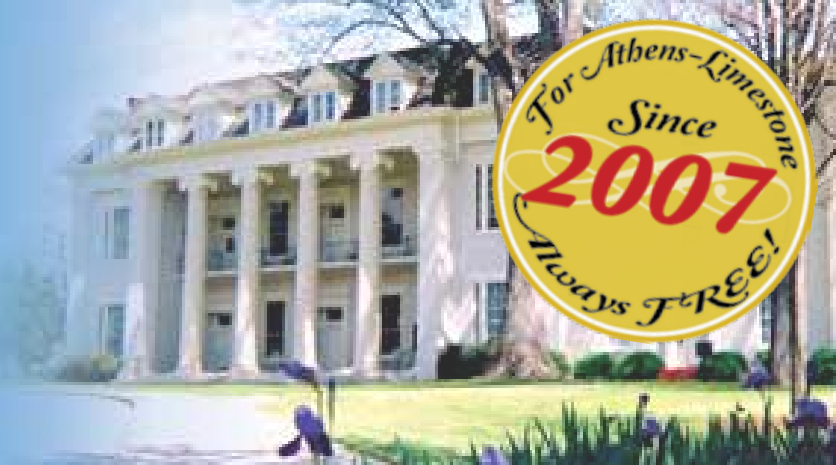


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See Our Listings Inside this edition...
Pages 25 - 32

Special Feature



Addiction Eviction 4.0: Help, Hope And Healing...
On June 4, from 10 a.m.-5 p.m., Athens-Limestone County is going to have a chance to come together once again at Swan Creek Park for...
Page 5

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Give Limestone County A Fresh Start: Elect Chris Carter As The New Sheriff

By Ali Elizabeth Turner

Chris Carter will tell you that when he began his law enforcement career at the Limestone County Correctional Facility in 1995. He was 21 years old and weighed 130 lbs. Essentially, he was locked up like the other inmates, except he got to go

Continued on page 15



Special Feature

The BNI Big Breakfast: Serious Fun, Serious Business...

On Friday, May 13, an intrepid band of togad-clad business people hailing from Athens, AL, braved their way through the morning commute to ...
Page 7



Cooking With Anna



Love Keeps No Records of Wrongs...
Pulling apart each section of the chapter of love, 1 Corinthians 13, has made me aware of how to love others and myself the way God intended...
Page 13



Kristie Andrews, (l) and Donna McCown, (r) aka The Sassy Sisters

Last Word Vinyl Creations And Sassy Sisters Boutique: Where What You Imagine, They Can Do

By Ali Elizabeth Turner

Recently, I had the great joy of attending the Chamber of Commerce ribbon-cutting ceremony for Last Word Vinyl

Continued on page 17

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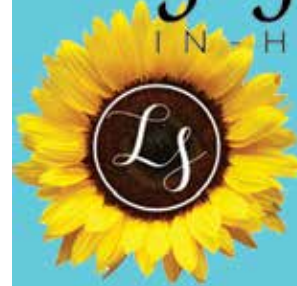
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Contents

Publisher's Point 3
All Things Soldier 4
Special Feature 5
Calendar Of Events 6
Special Feature 7
What Makes Ronnie Roll 8
From The Vets' Museum 10
Slinkard on Success 11
Clean Green And Beautiful 12
Cooking With Anna 13
Special Feature 14
Cover Stories 15 & 17
Lifelong Learning 18
View From The Bridge 19
Horse Whispering 20
Mental Health Minute 21
Alternative Approach 22
Special Feature 23
Special Feature 24



Publisher's Point

A Particularly Pleasant Primary Season?



In 2010, when I first started working for *Athens Now*, it was an election year and my “baptism of fire” included writing political articles for various candidates. I made it very clear to any and all contenders that I did not do “hit pieces,” that I would let them tell me their story and let the folks decide. Most of the time I have noticed that in Athens-Limestone County, as well as most of the Alabama Legislature races, people have been largely positive in their approach and judicious with their criticism of their opponents. The majority of the candidates I have interviewed seemed like good people, had decent ideas for change, and the debate would often be over just how much government should be involved in picking up the tab for the quality of our lives. I am sure that there will be readers who want to swallow their teeth over such a statement, but that’s my story, and I’m stickin’ to it.

I have found over the years that virtually every local candidate has prayed about their decision to run, and that is one of my favorite things even though only one can get the slot. Invariably they realize that “win, lose or draw,” if they let the rigors of the political season work for them, they will grow personally and emerge as better citizens and leaders

irrespective of whether or not they got “the job.”

Now, contrast such accolades with something on the national level that arrived at our house recently. A certain candidate had super-imposed the hair styles of Moe and Curly of the Three Stooges on the heads of the opponents, and I felt like I was back in junior high. It’s a campaign style I have never gotten used to, and I suppose it works for some, but I find it repellent.

Back to the good stuff. There are three young men running for an opportunity to spend the best years of their lives in Washington DC, and I believe they all have a bright future ahead of them irrespective of whether or not they win the race. I was

at a rally recently where I had the chance to speak to one of them after the rally was over. I had observed that throughout the course of the evening they were genuinely enjoying each other’s comments and chatting when appropriate. I asked one of them, “What is it like to truly like your opponent?” He chuckled and said, “It’s weird.” I replied, “I find it refreshing.”

I suppose the word “refreshing” is pushing it a bit as far as describing a political season, but this year has been my favorite so far. Of course, the primary election is on Tuesday, May 24, and really the most important part of this *Point* is a plea that you won’t buy into the idea that the “primaries don’t matter,” or that your

“vote doesn’t count, anyway,” or any other reason that besmirches the sacrifices made that you might have a voice.

So, to those who have run a clean campaign, my deepest thanks. To those of you who haven’t, I hope your campaign is over on Tuesday. Any way it goes, I am once again reminded that I have been blessed to be an American woman who has a voice, and my profound gratitude belongs to all who have given of themselves to protect my voice.

Ali Elizabeth Turner

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Beyond Valor, The Story Of "Red" Erwin

by Ali Elizabeth Turner



In 1945, Hank "Red" Erwin, Sr. became a Medal of Honor recipient, and to this day has the record of being the person to be given the award the soonest after an incident. Why? Because no one thought he would live, and his grateful B-29 crew wanted him to know that everyone from Harry Truman on down was deeply thankful for his sacrifice. The short version of the story is that Erwin was back in the bomb bay of the plane known as *The Spirit Of Los Angeles* setting off a phosphorous bomb, and it ignited prematurely, coming back up into the plane.

Rather than allowing his crew die and over several thousand pounds of explosives go up in an epic "cook off," Erwin, who had been blinded, felt around for the bomb which was burning at over 1,000 F, picked it up like a football, ran to the front of the plane, and pitched it out of

the window. He then collapsed. The entire incident took 22 seconds!

