our nation's future through helping the youth of today.



What Makes Ronnie Roll

Easy Street - A Rich And Diverse Part Of Athens History

by Ali Elizabeth Turner



The mayor and I started off our Monday with a discussion regarding the fact that possibly the weird winter, full of cold waves and heat waves, has done a number on many crape myrtles. “There are dead trees all over town, and we are having to replace them,” said Mayor Ronnie. He then added, “There are even evergreen trees that have died,” and I added, “And that takes some doing.” “It was a strange winter,” he said, and I think we can all agree that was the case.

We moved on to the discussion of Jan Matthews

having been selected by the Limestone County Chamber of Commerce as the Community Hero of 2023. I told the mayor how much I was looking forward to the Unsung Heroes Banquet coming up on Monday the 8th. He has been a strong supporter of MTM, Unsung Heroes, and Jan for years, and we celebrated her accomplishments and contributions to our community.

Another bit of good news is that Swan Creek Park is going to be renovated and renamed. It has long been a dream of Mayor Ronnie to

have an accessible park that can be used by everyone. It has been decided that it is going to be called Make A Way Park. “We are going to be doing repairs and covering the tennis court so that people can also play pickle ball,” he said.

The discussion moved on to a lost-but-recently-found piece of Athens history that centered around an area known as Easy Street. Easy Street was a series of shops that were built between 1920 and 1932 in what was then known as “the colored district,”

and they ran north and south near the railroad tracks between Hobbs and Market Streets. There was a café known as Bell Café, a barbershop, a veterinarian’s office, another barber shop, and another café. The vets’ office was frequented by blacks and whites alike.

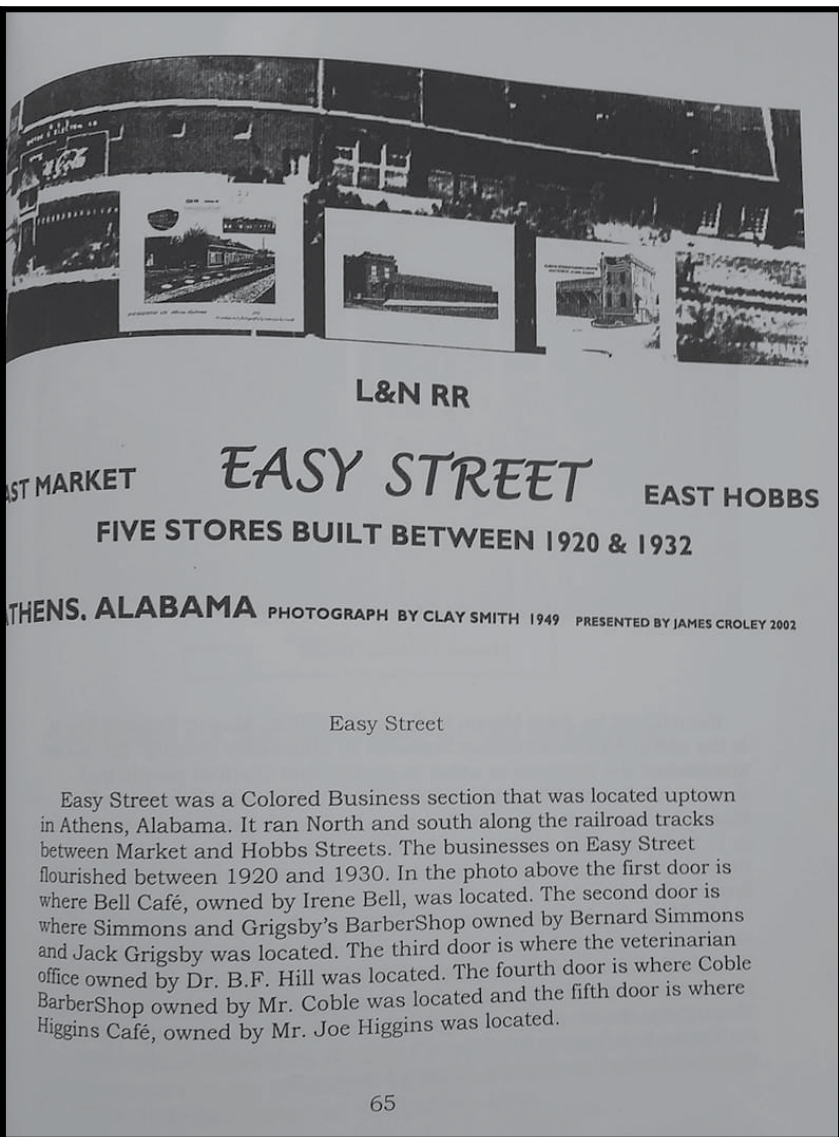
In honor of Easy Street, there is a plan to have an Easy Street Art Trail that will start at the Veterans Museum, go down along the railroad tracks where the shops were, and end up in Athens. “The plan is in the early stages,” said the mayor, “and we are going to honor that part of our history and maintain



it.” One of the things that has to be done is see if there are any old photos or records that are from that era. “You wouldn’t believe how things can end up in other cities,” said the mayor. City of Athens attorney Shane Black is hot on the trail, and, as the mayor said with a smile, “He loves stuff like that.” At the end of

the day, the Easy Street Art Trail is going to serve to make our community stronger because we are choosing to preserve our history that is, as the mayor said, “rich and diverse.”

We talked about kids, sermons, baseball, and more. Then we prayed, and once again it was time for Ronnie to roll.




Easy Street

Easy Street was a Colored Business section that was located uptown in Athens, Alabama. It ran North and south along the railroad tracks between Market and Hobbs Streets. The businesses on Easy Street flourished between 1920 and 1930. In the photo above the first door is where Bell Café, owned by Irene Bell, was located. The second door is where Simmons and Grigsby’s BarberShop owned by Bernard Simmons and Jack Grigsby was located. The third door is where the veterinarian office owned by Dr. B.F. Hill was located. The fourth door is where Coble BarberShop owned by Mr. Coble was located and the fifth door is where Higgins Café, owned by Mr. Joe Higgins was located.




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The PRICE Act Got Punk'd

by Phil Williams



Beginning with the early days of television in 1948, the catchphrase, “Smile! You’re on Candid Camera!” became a part of pop culture. An entire genre of prime-time viewing sprang out of that one show with spin-offs, reboots, syndications, and international copycats around the globe. Some have said that Candid Camera, with host Allen Funt, was the original reality show.

Amazingly detailed practical jokes can take some time to develop. Planning, staging, and orchestrating a scenario that leads the hapless victim down a primrose path of emotion and incredulity takes time and planning. Candid Camera turned the practical joke into an art form.

Multiple versions of the gag-oriented hidden camera franchise have appeared on U.S. television for over seven decades with the latest iteration being the celebrity focused show Punk’d.

For those that don’t track the latest trends in modern vernacular “punked” simply means that someone has been the butt of a well-played, and often public, practical joke. Punking someone can be done in fun, with smiles all around.

But punking can also be hurtful. Punking can be spiteful. Punking can be insensitive and even bullying. Candid Camera and its spin-offs have faced lawsuits on mul-

iple occasions for everything from bodily injuries, emotional distress, invasion of privacy, and more as a result of punking gone too far.

And let’s face it. Sometimes the “punker” just has little regard for the “punkee.” That is exactly what happened in a recent series of events in the Alabama State Senate.

Recent polling indicates an overwhelming majority of Alabamians support the concept of expanded school choice. Across the nation, Republican majorities have expanded school choice for their state residents. Just in 2023 alone, Indiana, Arkansas, Arizona, Florida, Iowa, Utah, and West Virginia have all passed legislation that provides families the ability for universal school choice by allowing parents to have the final say as to what educational environment best fits their child’s needs.

A review of Alabama’s budgets indicates the coffers are full with the largest education budgets in state history. Despite being flush with cash, Alabama remains at the bottom of the heap in education quality and outcomes. This is a gross injustice to our children, especially given that a number of states spend less per child than Alabama and yet rank higher overall – proof positive that money is not the issue, but rather how we spend that money.

Enter the PRICE Act

and State Senator Donnie Chesteen (R – Geneva), Chairman of the Senate Education Policy Committee and the biggest political punking of 2023.