Red's commander did the unthinkable and turned the plane around to go back to Guam. Upon landing, President Harry Truman was contacted, and the medal was flown from Hawaii to Guam, placed around the neck of Red who was wrapped up like a mummy, and his crew waited, determined to be there when he passed. They ended up having to wait until 2002, and Jefferson County born-and-bred Hank Erwin, Sr. spent the rest of his life working for the VA and getting veterans the help that they needed. That is *Beyond Valor* in a nutshell.

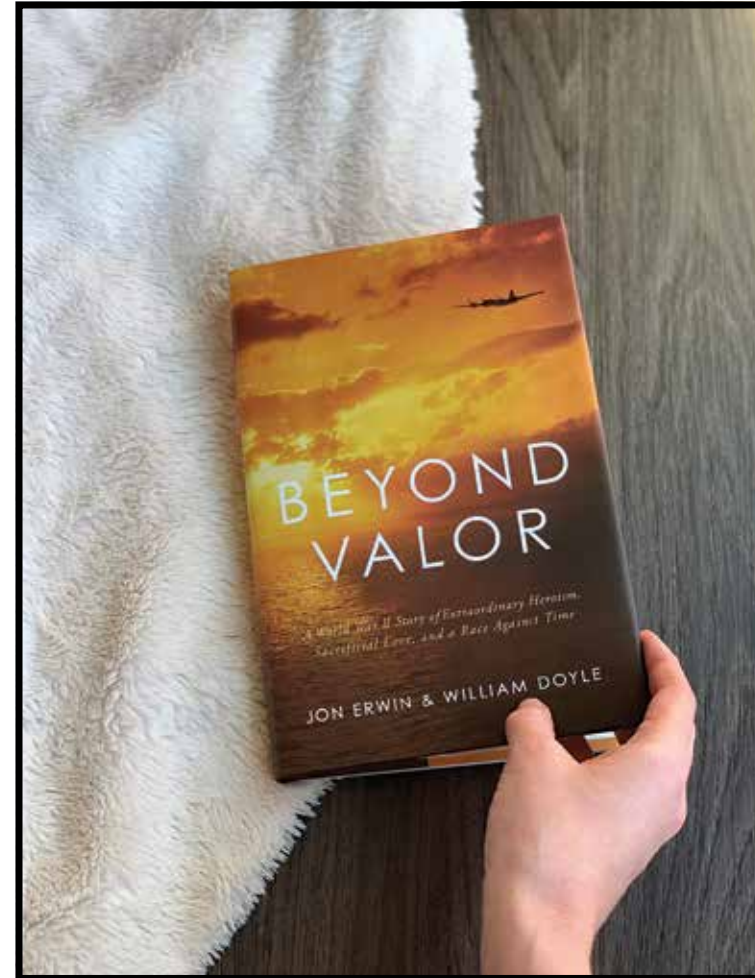
But the story does not stop there. Red Erwin was the father of Alabama State Senator Henry (Hank) Erwin, Jr. and the grandfather of Jon and Andy Erwin, the Erwin Brothers who brought you such films as *I*

Can Only Imagine; *Mom's Night Out*; and *Woodlawn* and *American Underdog*, the stories of NFL greats Tony Nathan and Kurt Warner.

The book is moving beyond description as it is read by Jon Irwin, who has had to grapple with the fact that he had no idea who his grandfather *really* was until after he had passed. Sure, he sat in his grandfather's basement and actually got to touch the medal after having eaten his grandmother's freshly baked cookies. Jon loved his grandfather, knew him the best he could from the perspective of a kid, but his grandfather, like the vast majority of those of The Greatest Generation did not toot their own horn. They just did what they did, and that was to give everything to keep us free.

Here is an example of Red Erwin's humility:

To the men and women who have given the ultimate



sacrifice for our freedom, and to those who dedicate their lives to our country knowing they may give the same sacrifice.

I am not a hero. The real heroes are the ones who have given the ultimate sacrifice for this country, those who have given their lives. They're the ones who deserve the medals. I am only a survivor. I don't wear the Medal of Honor for what I did. I wear it for

everyone who served.

The book is hailed by actor Gary Sinise (Lt. Dan of *Forrest Gump*) and the Erwin Brothers have chosen to use their grandfather's B-29 as the logo of their film company. Flying into danger for a cause greater than one's own, Red Erwin's life is still affecting us today, and I would encourage you to learn about him in detail.

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Addiction Eviction 4.0: *Help, Hope And Healing*

by Ali Elizabeth Turner

On June 4, from 10 a.m.-5 p.m., Athens-Limestone County is going to have a chance to come together once again at Swan Creek Park on Hwy 31 in Athens for the 4th Annual Addiction Eviction Rally. This is going to be an all-day event that will bring help, hope, and healing.

Addiction Eviction is the brainchild of Lori Masonia, who has expressed with passion on the Limestone County courthouse steps her lifelong battle and subsequent victory over addiction. Much of Lori's fight came as a result of intensely destructive relationships. As is often the case, Lori's battle started after having been abused by a trusted authority figure, and over time, the damage it caused nearly resulted in her attempting suicide. Lori is the founder of Ride With Me Addiction/Street Ministry and has, over the last several years, had the great pleasure of helping others from the standpoint of "no judgment" mixed with, "Are you ready to do what it takes to become free?" If the answer is "yes," then this rally will be staffed with people who are ready, willing, able, and equipped to help.

The twinkle in Lori's eye says it all as she talks about this year's lineup. There are resources, there are scholarships, there are agencies of all kinds who will be on hand to do intake. There will be a prayer tent, lots of music, food, inspirational speakers, testimonies, hugs and help. "We want to see people move from pain to purpose," she said. Sup-



porting Lori once again in this endeavor is her church family from Oasis Worship Center led by her pastors, Jerome and Tiffany Malone. Addiction Eviction started in 2018 at the 5th Avenue housing projects in Athens, and about 200 people attended. It has grown, even during COVID, to 300, and in 2021 approximately 700 people were present throughout the day. There is even a portable baptistry, and they are expecting breakthroughs that result in a public affirmation of faith in Christ through baptism. Jerome Malone was present for this interview, and described it as a "one-stop shop" for people who are needing help, and those who are ready, willing, and able to give it.

There are several churches

that have come together for the rally -- Oasis: Christ's Church at Athens, Divine Inspiration, Freedom Church will be operating the prayer tent, Fresh Wind and Remnant will all be on hand. Jerome said, "This event is for everybody, even if you aren't struggling." I know from the times I have attended, I have always felt energized and edified. Lori added, "This always lights a fire in the body of believers, and it's about relationships, being the hands and feet of Jesus, and showing His love."

A number of agencies, both faith-based as well as community organizations that are either rehab centers or who provide support, are gathering for what will surely be a glorious day: Aletheia House of Birmingham;



Recovery Outreach Support Systems (ROSS), which is a placement service; Pathways; Family Resource Center of Limestone County; Best Life Recovery Centers; High Calling Ministry; and more. Thrive Alabama will offer HIV/Hep C testing, and Not One More Alabama will make Narcan available and give instruction as to how to use it. Texas Roadhouse is providing hot dogs, Marco's and Little Caesar's will donate pizza, and McDonald's will be giving out burgers.

One feature about which Lori is especially thankful is the \$500 scholarship fund donated by the City of Athens Parks and Recreation Department for kids to be able to participate in summer programs.

New to this year's rally is a ceremony releasing 12 live white doves to memorialize those who have lost their battle with addiction. In addition, Lori told me, "A scholarship in memory of Cameron Richardson, Kolter Williams, and Jess Bates will result in a surprise announcement that will change many lives for those bound by addiction!"

Lori had a personal break-

through this year, and that was to become a Certified Peer Support Specialist through the University of Alabama. It is a 12-month program that equips advocates, who have had experience with addiction, to help people who are facing rehab or other mandatory programs receive the crucial support that often gets them over the hump and on their way to true and lasting recovery. She is in awe of the changes in her own life, and deeply grateful that she gets to pay it forward.

Lori told me, "The blessing is in the preparation. Once the day gets here, I just watch miracles happen."

Come out on June 4 and see what she is talking about, and join in on Sunday, June 5 in the same location for a community worship service. You'll go home changed, and it just might be the day you start a whole new life.

Addiction Eviction Rally

Saturday, June 4 at Swan Creek Park

98 US Hwy 31 S. Athens, AL, 35611

For more information, call 256-374-3202 or 256-874-4517

Calendar of Events

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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

Digital Literacy Classes

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

Genealogy Classes 2nd & 4th Thursdays May 12 - July 28

Are you interested in learning your family history? Join us at The Library for a series of genealogy classes that will help you discover your family lineage. 11:30AM – 12:30PM. Call us to register! (256) 232-1233.

Bluegrass Gospel Singing Rooted in Grace May 22

Berea Baptist church will host Rooted in Grace on Sunday night, May 22 at 6PM. Local artists from Pulaski. 16779 Lucas Ferry Road, 35611. No cost. Love offering taken.

Memorial Day Program May 30th

With the Alabama Veterans Museum and Archives at the Limestone County Event Center (114 West Pryor Street in Athens) starting at 11:00AM. Key note speaker will be Maj Gen K Todd Royar. Free and open to the public.

Athens Comprehensive Plan Update

PUBLIC DRAFT Presentation

Wednesday

May
25th

5-7
pm

Join the City of Athens and planning consultant, Town Planning & Urban Design Collaborative for the Public Draft Presentation of the Athens Comprehensive Plan. We look forward to sharing the plan with you and hearing your feedback!

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The BNI Big Breakfast: *Serious Fun, Serious Business*

by Ali Elizabeth Turner

On Friday, May 13, an intrepid band of toga-clad business people hailing from Athens, AL, braved their way through the morning commute to the Stovehouse Event Center in Huntsville for a gathering known as the Big Breakfast. The Big Breakfast is a light-hearted event where members from several chapters of the North Alabama consortium of Business Networking International (BNI) and their guests eat, laugh, network, and do serious business. Each chapter set up a table that showcased a particular theme, and their teams dressed up in all manner of costumes. The Athens chapter, known as Limestone Leaders, dressed as Athenians of old, and went a step beyond. When our president, Caleb Lawler of Edward Jones Financial Planners, had his “sixty seconds in the sun,” instead of speaking, we sang. And, not just any diddy; we commandeered the J.G. Wentworth operatic commercial and wrote new lyrics. We won’t subject you to the full meal deal, just know that instead of

“I have a structured settlement and I need cash now/ Call JG Wentworth 877-CASH-Now,” we sang:

“If you want to grow your business and you need to now, / Join Limestone Leaders/small-yet-mighty-and-how”

We got their attention, were wildly over the top, had great fun doing so, and have had people come to check out our chapter as a result.

So, who are the Limestone Leaders, and why, if you are a business owner, should you join us? We represent businesses that range from real estate to roofing, health and wellness, media, insurance, property inspection, property investments, athletic supply, mortgage services, a florist, and pest control. We could not be from more diverse backgrounds, but here is what we have in common: we enjoy helping each other grow our respective businesses, and we have the numbers to prove it. In the past two years we have passed more than two million dollars’ worth of business, and we are a small group, by BNI standards. And, we are looking to invite new members to join us!

How does BNI work? You commit to leverage what is known as the Power of One, and that means you attend one meeting a week, spend one hour in Continuing Education, have one meeting with a fellow member to exchange your business needs for that week, and seek to give a referral for a fellow member if at all possible. BNI has literally hundreds of hours of training from which to draw for your CEU, and I can say from experience that I am a much more knowledgeable business woman as a result of the three years I have been a member. Thousands of dollars of business have come my way, and while I appreciate the financial footing upon which that has put Athens Now, the real value has come from the relationships I have built with people I most



likely would have never met. We have mourned, laughed, learned, prayed, eaten, made money with and for each other, and we have done just that in everything from three-piece suits to togas and crowns of leaves. We would love to have you join us this and every Tuesday at 7:45

am at the Alabama Veterans’ Museum, and hope you consider a band that is perhaps small in number, large in heart, and has prevailed in the pocketbook. See you Tuesday!

To register for a visit, go to bniconnectglobal.com, and when you click on search for a chapter,

click Limestone Leaders. Then click register to visit, and you’ll be all set. You can also go to Facebook and leave a message for us to contact you. We are Limestone Leaders BNI on Facebook. If you need more info, call Ali Turner, Visitor Host Coordinator, at 256 468 9425.



What Makes Ronnie Roll

Youth Commissioners End Year Dancing, Debating And Doing Good Deeds

by Holly Hollman



High school students in the Athens Mayor's Youth Commission celebrated the end of their year dancing, debating, and doing good deeds.

The Youth Commissioners met Wednesday, May 18 at the Athens Activity Center where they started their meeting with the Electric Slide and Cupid Shuffle. Foundation on Aging board member Kay Burlingame hosts regular dancercise classes for senior citizens at the center and thought the senior citizens would enjoy "kicking up their heels" with the high school students.

Burlingame said some of the female students want to come back throughout the summer to continue dancing with the group.

"The seniors love it when young people join in," she said. "I'm a senior, and I love it."

After learning the dance moves, students separated into groups and reviewed 10 grant proposals they received from local non-profits. The proposals were for projects, programs, or events that would benefit Athens. The students did not have enough money to fund each project, so they broke into groups to debate and come to a decision on where they thought the funding would have the most impact. The recipients of those grants will be announced in a few days.