The Parents Rights in Children’s Education Act (PRICE Act) is a landmark school choice bill on par with those passed in other states. Sponsored by Senator Larry Stutts (R – Tusculum) and other Republicans, the PRICE Act would establish that Alabama believes that funds for education are first and foremost for the education of a child, and less for funding the government system we know as public schools.

Nowhere in the nation has such legislation ever dismantled public education. In fact, it is often found that the free-market principle of competition drives the public school system to improvement. But the teacher’s union and Alabama’s “educrats” fear change, and they certainly fear any loss of power. Follow the money and you will also find that a large swath of Republican legislators have been taking campaign donations from the teachers’ union despite the longstanding prohibition on doing so by the state Republican Party.

And so, with complete disregard, the great PRICE Act punk was orchestrated.

Despite his initial request for assignment to the education budget commit-

tee, Senator Stutts was reportedly assured that Senator Chesteen’s Education Policy Committee was the best assignment. Populism runs strong with this bill; so when it was announced that a public hearing would be held, a large crowd of supporters took time from work to travel to Alabama’s Statehouse to participate in the moment, and support this highly sought and very conservative legislation.

Speakers for and against the bill were given the opportunity to speak with one of the leading proponents being Terry Lathan, the immediate past Chair of the Alabama Republican party. At every supportive speech, the crowd applauded loudly. The energy in the room certainly favored a vote for favorable report to move school choice to the floor of the Senate. And that’s when it happened.

Without so much as a word of consideration, or a sidebar with his colleague, Chairman Chesteen inexplicably announced that the bill would now be recommitted without a vote to the Clerk of the Senate for referral to the education budget committee which had originally been sought. The room was stunned. The bill sponsor was caught off-guard and called it a stalling tactic. This is not the usual way of things. The PRICE Act had been punked.

At this point the bill still has not been recommit-

ted, and the legislative clock is ticking.

In eight years of service in the State Senate, I saw some hoo-doo and backroom finagling. The punking of the PRICE Act ranks as one of the most disrespectful and misleading incidents against the general public, and certainly of fellow caucus members who have held press conferences, done their research, and worked their bill ably.

Punking the public is bad form. Punking a colleague is unprofessional. Punking the PRICE Act is bad for Alabama’s children.

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




Slinkard On Success

Turn Up The Heat In Your Life

by D. A. Slinkard

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



It is that time of year when the temperature outside is constantly changing from starting out cool to turning warm to dipping back down into the cooler temperatures. I am thankful for my thermostat which I am able to adjust throughout the day to provide comfort to my family and me. I am reminded of when I was a kid and how my dad had an outside thermometer; he would keep records of the temperature on the calendar. He did this for his own personal record, especially when it came to his farming. This got me to thinking about life in general, and then I started comparing the thermometer to the thermostat, and then compared this to people in general.

Have you ever thought about whether the people in your life are either thermometers or thermostats? Take the thermometer for instance.

A thermometer is a tool that tells you whether something is hot or cold. Other than performing this task, the thermometer really is not good for anything else. A lot of people are like this because they go about living their life like a thermometer — not good for much of anything. Then you have the thermostat. Oh, how I love the thermostat! In your home, if you are hot or cold, you must use the thermostat to adjust your heating and cooling system.

The thermostat has the ability to increase or decrease the temperature. The thermostat has the ability to heat up or freeze out a person. The thermostat is a driving force for action to occur. If your home is too hot, just touch the thermostat and before long you have adjustments coming to your living condition. There are people in your life that are a lot like the thermostat. These people

are the leaders in society, the movers and the shakers if you will.

The problem in our society is that too many people want to be like the thermometer and do as little as possible. We have this mindset of people who want to do exactly what their job description is, nothing more, nothing less; but then they expect to be greatly rewarded for simply doing their job. We have created this mindset because for too long, we have been telling people that they are winners by rewarding them just for showing up and participating; this has trickled over into their adult lives. We live in a society in which people feel like they are owed something just because they showed up.

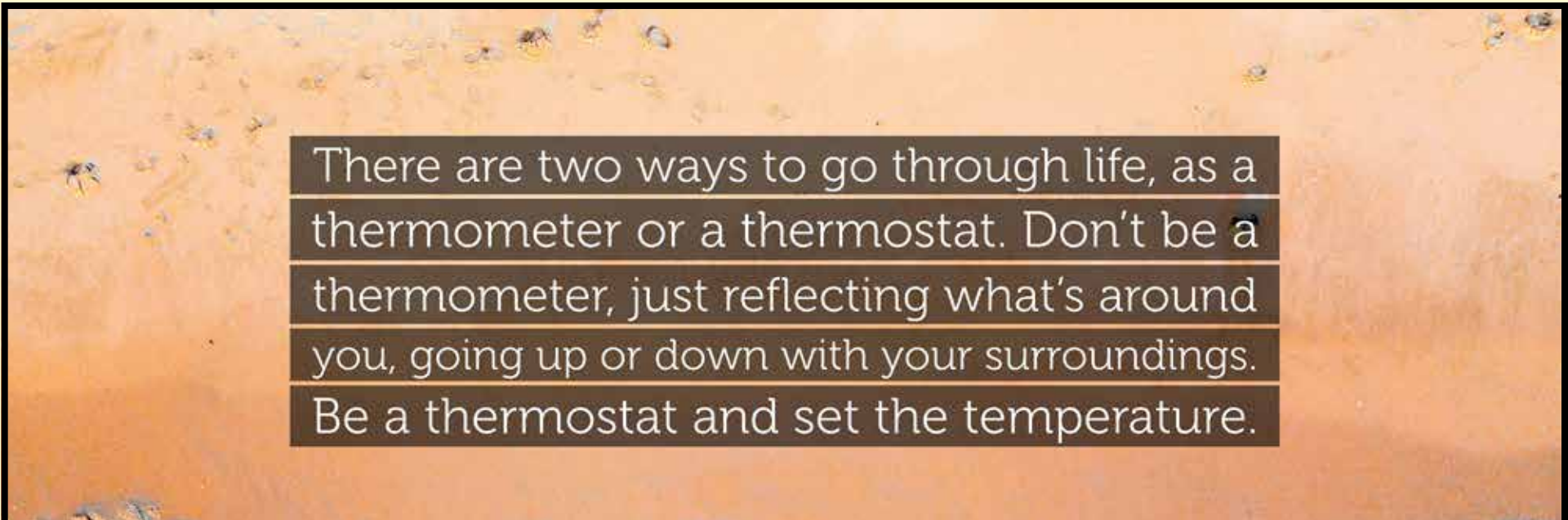
What do we do? How do we get more people to play the role of the thermostat and less people to be the thermometer? It starts in our homes.

Parents have the responsibility and obligation to teach their kids how to be leaders and stop depending on others to raise their kids. I have worked in retail, and I have seen a lot of interactions between parents and their kids, and it is astonishing what some parents allow from their kids.

The next step is to eliminate all participation trophies. Just get rid of the idea completely. “It will never work,” some people say. How did we survive long ago before we started giving out trophies for coming in 27th place? Not everything is deserving of a trophy, and we need to stop rewarding every little thing. This has placed us in a situation where a thermometer looks good because you get a pretty ribbon. If we make changes in the home and do away with meaningless trophies, we will see a change in our society.

You will find more thermostats turning up the heat on thermometers.

We need to be aggressive when it comes to how we are training future leaders. In fact, I believe we need to be more aggressive when it comes to our own lives. We need to understand that we hold the keys to our success and to our failures. We need to stop being okay with mediocrity and raise our level of expectations. We have become a society that is okay with just getting by, just doing enough to get by. We need to focus on turning that temperature up and taking control of our lives. The only way to do this is to become the thermostat and leave behind the thought process of being a mere thermometer. Why be a tool to tell if something is hot or cold when you can be the tool that actually determines the temperature of success in your life?



There are two ways to go through life, as a thermometer or a thermostat. Don't be a thermometer, just reflecting what's around you, going up or down with your surroundings. Be a thermostat and set the temperature.



Clean, Green And Beautiful

Household Hazardous Waste Collection May 20

Free For All Limestone County Residents

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

Several years ago, a mother cat and her four kittens were seriously harmed here in Athens by chemicals poured into a storm drain. The mother and three of the kittens were rescued, one was never found, and one of the rescued kittens died because the burns to his little body were too severe. This story made headlines and became a trending news story. It took this tragedy to cause enough public interest to bring a household hazardous waste collection back to Limestone County after many years of having no method of proper disposal.