Podcast enthusiasts can listen in about the community grant process on the podcast All In With Athens later this month,

when Youth Commissioners Molly Alexander and Carlia Hood will discuss how they made their decisions on proposals.

"You can tell there are certain areas that hold the students' interest such as healthcare, quality-of-life issues, and helping others," Mayor Ronnie Marks said. "We tell them it's their money to invest, and boy, do they take ownership of that charge, which is great to see."

Dekko Foundation provided a grant and additional funding to support the Youth Commissioners with projects like the community grant program.

At the end of the meeting, Youth Commissioners did several good deeds, such as judging artwork submitted by the Athens branch of the Mental Health Center of North Alabama. Several clients created art pieces, and the students chose 12 for the City Hall Art Corner. The remainder will be on display for the senior citizens at the Athens Activity Center. Heather Vines who works with the center said the clients are thrilled Youth Commissioners conducted the art contest and that City Hall and the center will display the pieces for the public.

Another good deed several Youth Commissioners participated with involved making cards of encouragement for the senior citizens at the center. The cards said things like, "Keep smiling. It's a beautiful smile," and "You are loved. You matter."



Senior citizen Paul "P.I." Irons talking with Youth Commissioners



Youth Commissioners dancing with seniors

Youth Commission organizer and mentor Holly Hollman said she is working with activity center director Amy Golden on creating a senior buddy program next school year where they will pair Youth Commissioners with senior citizens. Golden will have a mailbox area where Youth Commissioners can leave their senior buddy notes, little gifts, and cards. Hollman and Golden are also working on activities where

the Youth Commissioners can share tips about using cellphones and computers, and the seniors can share skills like sewing and even line dancing.

"I think about the different facets of our community impacted today by our Youth Commissioners, and I know these are students who will see the importance of engaging with others, thereby building a stronger community, a stronger Ath-

ens," Hollman said.

About the Athens Mayor's Youth Commission: The Youth Commission is for students in grades 10-12 who are enrolled at Athens High School, Athens Bible School, Lindsay Lane Christian Academy, or a home school in Athens. The goal is to teach them about local government's role and their role to be engaged and informed citizens.

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From the Alabama Veterans' Museum

Memorial Day Program To Be Held On May 30, 2022!

by Sandra Thompson, Director, Alabama Veterans' Museum

Memorial Day, formerly known as "Decoration Day," was started to honor Union soldiers who had died during the American Civil War. After World War I, it was extended to include all men and women who died in any war or military action. Each year, the Alabama Veterans Museum holds a ceremony to remember our fallen brothers and sisters who died in the year since the last Memorial Day. This year is no exception; please join us on Monday, May 30 at 11 a.m. for a very special program.

I am happy to announce our special guest speaker will be Major General K. Todd Royar. Major General Royar assumed command of the United States Army Aviation and Missile Command on June 10, 2019. As the commander, he leads more than 16,000 soldiers and

civilians in providing aviation, missile and test measurement, and diagnostic equipment sustainment support to the Joint Warfighter to enable readiness.

Royar graduated from the United States Military Academy at West Point, New York, in 1988 and was commissioned as a second lieutenant in Army Aviation. He was assigned as a platoon leader to the 158th Aviation Regiment, Frankfurt, Germany, flying OH-58 (Kiowa) aircraft. While assigned to the 158th Aviation Regiment, he deployed in support of Operation Desert Shield/Desert Storm.

His command assignments include E Troop, 5th Squadron, 17th Cavalry Regiment in the Republic of Korea; D Troop, 1st Squadron, 10th Cavalry Regiment at Ft Hood, Texas; 2nd Squadron,

17th Cavalry Regiment at Fort Campbell, Kentucky, deploying with the squadron in support of Operation Iraqi Freedom; 4th Squadron, 3rd Armored Cavalry Regiment in Fort Hood, deploying with the squadron in support of Operation Iraqi Freedom; 159th Combat Aviation Brigade, Fort Campbell, deploying with the brigade in support of Operation Enduring Freedom.

Royar also served as the Chief of Staff, United States Army Aviation and Missile Command at Redstone Arsenal, Alabama; and, most recently, as the Deputy Commanding General – Support for the 101st Airborne Division (Air Assault) at Fort Campbell. Royar is a graduate of the United States Army Armor School; the United States Army Command and General Staff College; the School of Advanced Military Stud-



Major General K. Todd Royar

ies, where he earned a Master of Military Art and Science degree; the AH-64 Aviator Qualification Course; and the United States Navy War College,

where he earned a Master of Science degree in National Security and Strategic Studies.

His awards and decorations include the Defense Superior Service Medal, three Legions of Merit, three Bronze Star Medals, four Meritorious Service Medals, four Army Commendation Medals, the Army Achievement Medal, the Combat Action Badge, the Parachutist Badge, the Air Assault Badge, the Master Army Aviator Badge, and the Joint Chiefs of Staff Identification Badge.

We are also pleased to announce we will also be honored with the music of the 313th Army Band. The 313th Army Band is a U.S. Army Reserve Band stationed at Redstone Arsenal.

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Slinkard On Success

“J” Is For Journey

by D. A. Slinkard

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

Our next letter in this series is the letter “J” and the word is “Journey.” We have been on a journey since the start of 2022, and I hope you have been able to get some nuggets out of these previous articles. What I am finding out about the journey is that it goes way too fast and before we know it, our lives pass us by. I remember being a kid and thinking I was going to be a kid forever, and gradually time picked up. I am in my forties, and I have two teenage daughters and I question where the time gone.

Too often we get so caught up in what is happening around us that we forget to slow down and enjoy life. There have been numerous people who have generated success in their business life but would be considered a failure in their personal life. This article is to be a reminder of redeeming the time we have now because we are not guaranteed tomorrow. What are some things you have neglected that you could be doing a better job building up? It could be your relationship with your spouse, or maybe with your own children, or even friendships that need some extra care. We all have something we could focus on concerning our journey through life.

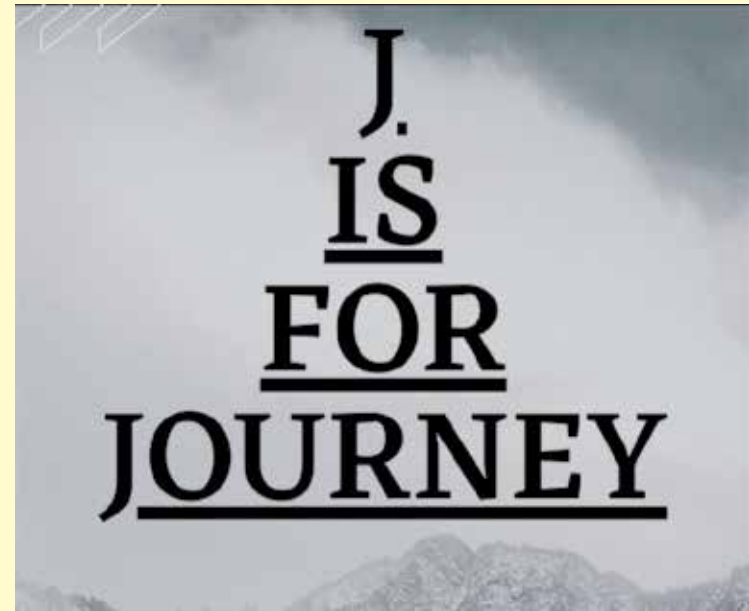
One of the guides I use in my daily life comes

from reading the King James Bible. If you are not currently reading your Bible, YES, I would suggest you start. Recently, I read in Ephesians 5:16, “Redeeming the time, because the days are evil,” and this is an extremely truthful statement especially concerning the times we are living in. We have agendas being touted that are detrimental to what the Bible teaches. When it comes to our children and the journey of life, it is high time we be active in raising our kids. Sadly though, too many people want to be passive when it comes to childrearing, and what we are finding are kids being brought up with strange ideologies.

The notion that there are more than two genders is beyond me. The notion that a person can decide whether they want to be male or female is absurd. We need to redirect our journey of life and bring back some simple common-sense applications. As I write this article, I hear the television show, Father Knows Best playing in the background and I am amazed how wicked our television shows have become. There was a time in which the father of the home was respected, but over the course of time, we have grown to see fathers be the butt of jokes and seen as good for nothing. Our journey through life has seen the home life be destroyed.

It has been said that what one generation tolerates, the next generation will embrace, and we are seeing this play out before us. I do not believe there are many parents out there who do not want the best for their children, but it is time we begin to focus on the journey we are on. We want so many things in our life, but many times we do not know how we are going to get there. If we do not know where we want to go, how will we know when we get there?

Now we need to figure out where we want to go in life and then how we are going to get there. Life is all about decisions we make, and the decisions need to be made daily. Life will give us choices to make and the choices we make will determine our future. What decisions have you made when



it comes to the journey you are on? Life is about learning from the journey even when bad things happen. When these negative situations occur, and they will occur, you need to focus on what you can learn from the event. When we do not try to learn from what is happening to us, this is when we end up making the same mistakes over and over again.

The definition of insanity is doing the same things yet expecting different results. We are all on a journey of life, but not everyone will reach their desired destination. Are you willing to commit to the journey to find success in your life? Remember the journey of 20,000 steps begins when you decide to take the first step.

LUCAS ★ ★ ★ ★ ★
BEATY 
DISTRICT ATTORNEY

PAID FOR BY FRIENDS OF LUCAS BEATY 212 S MARION ST, ATHENS, AL 38611



Clean, Green And Beautiful

Beautification Board Seeks Nominations For Beautification Awards

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

We know you've seen them. There are certain business, churches, and schools both large and small located in Athens/Limestone County that you can tell go the extra mile to care for their properties. They stand out. The flowers are colorful, the grounds are clean, and lawns are meticulously groomed. You can sense the pride taken by the caretakers of the grounds.

We want to know about those places, and we want you to tell us who they are!

Each year, the Athens-Limestone Beautification Board, which falls under the KALB organization umbrella, gives deserving businesses, churches, and schools Beautification Award signs to proudly display. It is a reward for their efforts to make Athens/Limestone County a more beautiful place to live, work, and visit.

This is our invitation to YOU to be part of the award process.

How To Nominate

Businesses, churches, or schools within Athens/Limestone County may

nominate themselves, or any member of the community may offer a nomination. Deadline for nominations is Wednesday, June 8, 2022. To make a nomination, call 256-233-8000 or email KALBCares@gmail.com. Let us know your name, the name of the business, its location, and the reason you believe they deserve a Beautification Award.

Criteria Used In Judging

All properties nominated will be judged using a set of standards for evaluation. Judging criteria will include:

- Overall design
- Construction (including condition of walls, walks, and pavement)
- Planting (condition of plants, color, texture)
- Maintenance (proper trimming, edging and pruning, lack of weeds)
- Litter control (no visible litter, trash containers available and in good condition)

In mid-June, Beautification Board members will visit each business nominated. Using the criteria above, each nominated business, church, and school will be



First Presbyterian Church in Athens, one of our top beautification award winners from 2021. Pictured: Leigh Patterson, Andrea Beasley, Athens-Limestone Beautification Board Chairman and David Lyle with First Presbyterian Church.

given an overall score. The top 20 scores will receive a Beautification Award sign.

Benefits Of Green Space

Close your eyes and picture your favorite park or other green space. Now imagine that place with no grass, no trees, no flowers, and no green. The tranquility of the place you imagined most likely vanished along with everything else. Beautiful gardens are welcoming and are proven to reduce stress. A beautiful city entices visitors to linger, which is great for the economy.

It takes effort to maintain beautiful grounds, and we believe those businesses, churches, and schools whose employees make the effort to do so deserve to be recognized. We invite you to help us do just that

Business, Church, and School BEAUTIFICATION AWARDS

How To Nominate:
Call 256-233-8000 or email KALBCares@gmail.com

Provide the following information:

- Your name and phone number
- Name and location of nominated business, church, or school
- Why you believe the business, church, or school is deserving of a Beautification Award.

Deadline for Nominations: June 8, 2022

by keeping your eyes open for deserving locations. Then tell us about them!



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



Mike's Cafe
Owner: Mike Holt
(256) 444-1979
20982 Tillman Mill Rd.
Athens, AL. 35614



Cooking with Anna

Love Keeps No Records of Wrongs

by Anna Hamilton

Pulling apart each section of the chapter of love, 1 Corinthians 13, has made me aware of how to love others and myself the way God intended. This particular part of the chapter has been easy for me with others. I have always made it a point to forgive and move on with other people in my life. However, learning to forgive myself and not store the events deep in my mind to use as torture against myself later has proven far more difficult.

Every time I have compared myself to someone else; every time I gained weight instead of losing; every time I “failed” at a task I had set out to do; every time I disappointed someone I love...I hold on to every single little wrong (whether it is actually a wrong or not) and store them away in the complex filing system in my brain. I store them away to be pulled out whenever I need to beat myself up with all the wrongs I have done.

The feeling of not being good enough, the feeling of being a disappointment has plagued me as long as I can remember. I have always strived to be an overachiever because I feel the need to make up for my shortcomings. I have always been the “fat” friend, and I have a horrible time seeing past that label I have placed upon myself. Despite any other adjective I can use to describe myself, fat seems to be the one at the top of my list, and I can’t seem to forgive myself for not being able to control that part of my life.