On Saturday, May 20, residents of Limestone County are invited to bring household hazardous waste materials to the Athens Middle



Wynk before



Wynk now

School parking lot (between the stadium and old high school), from 8 a.m. to noon. Proof of residency may be required. We at KALB are very grateful to the Limestone County Commission for their help in making this event possible. This event is free of charge; however, donations

to KALB will be gladly accepted.

What Is Household Hazardous Waste (HHW)?

HHW items present either an environmental hazard, a safety hazard, or both. Even chemicals that seem like they aren't dangerous could react with other chemicals inside a garbage truck or the landfill and cause fires, explosions, or other issues.

According to the Environmental Protection Agency (EPA) products that can catch fire, react, or explode under certain circumstances, or that are corrosive or toxic, are considered household hazardous waste. These products require special care when disposing of them and should never be placed in your household trash.

How Are HHWs Harmful?

Putting HHW into your trash can, spilling it in a ditch, or burning it does not make it go away. Just because you can't see it anymore does not mean it is not causing harm to air, soil, or water quality. Having a household hazardous waste collection once per

year may not be the ideal, but it is an opportunity for everyone who cares to handle their dangerous materials properly. Please take advantage of it.

What Can I Do With A Television?

This year, televisions will be accepted for proper disposal. This is the ONLY electronic device that will be accepted. Due to the fact that it is nearly impossible to properly dispose of or recycle televisions, we have made the decision to accept them this year to help people rid their homes of these unwanted devices.

Will Medications Be Accepted?

Although most medications can be safely disposed of at the Athens Police Department from 8 a.m. to 4:30 p.m. Monday-Friday at no cost, we will also accept them at this year's event.

How Will The Collection Work?

KALB will have volunteers on site to unload your materials. You won't even have to exit your vehicle. Please be sure not to mix any of your products and, if leaking, make sure you place each leaking container in two trash bags to keep chemicals contained. We look forward to serving you and encourage everyone to take advantage of this opportunity to rid your homes, garages, sheds, and basements of these hazardous items.

If you have a question about something you'd like to bring to the collection, please call KALB at 256-233-8000. We will get an answer for you.

MATERIALS ACCEPTED

- **Paint and related products such as oil or water-based paints, mineral spirits, turpentine and thinners, furniture strippers, paint removers, stains, aerosols.**
- **Automotive fluids such as transmission fluid, brake fluid, anti-freeze.**
- **Household cleaners such as oven cleaners, toilet cleaners, disinfectants, drain cleaners, rug and upholstery cleaners, floor and furniture polishes, ammonia or bleach-based products.**
- **Television sets will be accepted this year. No other types of electronics will be accepted.**
 - **Fluorescent tube lights (cannot be broken)**
- **Medications must be in pill form – no liquids or ointments. Pet meds also accepted.**

MATERIALS NOT ACCEPTED

- **Explosives**
- **Radioactive waste**
- **Biological waste**
- **Electronics, except televisions**
- **Liquid or ointment medications**



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Cooking with Anna

News Flash! You Aren't Wonder Woman

by Anna Hamilton

Do you feel like you get enough rest? Enough sleep? Enough time to let your body and mind become restored? I am not a betting woman, but I am willing to say that most of us will answer no to all three of these questions. I know that I do not get enough rest. I can count on my fingers the number of times I can remember as an adult sleeping throughout the entire night. I simply do not rest well.

My parents said that even as a newborn baby, I did not sleep. I would take tiny cat naps and then be awake for hours. I am the oldest of four children and am amazed they decided to have more children after my epic ability to stay awake, which in turn

meant they had to stay awake.

Most nights, my husband and I are in bed by 10 p.m. Do we go to sleep then? No! We talk about our day, play on our cell phones, take medication (yes, we are at that age), and play with our dog. After we do our nightly Bible study, we both finally lay down around 11. Within 5 minutes of his head hitting the pillow, my husband is in sweet slumber. Me, oh no, I am replaying the day in my head or a day that happened 15 years ago, and what I would do differently today in that situation.

I feel like I am not alone in this situation. I know I have talked to others that do this exact same thing. Why are we so unable to rest? Why are we

continued on page 23

Cucumber Pasta Salad

Ingredients:

- 3 cups dry bowtie pasta*
- 1 English cucumber*
- 1 cup grape tomatoes, halved*
- ½ cup red onion, diced*
- ½ cup mayo*
- 1 Tbsp lemon juice*
- 1-2 Tbsp fresh minced dill*
- Salt and pepper to taste*

Directions:

Boil the pasta according to package instructions. Drain and rinse under cold water. Set aside to cool while you chop your vegetables and make the dressing.

Chop cucumbers, tomatoes, and red onion into bite sized pieces.

In a small mixing bowl, combine mayo, lemon juice, dill, salt, and pepper. Mix well.


Combine cooled pasta with chopped vegetables and dressing. Mix well. Top with additional fresh dill and fresh cracked pepper if desired. Cool in refrigerator until ready to serve.



News From The Tourism Office

Athens-Limestone Tourism To Celebrate 40th Annual National Travel & Tourism Week May 7-13, 2023

by Tina Morrison, Tourism Athens



Established in 1983, National Travel and Tourism Week (NTTW) is an annual tradition to celebrate the U.S. travel community and travel's essential role in stimulating economic growth, cultivating vibrant communities, creating quality job opportunities, inspiring new businesses, and elevating the quality of life for Americans every day. Athens-Limestone County Tourism Association will be inviting our Tourism partners with the Alabama Welcome Center, who are temporarily operating from Athens while the Ardmore Welcome Center is being rebuilt, to celebrate with us. The Ardmore Welcome Center staff invites you to attend their Tourism Day Celebration the following week on Wednesday, May 17. Stop in to their interim location at 108 Cloverleaf Drive from 10 a.m. - 3 p.m. for coupons and special promotions.

On April 24 at the Athens City Council Meeting, Mayor Ronnie Marks presented Athens-Limestone County Tourism with a proclamation declaring May 7-13 Tourism Week in Limestone County. This year, we're moving forward by spotlighting travel's essential role in cultivating diverse communi-

ties and uniting millions of Americans in a fundamental connection—travel. Athens-Limestone County Tourism Association will be inviting our Tourism partners with the Alabama Welcome Center, who are temporarily operating from Athens while the Ardmore Welcome Center is being rebuilt, to celebrate with us. The Ardmore Welcome Center staff invites you to attend their Tourism Day Celebration the following week on Wednesday, May 17. Stop in to their interim location at 108 Cloverleaf Drive from 10 a.m. - 3 p.m. for coupons and special promotions.

In conjunction with the National #TravelForward theme, Athens-Limestone Tourism Association's Tourism Week will kick off May 8-10 with Tourism staff, board, and partners "on



Pictured left to right: Carolyn Williams, Juli Rogers, Chairman Wayne Kuykendall, Tourism President Teresa Todd, Tina Morrison, Mayor Ronnie Marks, Diane Siani, and Chamber of Commerce President Pammie Jimmar. Photo credit: Holly Hollman

the move" through town. With the help of our favorite local cowboy Stan Smith and Wild Hearts Cowboy Carriage Rides, we will be riding around in a horse-drawn carriage promoting tourism and handing out free gifts! Last week at the North Alabama Tourism quarterly meeting, Tina Morrison won \$500 in the 2-Minute Pitching for Promotion Dollars, and

we are using this funding to market Tourism Week!

There will also be an Open House all week and visitors and residents are encouraged to stop by the Athens-Limestone Visitors Center anytime M-F between 8 a.m. - 4:30 p.m. to pick up a new *Official Visitors Guide*, a 2023 Events rack card, or our new, colorful Scavenger Hunt

game for Big Spring Memorial Park. Athens-Limestone's Tourism Week celebrations conclude on Friday, May 12 with a concert -- Singing in the Park featuring crowd favorite Tomcat & Bark the Dawg. The concert is sponsored by Hughes Properties II and Michael Howell State Farm. Come early for dinner and face painting by Let's Face It. The Food Court opens at 6 p.m. with good home cooking by Ramona J's, Hot Dogs by the Optimist Club, and premium coffee drinks by Park & Perk. Bring your chairs or blanket. Free music from 7-8:30 p.m. Plenty of parking is available across Hobbs St. at Athens State University, Bank Independent on Market & Beaty, or downtown. For more information, please contact Tina Morrison Tina@VisitAthensAL.com or (256) 232-5411 or check out our website www.VisitAthensAL.com.

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#TRAVELFORWARD

NTTW
NATIONAL TRAVEL & TOURISM WEEK
MAY 7-13, 2023

VISITATHENSAL.COM

ATHENS LIMESTONE COUNTY TOURISM ASSOCIATION

Coming June 10-11 To Pryor Field: *The 2023 North Alabama Airfest*



by Ali Elizabeth Turner

continued from page 1

who have lived here all their lives have no idea that this airport has such a rich history as it pertains to everything from training pilots during WWII, to being the place where the Buc-ee's and Mike Huckabee's planes landed, to being among the top 25 busiest air freight facilities in the entire nation. But Airport Manager Adam Fox plans on changing all that in June by bringing the 2023 North Alabama Airfest to Pryor Flight Center, (also known as KDCU by its airport code) on the weekend of June 10 and 11.

Adam grew up in the Dothan area, and as the family legend goes, "pitched a fit" at the age of seven about wanting the chance to go up in a plane with his dad, who flew all over the world for his job. Adam was granted his request, sat on his dad's lap in a Cessna 172, and "flew" the plane. Years later, he would find out that the plane was on auto-pilot the whole time, but it didn't matter. From that point on Adam was bitten by the aviation bug, and has made all things aviation his life's work. He got his degree in aviation management from Auburn University, which has one

of the best schools of aviation in America. He served in the Alabama Air National Guard, deployed to Afghanistan, and has been the manager of El Reno Airport in Oklahoma. While at El Reno, Adam and his crew put on two other air shows, and both were highly successful.

Adam's excitement about the Airfest is contagious, and his desire is to give people a chance to discover just what it means to have an airport that is what he calls the Gateway to the Tennessee Valley/North Alabama run deep. "The air show is for folks to have an opportunity to get up close to the aviation industry, to an airfield, or maybe an actual aircraft for the first time. They will be able to actually "get in." You can even purchase a ride in a Huey helicopter from the Viet Nam era," he said.

Of course, there will be all kinds of planes, both new and old, doing all kinds of amazing things up in the sky. There will be demonstrations of high-speed quick maneuvers, performances by the Army Silver Wings Parachute team, an aerial comedy act, and even the opportunity to purchase a ride in a Lamborghini. "When I announced that California Maverick (a Tom Cruise Top Gun impersonator) is going to be here, joined by Ice Man,

we immediately sold 1,000 tickets," said Adam. Tickets, by the way, cost a more-than-reasonable ten dollars, and can be purchased at flydcu.com/airfest. Kids five and under are free.

In addition to planes, there will be a kid zone that has bouncy houses, along with a number of food trucks. What I found intriguing is that the Airfest is also open to having vendors of all kinds come and display their wares. Their products and services do not have to be related to the aviation industry. Having a booth starts at \$150, and when you consider that it is not at all unreasonable to forecast 5,000 to 10,000 people coming, that is a bargain. Adam told me that when they did the air shows at El Reno, people came from seven states to specifically attend. The Airfest is also seeking sponsors, and will be managed by David Schultz Airshows.

Besides the fact that having such a grand opportunity to enjoy a family day together, what Adam wants the people of our area to understand is that Pryor Field is wonderfully positioned to be a part of the economic boom we are experiencing here. "More than 12,000 visitors were here last year, and we brought in \$16.8 million in revenue,"



Pryor Field's Airport Manager Adam Fox fueling up before a flight

he said. Adam also loves to educate kids about flying, the aviation industry, and career opportunities. "We had over 150 kids come through last year, most of whom had no idea that there are a number of high-paying aviation industry jobs that go beyond being pilots," he said. Adam told the story of a young woman who wanted to be a veterinarian, and then realized that she could also be a pilot who transports shelter pets from our area to places up north where there is an actual shortage of pets. Nurses, medical personnel,

accountants, educators, there isn't an area or discipline around that is not somehow connected to the aviation industry.

Whether you are trying to figure out your career path, are retired and are considering learning how to fly, or looking for a wonderful chance to see what skilled pilots can do to thrill those who attend the show, you need to make sure you get to Pryor Field on the weekend of June 10 and 11 from 9 a.m.-4 p.m. and enjoy our gem of a regional airport. See you there!





MARK YOUR CALENDARS: JUNE 10-11 ✈️ 9AM-4PM

Pryor Field Airport Authority is excited to announce the first-ever North Alabama Airfest! Bring your chairs and join us for two days of fun & aviation!

- Watch fly-by demonstrations, airshow performances, & comedy stunts.
- Catch a ride in a UHT Huey Helicopter.
- Grab lunch with local food trucks.
- Enjoy bouncy houses & more in our kid zone.
- Additional experiences & merchandise available for purchase.



TICKETS: \$10.00 FOR AGES SIX AND OLDER, AGES FIVE AND UNDER ARE FREE!

To buy tickets or to become one of our sponsors, scan the QR code or visit flydcu.com/airfest.



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The Launch Box: A Proven Way To Build Businesses, Leaders, And Communities

by Ali Elizabeth Turner

continued from page 1

will fail 8 out of 10 times. Thankfully, in Athens, we have an abundant set of resources and training opportunities designed to “beat the odds” known as the LaunchBox. It is located at 121 S. Marion Street in Athens, which is also the site of the Center for Lifelong Learning that was started in 2012 as ASU’s Continuing Education Center. The LaunchBox “launched” in the fall of 2022, right in the middle of a time of economic uncertainty caused by the pandemic, and during our current economic challenges, the “Box” has never been more important or needed. The purpose of this article is to get the word out as to the services and planned events from which entrepreneurs can benefit, and thus strengthen our community.

Below you will find descriptions of information and upcoming events taken from the LaunchBox website, which can be found at www.athenslaunchbox.com:

Operated by Athens State University, the LaunchBox was established to develop a local, innovative “ecosystem” through collaboration, educational programming, and community engagement. The project is supported with funding from Athens State University, Appalachian Regional Commission, and the U.S. Department of Agriculture. The LaunchBox provides an imaginative environment for residents and professionals to explore their big ideas and connect with similar minded individuals.

Start Up Limestone Virtual Incubator

May 18, 2023



Audience: Early Entrepreneurs or aspiring entrepreneurs

10-week session

When: Thursday afternoons 5 p.m. – 8 p.m.

Session 1: Knowing Yourself

Session 2: Knowing Your Customers

Session 3: Finding the Right Solution

Session 4: Getting the Relationship Right

Session 5: Building Blocks

Session 6: Structures & Systems

Session 7: Discovering the Bottom Line

Session 8: Financial Modeling

Session 9: Planning For Growth

Session 10: Celebration – Graduation

Leadership Development Training For Business Owners

May 19, 2023

Leadership Development Training for Business Owners

Audience/Participants – Business Owners

10-week session

- Introduction to Leadership
- Financial Management and Business Acumen
- Human Resource Management
- Diversity and Inclusion
- Effective Communication and Influencing Skills

- Marketing and Customer Relationship Management
- Introduction to Business Sales
- And more!

Ignite Your Business Training

Many budding entrepreneurs understand the effort necessary to create a business, but they might not be familiar with the many steps required to launch a business venture. If you’re willing to put in the effort to build a business, you’re going to want to know the steps needed to reach your goals. Tasks like naming the business and creating a logo are obvious, but what about the less-heralded, equally important steps? Whether it’s determining your business structure and accounting system, getting your business license, or crafting a detailed marketing strategy, the workload can quickly pile up. Rather than spinning your wheels and



guessing at where to start, join us for an in-depth workshop with local subject matter experts to transform your business from a lightbulb above your head to a real entity.

• Marketing Strategy – May 9 from 11:30 a.m. to 12:30 p.m.

Engage In Entrepreneurship

This event is also referred to as a “lunch and learn” and is free. However, you do need to provide your own lunch! I am planning on attending this one because even though I have been in business a while, I am painfully aware of the areas in which I need to grow, and am looking forward to face those challenges.

Begin building your idea. By attending our Engage in Entrepreneurship Workshops, you’ll not only clarify your vision but grow your network of like-minded people, find support and resources to start or grow your business, and

discover the importance of communicating your business effectively. Whether you are just starting or already established, this workshop works through our business model canvas and provides you the assistance and resources you need to be successful at any stage of the business life cycle.