Out of the filing cabinets in my mind, I pull out all the times I have been told and have felt that I could have been so much better if I wasn’t bigger than everyone else. The truth is, that is a bunch of hogwash, bologna, a flat out lie. The size of my body, the number on the scale, doesn’t amount to a hill of beans. We are told not to compare ourselves to others, God doesn’t compare us to anyone else. God made each of us to be individuals and we all have a special part in His kingdom. “I

praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” Psalm 139:14

I have memories from a child that I still am holding onto, like a broken toy, that aren’t doing me any good. Just like the toy with broken and sharp edges, these memories are cruel. They sting and bruise my soul, yet I continue to nurture them in my mind. I am allowing them to continue to live and thrive. The records of wrongs, as I see them, are alive and well in my mind. In 1 Corinthians, we see that true love does not feed and nurture such wrongs. We are to allow them to leave our minds as soon as they come inside. True love does not allow all the wrongs of our lives to take up residency in the corners of our mind.

Imagine for a moment how much happier you would be if you sent eviction notices to all the wrong doings living in your mind. Imagine not constantly reminding yourself of the times in your life where you didn’t live up to the expectations you set for yourself. Imagine being able to let all that go and love yourself the way God loves you, the way God intended for you to love yourself.

It is going to take a long time for me to sweep my mind clean of all the records of wrongs in my mind. But I am starting today; the Lord has given us a lifetime of forgiveness and we should give the same to ourselves. I am going to start sweeping all the corners and the cobwebs out of my mind and continue healing my heart and continue learning to love myself deeper.

This week’s recipe is a delicious, light, summery fruit salad. It is a crowd pleaser for sure! It is perfect for church picnics, light summer desserts, or yummy cool snacks. We love it and I am certain you will as well.

“He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is His steadfast love toward those who fear Him.” Psalm 103: 10-11

Watermelon Fruit Salad With Lime Mint Dressing

Ingredients:

- 4 cups watermelon, cubed into 1-inch pieces
- 1 ½ cups strawberries, sliced
- 1 ½ cups raspberries
- 1 ½ cups cherries, pitted and halved

Dressing:

- 2 Tbsp lime juice
- 1 ½ tsp lime zest
- 2 Tbsp agave syrup or pure maple syrup
- 1 Tbsp fresh mint, finely chopped

Directions:

- Whisk together syrup, lime juice, lime zest, and mint.
- Prep watermelon and berries and place in a large bowl. Drizzle dressing over top and lightly toss.
- Garnish with some torn mint.



Oceans Of Possibilities

2022 Summer Reading Program Theme

by Jen Baxter - Library Director, Athens-Limestone County Public Library

Readers of all ages will dive into the ocean depths this summer as Athens-Limestone County Public Library presents “Oceans of Possibilities” during their summer library program. Activities will

include special performances on our ‘Sensational Saturdays’, weekly Storytimes, ocean-related crafts, a Magic Show, and daily programming for children of all ages.

The 2022 Summer Read-

ing Program is open to young people, preschool through young adult, with programs, prize drawings, storytimes, ‘Tinker Tuesdays’, and more. Families are invited to join the fun this Summer! You can view

our Summer schedule at our website: <https://www.alcpl.org/summer-reading-program-oceans-of-possibilities/> Registration for “Oceans of Possibilities” begins on Saturday, June 4th at our Summer Reading

Kickoff event with Author & Storyteller Tracy Sue Walker at 10:00am. For more information, call the library at (256) 232-1233 or visit our website, www.alcpl.org All programs are free of charge.



Presents:



Athens-Limestone County Public Library
2022 Summer Reading
June

	Tue	Wed	Thu	Fri	Sat	
		1 Ages 0-5 Ages 6-11 Ages 12-18 Family Activity D-I-Y Activity	2 Help us Decorate the Children's Room! Add a fish to our ocean!	3 Narwhal and Jelly Graphic Novel Hunt Ages 6-11 June 6—July 2 (Brag Tag Activity)	4 Pout Pout Fish Scavenger Hunt Ages 0-5 June 6—July 2 (Brag Tag Activity)	5 Summer Reading Kick Off! 9:00—11:00 Register for Summer Reading! Author & Storyteller Tracy Sue Walker at 10:00!
5 Pirates	6 Mommy & Me Ages: 0-5 10:00-11:00	7 Tinker Tuesday Ages: 6-11 10:00-10:45 Lego Pirate Ships	8 Family Storytime 10:00 Read With a Therapy Dog Ages: 6-11 3:30-5:00 Registration Required alcpl.org/kids	9 ThursYay Ages: 12-18 4:00-5:30 DIY Dead Sea Spa & Snacks	10 Friday Fun Day Pirate Ship Craft 9:30-5:00	11 Tommy Johns Magic, Puppets, Storytelling, and Laughter 10:00—Community Room OCEANS OF POSSIBILITIES
12 Ocean Creatures	13 Mommy & Me Ages: 0-5 10:00—11:00	14 Tinker Tuesday Ages: 6-11 10:00—10:45 Terrariums	15 Magic Show with Patrick Brunson All Ages 10:00	16 ThursYay Ages: 12-18 4:00-5:30 Terrariums & Snacks	17 Friday Fun Day Narwhal & Jelly Crafts 9:30-5:00	18 Starshine Faces Storytelling, Balloon Animals, and Face Painting 10:00—Community Room
19 Island Life	20 Mommy & Me Ages: 0-5 10:00-11:00 W.A.G.S. All Ages 1:00 PM Learn how to greet dogs in a safe way	21 Tinker Tuesday Ages: 6-11 10:00-10:45 Animal Crossing Creations	22 Family Storytime with North Alabama Zoological Society 10:00 JAWSome Book Recommendation! 6/20-7/2 (Brag Tag Activity)	23 ThursYay Ages: 12-18 4:00-5:30 Animal Crossing Creations	24 Friday Fun Day Design a Surfboard 9:30-5:00	25 Didgeridoo Down Under Australian Themed Music, Puppetry, Storytelling, and Comedy Show 10:00—Community Room
26 Shark Week!	27 Mommy & Me Ages: 0-5 10:00-11:00	28 Tinker Tuesday Ages: 6-11 10:00-10:45 Shark Paint Pour	29 Family Storytime 10:00	30 ThursYay Ages: 12-18 4:00-5:30 Shark Paint Pour	JULY 1 Friday Fun Day Shark Crafts 9:30-5:00	

603 S. Jefferson St. Athens, AL 35611
256-232-1233 | www.alcpl.org

Give Limestone County A Fresh Start: Elect Chris Carter As The New Sheriff

by Ali Elizabeth Turner

continued from page 1

home at night. For two years he learned invaluable lessons with specific regard to effective communication and how to treat other human beings while in a difficult environment. People are already aware that in prison, everyone is in danger -- those that are inmates, and those that are there to keep the peace. Chris is grateful for those two years because they prepared him for the next 23 years as a state trooper...and with your vote, the next sheriff of Limestone County, AL.