• May 23 from 11:30 a.m. - 1 p.m.

I have a deep desire to better serve my community both as a citizen as well as an entrepreneur, and the longer I am “after it,” the more I realize that doing business honorably and well serves to make me and my city stronger. I also feel that it is my responsibility to “pay it forward” by “training it forward.” I live in America where I am free to succeed, and I am free to fail. I’d rather succeed, and I know that the LaunchBox can help anyone who will take the opportunity to learn. As business, thought, and leadership expert John Maxwell says so well, “A leader is one who knows the way, goes the way, and shows the way.” Let the LaunchBox help you do just that.



A lively "speed dating" approach to business networking facilitated by the Chamber's Pammie Jimmar held at the LaunchBox

Mandela's Courageous Leadership

by Eric Betts

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



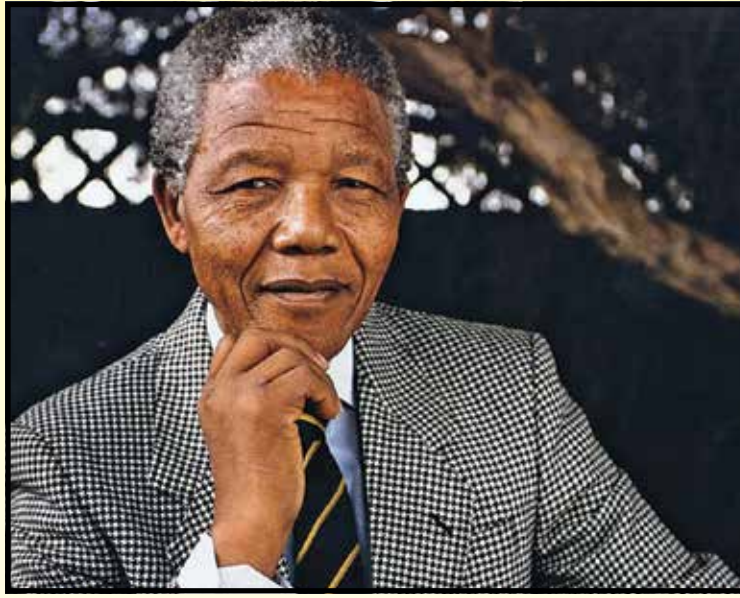
This past week, April 26-29, marked the 29-year anniversary of the first “one-man one-vote” 1994 election in South Africa which made Nelson Mandela its president. Nelson Mandela, the great South African freedom fighter, spent years on the run from the apartheid authorities and 20 years as a political prisoner on Robben Island off the coast of Cape Town.

Mandela began his formative years as an adoptive son of an African king who was also his kin. His perseverance, leadership, and political skill, combined with what he learned in the royal household, helped bring down the walls of apartheid in his homeland. In his autobiography, *Long Walk to Freedom*, Mandela draws upon first-hand accounts of regional council meetings led by his adoptive father. Mandela observed the proceedings and recognized that the most important attribute of a leader is the capacity to patiently hear all competing perceptions, opinions, and visions without allowing one’s emotions to dominate due to criticism. Because of this frame of reference, Mandela carried this learning experience with him as he was confronted with various competing opinions and agendas during the struggle for freedom. He also used this reference point in his life to lead a multiracial society into a new era after the fall of apartheid.

Toward the end of Mandela’s prison sentence, while living in isolation in a halfway house, he felt compelled to meet secretly with the leaders within the South African government. Neither those within the housing compound where black political prisoners were

being held, nor the various factions outside of prison were willing to talk to the political leaders within the apartheid regime. The apartheid regime in South Africa was cruel, oppressive, murderous, and racially dehumanizing, and to communicate with its leaders would be tantamount to betrayal in the eyes of most freedom fighters. The apartheid regime, according to Mandela, did not want to talk to those in the freedom struggle because it would appear as if they were giving in to the political unrest. Mandela believed there was hope despite the stalemate and hostility between the apartheid regime and those in the freedom struggle. Since it was considered unacceptable to be seen communicating with the apartheid regime, Mandela chose to approach them in secret through letters. After the secret communications, Mandela was able to break ground with the apartheid leaders; they secretly met together. They already knew that the regime would not endure due to political pressures internationally and rising sympathies around the world for the freedom struggle. Their greatest fear was that the white minority would be subject to the same treatment that the regime had inflicted on the majority. This communication helped to assuage such fears and to set the terms for their discussions.

What we learn from Mandela’s model for conflict resolution is that to deal with conflict constructively, you must have the ability to speak directly to the person with whom you are having a problem. Without this level of direct communication, the stalemate might have continued much longer. Mandela noticed that direct com-



munication humanizes those with competing interests in the eyes of both parties. When communication is lacking or absent between opposing parties, it is easy to vilify, label, and demonize. Direct communication helps alleviate such misinterpretation and misperception. Mandela, while in prison, found signs of hope when he observed the smallest acts of normal human interactions by the prison authorities toward him. The Rev. Martin Luther King Jr observed the same when he said the following: “We must recognize that the wrong we’ve suffered doesn’t entirely represent the other person’s identity. We need to acknowledge that our opponent, like each one of us, possesses both bad and good qualities. We must choose to find the good and focus on it.”

This is the view that Mandela held as he approached the government leadership. He recognized that the time was right for direct communication. Mandela decided to be the bigger person and to take the lead through private communications. This would be the way to work around the concerns about perceptions of weakness and betrayal. He

said someone from “our side needed to take the first step, and my new isolation [within the housing compound on the mainland] gave me both the freedom to do so and the assurance, at least for a while, of the confidentiality of my efforts.” It was after the success of the confidential discussions that public negotiations began, and finally, President de Klerk decided to sign the Record of Understanding at an official summit. This set the foundation for all the subsequent negotiations.

Mandela listened to the fears and concerns of the regime figures which opened the door for them to listen to the concerns of those who were being oppressed. They found that retribution was not the goal of Mandela’s African National Congress, but they simply wanted freedom as human beings on Earth and no longer treated as inferiors. Once the terms of the elections were agreed upon, Mandela ran for president under the slogan, Building a Better Future for All. Mandela reassured white audiences that they would not be deported or ostracized but treated as citizens with equal rights. Mandela, while assur-

ing voters that he favored a multiracial democracy, did not mince words in condemning the horrors of apartheid. Both Mandela and de Klerk would later be jointly awarded the Nobel Peace Prize for their peace negotiations.

Some questioned how Mandela could receive an award together with one whose policies caused so much pain. Mandela responded by telling the story about how he managed to balance criticizing de Klerk in the negotiations and appreciating his indispensable contributions toward peace. Mandela explained that at the minimum, de Klerk had the courage to confess that a horrible evil had been committed in South Africa through apartheid and decided to focus on this positive aspect of his humanity. So many in the regime would not be willing to acknowledge this. He also stated that it would not have been strategically wise to weaken de Klerk or undermine him in the process because it would have the effect of also weakening the negotiation process which was in the interest of all. Mandela stated, that “to make peace with an enemy, one must work with that enemy, and that enemy becomes a partner.” Despite hard disagreements and even accusations, Mandela maintained the channel of communication among the parties. The traits of being an active listener, the ability to empathize with the fears of those with competing interests, respecting the humanity of those who are in opposition to one’s values, while not compromising one’s honesty, values, and convictions is greatly needed in our times. Mandela’s faith in humanity and commitment to truth stand as a model for all.

The Case Of The Fallen Sparrow

by Jerry R. Barksdale

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



Hobey (not real name) didn't look like a country clubber nor a deacon in the Baptist Church, because he wasn't. Far from it. He liked whiskey – good or bad - loved to listen to Hank Williams, and was well respected at the local pool hall. To borrow from Roger Miller's song, Hobey was a man of means by no means. He appeared at my office unannounced with a "case" as he called it. I sized him up from across my desk. Of average size and in his late 50s, his faded complexion reminded me of a pair of overalls that had been washed too many times. He looked me straight in the eye. I liked that.

"I'll just tell ya right off the bat," he said, "I'm a drinking man with the longest drinking rap sheet in Limestone County." I liked his honesty, too.

I always sized up a potential client like a juror would. Did I like him? Was he believable? Did I want to help him? Over many years of trying cases, I had learned one immutable law: Jurors won't lift a finger to help a litigant unless they know something about him and like him. I listened in silence as Hobey told his story.

It was a hot summer morning in Athens when Hobey departed

his small rental house in North Athens and walked downtown to the pool hall. He had lost his driver's license years earlier. After shooting a few games of pool, he purchased a bottle of "bootleg" whiskey and walked back home. Athens was "dry" at the time, and I knew jurors wouldn't approve of his drinking. His modest house was located next door to an in-law. She didn't approve of Hobey and didn't approve of drinking. He raised the window in his bedroom to catch a breeze, placed a stack of Hank Williams records on the turn table, and killed the bottle of whiskey. He lay down on the bed and let the alcohol work its magic while he listened to Hank whine about cheating hearts and lost highways. Hank's lyrics wafted out the raised window as Hobey dozed off. Not only did his in-law dislike drinking, she didn't like Hank either. She called the sheriff's office. "Hobey's drunk again and playing loud music."

Shortly, a county brown skidded up. Two deputies emerged and, without a warrant and without knocking, they entered Hobey's castle where they found him peacefully asleep on his bed. They grabbed Hobey and began pulling him from the bed. Hobey, being suddenly and violently awak-

ened from his alcohol fog and not knowing who was attacking him, began flailing at his attackers. Then one of the deputies beat the crap out of him. He was cuffed and thrown in the back seat of the squad car and hauled off to jail. "I'm hurting bad," he said. They ignored him. After all, he was just another drunk. He was placed in a cell. "I'm hurting," he said. Finally, he was transported to E.R. with fractured ribs.

"Why do you think a jury will help you?" I asked him.

He leaned close to my desk. "Them damn Japanese didn't treat me that bad," he said, referring to his WWII service. And that was the crux of his case. A man's house is his castle and the king's men have no right to enter without a warrant. Our ancestors fought a revolution to secure that right. A citizen can get drunk and listen to Hank all day long in his own house if he chooses. "Hobey, you just found yourself a lawyer," I said.

I filed suit in Federal Court against Limestone County, the sheriff, and the two deputies. After the defense lawyer had milked all the money he could out of the insurance company, they offered to settle.

I didn't think a jury would approve of

Hobey's lifestyle, but neither would they approve of the king's men barging into a citizen's castle without a warrant and dragging him from bed. Not in America! Justice is blind. She knows no distinction between a fallen sparrow and a soaring eagle, a deacon or a pool player. She knows only justice.

The case was settled. I received a nice fee, and Hobey got enough money to keep him in good whiskey and Hank records for a long time. Later, I was sitting at my desk with my back to the bay window that looks out to South Marion Street. I heard "beep – beep." I turned around and there was Hobey astride a brand new shiny, red bicycle. It was loaded - basket in front, horn and tassel handle bar. Hobey was smiling like a kid. After telling him it was against the law to ride on the sidewalk, he pedaled off. That's the last time I saw him until several years later when I was Athens City Prosecutor. I didn't recognize him. He was charged with pub-

lic drunkenness. "I'll plead guilty," he said, "but I don't want to attend 'drunk school.'"

"It's mandatory," I said. "The city makes a fat fee, and the defendant must attend classes."

We approached the bench. "Your honor, Hobey admits he was drunk, but says he 'don't want to attend drunk school' and pay a fee."

"Why is that?" asked the judge.

"Your honor, I'm a drunk. Always have been and will be till the day I die. Attending drunk school and paying a fee won't change that."

"He's telling the truth Judge," I said. "I know Hobey."

Hobey didn't attend drunk school and I never saw him again. I heard that he died several years ago. No streets are names after Hobey, and he was never voted Man of the Year; but he had an honesty about him that not all of us are blessed with.

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Service Dogs Need A Break Too!

by Joel Allen



Hello, folks! Years ago, I attended a nice Baptist church on Nick Davis Road. Zues was always with me each time I went. Every member of the church would greet us as we came in, and Zues was the attention getter every time. If no one saw Zues, it was like he wasn't there because he was so quiet. We would sing and clap during worship service, and Zues would still remain quiet. We even went to a big church worship event in Nashville, TN, and Zues received a lot of attention there. I met a man who said he was legally blind

and only saw shadows of light around everyone's silhouettes. He surprised me when he looked at Zues and stated he had an unusual light of beauty around him. So, that's how it was with Zues. Even in public when he was working, he kept it professional.

One day, the pastor of the Nick Davis Church came by to visit me at my house. Zues, being off duty so to speak, went out the front door with me, looking all serious with his shoulders squared, chest pumped out, jaw set, ears forward, and eyes locked. He approached the ve-

hicle and barked at the pastor as he pulled up. Looking surprised, the pastor asked me if that was Zues because he never saw Zues act this way. I laughed and stated that it was and explained that this was Zues's home and he was letting the pastor know this was his place, LOL. The look on his face was priceless, and he never viewed Zues the same after that. It made me feel proud that Zues was regarded for his professionalism when he was in public. If anyone knows what a "military bearing" is, that was Zues.

Every service dog I've

had or trained knows that when we are out in public and they are wearing their vests, they are working. They are not allowed to act like a normal dog. They are not allowed to eat while in their vest (for which I am guilty of allowing only a few times and under certain circumstances). I do not encourage my SDs to use the bathroom while in their vests; I will remove their vest if they have to go. It is required of them to do as they are trained and to always maintain a certain appearance of calm in public.

That being said, a service dog needs to be a dog too. Those of us who use a service dog need to provide our SDs with neutral or safe areas where they can unwind and relax from their duties. It is not good that an SD work 24 hours a day, and yes, sometimes certain dogs will want to always work. So it is up to us to teach them that they can relax at certain times and places.

Some things I would suggest is letting them run loose when taking their service vests off. Use common sense though, and respect any leash laws there may be if in public areas. Take them on a regular walk, give them "lubbins" (rubbings and lovings), play fetch, or let them go on "sniffaris" (sounds like safaris but with the added word "sniff"). Some of us have more than one SD, and that is great because we can give time

off to one while the other works.

All in all, I want everyone to understand that SDs are dogs too. They deserve a break, and we should never keep working them because they can get burned out, in my opinion. Ever met an over-trained dog? The ones I have met refuse to train after that, and keep in mind SDs are always training when they are working.

Today I have Houston, Zoey, and Felix as my SDs. Houston prefers to go all the time, and most of the time I take him. I use Zoey to give Houston a break, and my Felix is still training and learning about proper etiquette in public. That's my setup for myself, and I suggest the same for everyone, if possible, because the ADA Law states that one is allowed to have up to three SDs.

So in saying all this folks, remember to give your SD a break. Let them be a dog, and have fun with them. It will build your relationship into a better bond, and that is needed when they are working. Until next month stay safe.

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

Joel Allen
256-651-2211



Mental Health Minute

Handling Other People's Negative Emotions Part 2

by Lisa Philippart,
Licensed Professional Counselor



"People inspire you or they drain you. Pick them wisely."

- Hans F. Hasen

In my previous article, we discussed three ways of handling other people's negative emotions: Treating emotions as a puzzle rather than a problem, trying some reverse empathy, and being a mirror, not a mechanic. I have two more suggestions of ways to manage others' bad moods.

One of the hardest things about other people's bad moods is the emotions they stir up in us. For example, your spouse is sad and melancholy, so you get frustrated. Or your boss is stressed and overbearing, so you get anxious too. The trouble is that once you are deep in the spiral of your own difficult emotions, it's hard to have enough mental and emotional bandwidth to navigate both your own mood and that of someone else. This is why we often end up reacting to people's moods in a way that isn't helpful to them, us, or the relationship. The solution is to get better at noticing and managing our own emotional responses early so they don't balloon out of control. And the best way to do that is through a process called emotional validation.

Emotional validation simply means acknowledging our own emotions and reminding ourselves that they're okay and reasonable, even if uncomfortable. For example, suppose your partner has been upset

all evening about an incident at work. While you've been able to tolerate it for the past couple of hours, you feel yourself getting annoyed with them. Rather than acting on this annoyance and saying something unhelpful, or becoming judgmental of yourself for feeling annoyed, you could validate your own annoyance. You could pause, acknowledge your feelings, remind yourself that it's okay to feel that way, and then ask yourself what the most helpful way to move forward might be.