As a state trooper, he began his career right here in Limestone County in Highway Patrol. He served in various roles as a trooper, promoted through the ranks and retired as the Post Commander for the Highway Patrol in Huntsville. That meant that Chris was responsible for all aspects of what it takes to keep the department running smoothly. He supervised as many as 35 troopers in the three counties of Madison, Marshall, and Jackson. Prior to his appointment to post commander, he was in charge of the Drivers' License Division in Madison, Marshall, Jackson, and DeKalb counties.

As post commander, he was responsible for scheduling staff, tracking work hours, budgeting overtime funds, reporting statistics, hiring new employees, disciplining employees, and establishing policy and procedures, among a multitude of other responsibilities. He was accountable to the counties he supervised as well as trooper headquarters in Montgomery. He was also the trooper liaison for the post with all the other law enforce-

ment agencies throughout his district.

Chris was born in Athens and grew up in the Ardmore/Toney area. He graduated from Sparkman High and attended college at Calhoun and later University of Alabama in Huntsville. His wife, Jada, is from Clements. They currently live in East Limestone and have three kids. Their two younger children attend Limestone County public schools and their adult son lives in Dothan. They built their "forever home" in East Limestone six years ago. Chris and his family are active members of Capshaw Baptist Church. Since retirement, Chris began to expand a business he started 20 years ago and had no aspirations for a political career. When the former long-term sheriff was removed from office, a friend, who is also a state legislator, encouraged him to apply to the governor's office for appointment as sheriff. After praying and conferring with friends and family, he applied but was not selected. Chris felt like the appointment process was mostly political. He also felt like politics should not be a factor in selection of a person to fill a job this big. Thus, Chris decided to run. He feels like the people of Limestone County want a new start -- a new start with someone totally disconnected from the previous administration or Limestone County politics.

Here is some of what Chris says about himself:

In every supervisory job I have ever held, I earned my subordinates' respect by my work ethic, my respect for them, and the attitude that I worked for them just as much as they worked for me. I believe in the team concept of leadership. No private should have to work any harder than the officer. I believe in



CHRIS IS:

- ★ A resident of the East Limestone community and member of Capshaw Baptist Church.
- ★ Married to the former Jada Chambers. One grown son and two kids at home.
- ★ A small business owner for over 20 years and retired State Trooper Post Commander.
- ★ A 25 year veteran in law enforcement with experience that began as a Correctional Officer in a major state prison and ended as a Post Commander supervising 30 Troopers in a three county area.

CHRIS IS COMMITTED TO :

- ★ Strengthening relationships and partnering with surrounding agencies to increase Law Enforcement Officer presence.
- ★ Eliminating the "good ole boy" system and basing personnel decisions solely on merit.
- ★ Hosting semi-monthly "Meet the Sheriff" meetings throughout the county to encourage public participation and communication.
- ★ Eliminating waste and ineffective practices and use these savings to add additional patrols.
- ★ Bringing the agency up to today's standards through the use of technology.
- ★ Ongoing drug prevention and internet safety classes in all schools.
- ★ Training for officers to deal with people with mental illness.
- ★ Holding himself and each employee accountable to the citizens of Limestone County.


VOTE MAY 24TH!

"The people of Limestone County deserve a Sheriff who they can be proud of and trust to do the right thing no matter the consequence, political or otherwise. My promise to the people is that I will bring my 25 years of law enforcement experience and business minded practices into our department. We need a leader who is transparent, has integrity, and is not a politician."

Chris Carter


 @CCARTERFORSHERIFF
 CHRISCARTERFORSHERIFF.COM
 CHRIS@CHRISCARTERFORSHERIFF.COM
 15333 SANDERSON RD HARVEST, AL 35749
 PAID FOR BY FRIENDS TO ELECT CHRIS CARTER FOR SHERIFF
 15333 SANDERSON RD HARVEST, AL 35749

Chris CARTER
Sheriff Limestone County



leadership by example. I heard a quote years ago that I have always tried to live by: the key to successful leadership is influence and not authority. Being a positive influence on someone is way more important than having authority over someone.

If elected, Chris is dedicated to doing away with the "good ol' boy" system. By this, he means people should be hired, appointed, and promoted based on their merit and nothing else. The sheriff should be a servant to all regardless of race, sex, political affiliations, wealth, or any other classification that might exist. Chris wants to create an agency free from waste and inefficiency and turn these savings into more deputies patrolling our streets. He also believes that transparency of agency funding and spending is of the utmost importance.

As we all know, illegal drugs and the crimes that they foster have affected everyone, Chris included. He has a family member that has struggled with addiction. Chris believes that the sheriff's office should join forces with surrounding agencies in Drug Task Force type ventures that have already proven effective in our neighboring counties. Chris plans to work closely with the courts to reduce the "rotating door of addiction" and try to guide addicted people to the real help they need. Drug dealers are another matter entirely. Chris will work with the courts to keep drug dealers in jail and off our streets.

Chris is a strong supporter of life, liberty, the Constitution as founded, the 2nd Amendment, and protecting life. If elected, he would plan on having monthly meetings with the public that

would be of a "town hall" format, as he believes that connection and communication with the public is vital if we are going to "go forward and grow forward."

If this style of leadership and level of law enforcement experience are what you are looking for as the first newly-elected Limestone County sheriff in nearly 40 years, then vote for Chris Carter, a fresh start on May 24.

**Chris Carter
For Sheriff**
www.chriscarterforsheriff.com
chriscarterforsheriff.com
Facebook:
@C.Carterforsheriff
Phone - 256-603-9579



PlayAction Sports

Putting The Finishing Touches On Spring Sports

by Tim Lambert

Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at www.pasnetwork.net! email: playactionsports@hotmail.com

Congratulations to East Limestone's Taylor Thatch for being the first women's basketball signee with Calhoun. Athens High's Jacey King and Telaya Murrah signed cheer scholarships with UAB. James Clemens' Caila Batchelor signed with Central Methodist soccer and Emma Hopkins will continue her volleyball career at Calhoun. Elkmont's Morgan Morris and Tanner's Keyera Jeanes signed basketball scholarships with Calhoun; the Lady Red Devils' Martha Mendez inked with Faulkner soccer along with the Lady Rattlers' Bryonna Castrejon.

Athens High's Chloe Jackson was picked to participate on the North All-Star volleyball team during All-Star Week in Montgomery in July. East Limestone's Nicole Eslick was selected as a coach. Athens Bible School's Jack Bradford was also named as a member of the North boys' cross country team.

Lindsay Lane's baseball team was in Jacksonville competing in the state finals against Bayshore Christian after victories over Meek, Ragland, Appalachian, and Donoho. Elkmont made it to round three before being eliminated by Phil Campbell. James Clemens was taken out in round two by Hewitt-Trussville. Athens' softball team made it to the finals of the state tournament after turning back Pell City, Calera and Helena; the Lady Golden Eagles defeated Gardendale and Mortimer Jordan to win the regional tournament. Elkmont and Ardmore both won their area tournaments before falling in regional play.