And finally, another pitfall I see others make when trying to deal with people's bad moods is to overextend their responsibility to that person to include how they feel. We can only be responsible for things that we can control. And because we

can't control emotions directly, we aren't responsible for them...either our own or those of other people. However, we are responsible for our actions, for how we choose to think and behave. When we assume responsibility for things beyond our control, we set ourselves up for unnecessary frustration, disappointment, and resentment. On the other hand, when we are clear about what we actually can control and therefore have responsibility for, we are able to deploy our efforts and resources as effectively as possible. So much unnecessary struggle, conflict, and wasted energy comes from a fundamental misunderstanding about what's really under our control. It's amazing how much genuinely helpful energy gets freed up when you remove the burden of excess re-

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sponsibility from yourself. When you stop expecting to be able to make someone feel better, you can start taking real steps to connect with that person in a heartfelt way and be genuinely supportive.

Bad moods and painful emotions are hard to handle, both in ourselves and in the people around us. While it's not possible to fix another person's emotional struggles, there are a handful of practical skills you can learn to help you be

effectively sympathetic and reassuring. Even if you fail to help the other person, skills like emotional validation and reflective listening will help you stay calm instead of reactive in the face of other people's bad moods.

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





The Alternative Approach

Herbs & More... Why More?

by Roy Williams

After 30 years of being in business in Athens, many people ask, "What does the "More" stand for in your store's name?" As most people that shop with us know, Herb & More specializes in many brands of supplements ranging all the way from NOW, Nature's Way and Solaray to some really exciting newcomers like Positive Power Nutrition, Life Extension, and HuMineral.

Of course, Herbs & More carries the complete line of what I believe to be the most advanced supplements ever marketed called NEWtritional Health Care (NHC). Over the last 25 years, NHC has formulated products to support specific systems of the human body. Each system, such as the joints, has to have specific support nutrients to heal and rebuild cartilage and connective tissue. So, we developed Ultra Joint Health with all the nutrients that feed the joints of your body. We have done the same thing for all the systems from the circulatory system, called Heart to Sugar Shocker to support your body's ability to balance blood sugar.

If you understand the importance of nutritional support, you will find that our line of supplements has changed thousands of people's lives. We know it is true because so many people bring us their medical reports before and after taking the supplements with noticeable results verified by their doctor. Add to that the testimonials of people reporting less pain, more energy, improved circulation, using fewer diabetic meds, to many reports of coming off their medications completely.

But that is not all we do. Herbs & More wants to help as many people as is possible with all their physical needs ranging from pain and inflammation, balance, circulation, neuropathy, muscle soreness to improved range of motion. To help in many areas of physical health, we also have therapeutic devices that are showing real promise and proven benefits.

One of the latest items that is helping with healing, pain, bone density, circulation and skin repair is the iTera Care frequency wand. Use it on the area of the body

that is in need of healing such as skin rashes, inflammation and pain, to muscle tightness. Blow the warm air directly on the area and in just a few minutes the results are impressive. We will be glad to demonstrate the wand in the store free, and if you like it, you can purchase one and take it home. The improvements are noticeable and fast in many cases. The future of healing is in frequencies.

When it comes to grounding the human body, reducing stress, pain and inflammation, reducing the severity of pain associated with migraines, and even lowering blood pressure, just eight minutes on the Bemer-Mat can make all the difference. So simple to use. Just come in, and we will show you how it works and demonstrate it. Remember, it only takes eight minutes and all you do is lay on it and relax. There is no pain associated with the Bemer-Mat, and it is safe with any medications.

Another great addition to our arsenal of health enhancing tools is the Whole-Body Vibration Platform. Just stand on the platform for ten minutes and get the same results as a 50-minute aerobic workout, without the stress or sweating of doing it in the gym. Many use it to burn calories and to lose weight. Others use it to improve balance and coordination, strengthen muscles, and build bone.



One of the most impressive things people use it for is neuropathy or improved circulation. Overall, the Whole-Body Vibration Platform is one of the easiest and most effective health enhancing devices we have ever added.

Because we live in a polluted world, Herbs & More also offers the Foot Detox. It has an amazing profile proving that it can do more in less time than almost any other system to remove heavy metals, yeast, chemicals, and poisons without pain and discomfort. Just schedule an appointment and we will handle everything else. It is so easy to sit back and rest with your feet in the warm water and watch as the toxins leave.

And last but definitely not least is the infrared sauna. Many stud-

ies have looked at using infrared saunas for the treatment of long-lasting health problems and found some proof that saunas may improve health. The studies provided benefits for many conditions including high blood pressure, heart failure, dementia and Alzheimer's disease, headache, type II diabetes, and arthritis.

As you can now understand, the More in Herbs & More is a part of our name for many reasons. Not only can we lead you toward the nutrients you need, we can use many tools to enhance your recovery and improve your overall health. Come by or call and remember, we never charge for our time. Free introduction for people interested in these items.

*Your friend in health,
Roy P. Williams*

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www.newtritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

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Cooking with Anna (continued from page 13)

News Flash! You Aren't Wonder Woman

by Anna Hamilton

in a constant state of stress? Could it be that we aren't giving all of our anxieties and burdens to the Lord? I believe, at least in my case, this to be true. I have a major problem in asking others for help. I don't want to burden anyone else with something I feel I should be able to handle by myself. Well, reality check, I am not wonder woman! I never have been. I need to retire my wonder woman whip and shield. Just lay them down and rest. That whip and shield can get really heavy when you aren't resting.

According to Integris Health, "Rest is vital for better mental health, increased concentration and memory, a healthier immune system, reduced stress, improved mood and even a better metabolism." We all know these things to be true. I don't know anyone that would say they don't want better mental health or a better metabolism. We know the science behind why rest is so important. Yet, we continue to ignore our bodies when they are screaming for us to rest.

The Bible continually tells us to rest. God himself rested after the creation of the world. The New Testament speaks many times on Jesus resting. One of my favorite passages on rest occurs in 1 Kings 19. Elijah had just killed all of the prophets of Baal and he knew that Jezebel would

be coming after him. He was afraid; he ran for his life. He was having a mental breakdown. In verse 4 he prayed, "I have had enough, Lord. Take my life; I am no better than my ancestors." He laid down and fell asleep. The Lord sent an angel to Elijah to feed him. After he had a snack, he lay back down and rested more before he went on his journey to continue his work for the Lord.

We, just like Elijah, can all benefit from a snack and a good nap. I cannot tell you the best way to actually get good, meaningful rest. I am working on figuring out what rest looks like for me. I do know that I can find rest in the Lord and am learning to lean hard into that fact. I encourage each of you to seek rest. Learn what helps you renew your mind, body, and spirit. And if any of you have tips on getting better rest, please share them with the class! I promise you, we will all appreciate it.

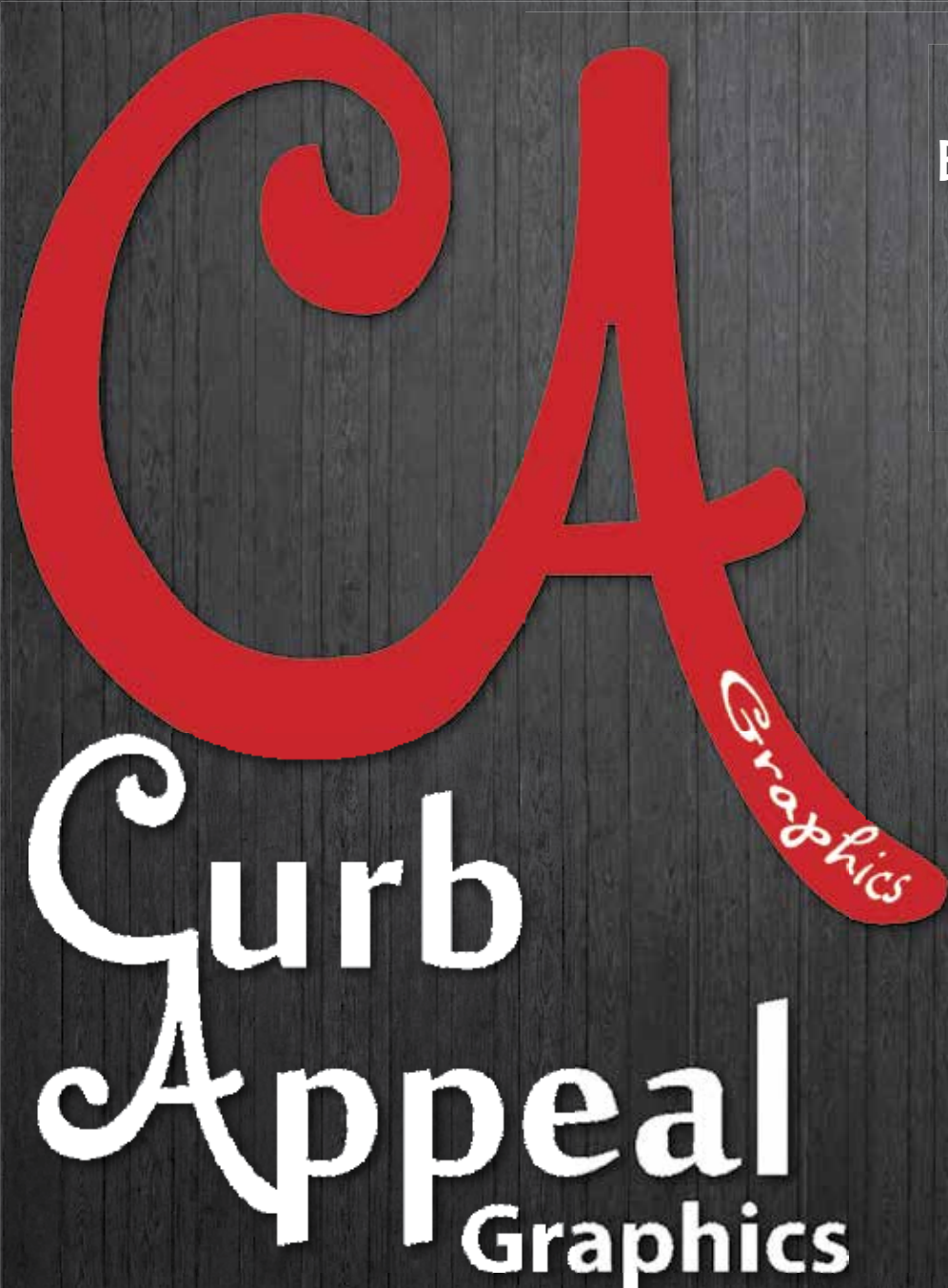
This week's recipe is a summer classic -- delicious and refreshing pasta salad. Soon, school will be out, picnics will be in full force, and you will be happy to have this recipe. As always, feel free to adjust the ingredients to best fit your family's tastebuds. I hope you enjoy it as much as my family does.

"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." Proverbs 3:24



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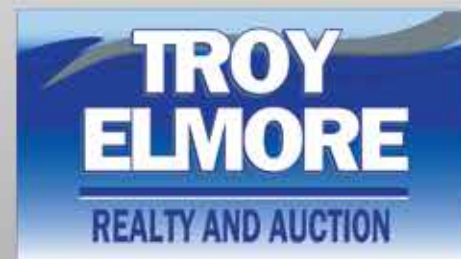
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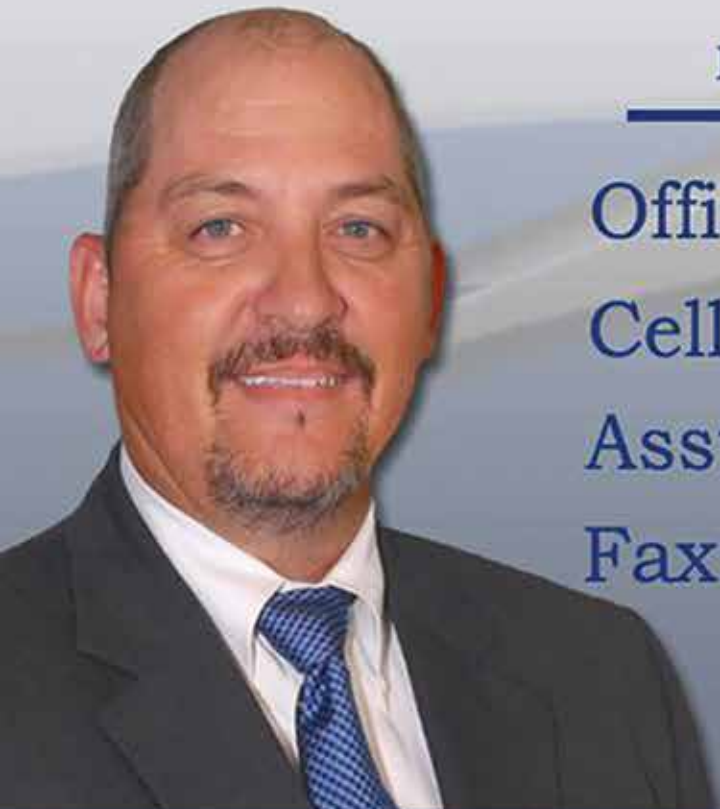
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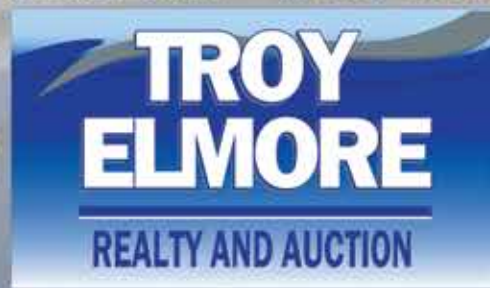
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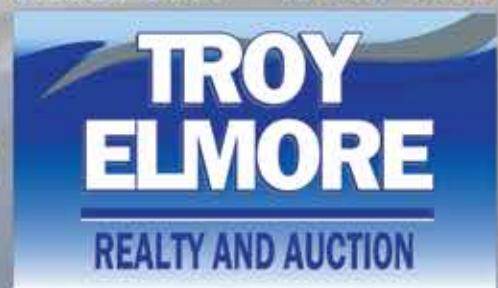
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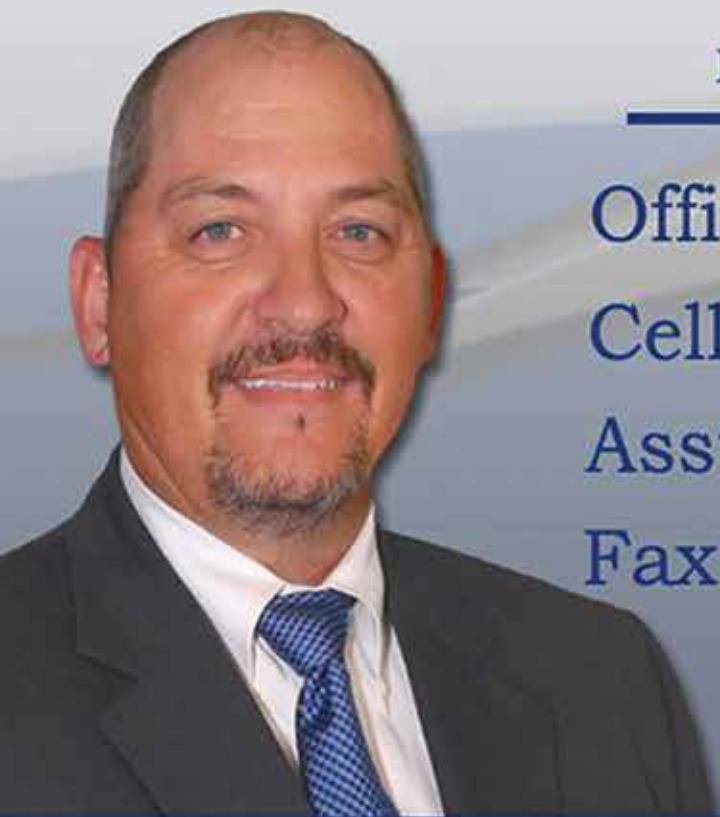
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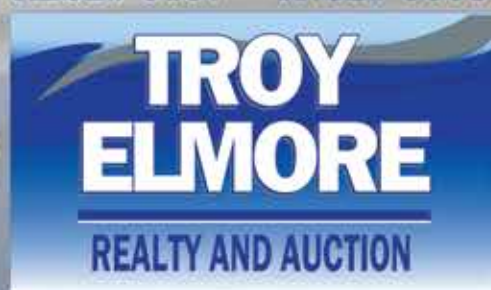
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