East Limestone's girls got as far as the state soccer finals with wins over Madison County, West Morgan, St. John Paul



Tanner's Keyera Jeanes signed a basketball scholarship with Calhoun



Tanner's Bryonna Castrejon signed a soccer scholarship with Faulkner

II and Westbrook Christian. The Lady Indians fell to Indian Springs 5-0 in the title game.

Regular season highlights:

Baseball

ABS 16, West Limestone 2
 ABS 19, Shoals Christian 3
 Ardmore 13, East Limestone 4
 Ardmore 10, Lindsay Lane 9
 East Limestone 7-7, Ardmore 6-4
 Elkmont 23, Colbert Heights 15
 Elkmont 12-6, Colbert Heights 1-8
 James Clemens 6, Sparkman 5
 James Clemens 8, Austin 2
 James Clemens 3-2, Austin 2-1
 Lindsay Lane 5, West Limestone 2
 West Limestone 8, East Limestone 6

Softball

ABS 15-21, Woodville 0-2
 ABS 5, Madison Academy 2
 ABS 2, DAR 1
 Ardmore 2, Athens 1
 Ardmore 2-2, Brooks 1-5
 Ardmore 11, Sumiton Christian 1
 Ardmore 8, Northside 7
 Athens 7, Buckhorn 0
 Athens 8, Thompson 6

Athens 5, Mars Hill 4
 Athens 2, Bob Jones 0
 East Limestone 11, Lee 5
 Elkmont 5, Colbert Heights 1
 Elkmont 4, Loretto 0
 Elkmont 5, Wilson 1
 Elkmont 14, West Limestone 10
 Elkmont 12, ABS 1
 Elkmont 15, Lindsay Lane 2
 James Clemens 12, Florence 11
 James Clemens 7, Florence 2
 James Clemens 6, Colbert County 2
 James Clemens 3, West Limestone 2
 West Limestone 6, Grissom 3
 West Limestone 12, Wilson 3

Soccer

Ardmore VB 4, Madison Academy 1
 Ardmore VB 10, ABS 0
 Athens VG 7, Elkmont 1
 Athens VG 1, Buckhorn 0
 Athens VB 5, Buckhorn 0
 Athens VG 8, Ardmore 0
 Athens VB 2, Buckhorn 1
 Athens VG 3, Buckhorn 1
 Athens VG 11, Columbia 1
 Clements VG 5, Alabama School of Cybertech and Engineering 0
 East Limestone VG 1, Priceville 0
 East Limestone VG 4,

Madison Academy 1
 East Limestone VG 4, St. John Paul II 1
 Elkmont VG 3, Tanner 2
 Elkmont VB 2, Westminster 1
 James Clemens VB 4, Florence 0
 James Clemens VG 9, Austin 1
 James Clemens VG 2, Thompson 1
 Tanner VB 3, Elkmont 0
 Tanner VB 3, Mars Hill 2
 Tanner VB 9, Ardmore 2
 West Limestone VB 5, New Hope 0
 West Limestone VB 6, Mae Jemison 0
 West Limestone VG 5, Mae Jemison 0
 West Limestone VB 3, Lawrence County 0
 West Limestone VG 4, Lawrence County 1
 West Limestone VG 6, Columbia 2

Golf

At the state tournament, James Clemens' Jack Mitchell finished at the top of the 7A boys with a total of 136 over two days. Athens Bible School's Luke Davis finished third with



Elkmont's Morgan Morris and Martha Mendez respectively signed basketball and soccer scholarships with Calhoun and Faulkner (Courtesy photos)

a total of 155; the Trojans also came in third as a team. Lindsay Lane's Chloe Ruble came in second in 1A-3A girls as the Lady Lions posted a fourth place finish.

Track

At the 1A-3A state meet in Cullman, first places went to Lindsay Lane's boys (1A), Sydney Perkins (1600m), Henry Woodall (1st-1600m/3200m), Joe Quez Keith (1st- 400m/110m hurdles) and the boys' 4x800m relay team; Athens Bible School's Meredith Romans (discus) and Jack Bradford (800m-state record). At the 4A-7A meet in Gulf Shores, Athens' Jack Tregoning won the 6A shot put.



Last Word Vinyl Creations And Sassy Sisters Boutique: *Where What You Imagine, They Can Do*

by Ali Elizabeth Turner

continued from page 1

Creations and Sassy Sisters Boutique, which is located next to the Chevron station on the corner of East Limestone and Capshaw Road. It is owned by two real-life sisters, Kristie Andrews and Donna McCown, aka the “Sassy Sisters.” These ceremonies are always positive, but what moved me and the rest of the attendees was the surprise tribute that Donna gave to Kristie wherein she said, “I knew that this is what I wanted to invest in.” She meant both the business and her sister.

When Kristie first started her business in 2015, her focus was to create vinyl words and images that could be put on walls, tiles, or be framed, and then she began to expand to other services. In 2016, she added embroidery because her vinyl customers asked her to. She told me that embroidery has become one of the most important parts of the Last Word/Sassy Sisters business stream.

Kristie then met a couple who did screen printing, and now she designs custom T-shirts, and they do the production. They do digital printing; appliqué; as well as sublimation, the high-heat process that is used in the design of items such as custom license plates. If it can be personalized, she’ll find a way to do it and make it look great. The great benefit of digital printing is that the designs can be more elaborate, and it is possible to just make one item, whereas with screen printing there is usually a minimum

number required for the run.

When she opened her current store in 2018, Kristie told me, “I felt scared, but I felt I needed to go for it.” Donna, who is also a successful real estate agent, was right by her side, and they decided to add boutique clothing and gifts to the Last Word inventory. They decided to call their line “Sassy Sisters,” which is perfect for both of them, and they laughed as they told me about their respective styles. Donna said she loves, “Retro, boho, bell bottoms; what she calls ‘old hippie.’”

Kristie described herself as being “Casual, business-casual-to-mom; what she likes to call ‘professional comfortable.’” Their goal for the Sassy Sisters clothing line is to provide clothing that is durable, affordable, attractive, and has something for everybody. Donna told me that Kristie is the best at determining whether fabric is good quality and is going to last well, and Kristie says that Donna

has the “eye” for putting things together. They both love to shop and are looking forward to going to market soon to procure inventory for the summer. Last Word also carries some dressier dresses, jeans, baby and children’s clothing as well as accessories. And remember, just about anything can be personalized.

When Steve and I bought Athens Now in 2011, we inherited five metal outdoor newspaper boxes that had “seen better days.” We had them stripped and painted by Brad Stovall’s Body



The Chamber of Commerce ribbon cutting



The Sisters' parents, Doug and Sandi Colwell bless the shop

Shop, and Last Word did the lettering. You can now see them in several locations around Athens as well as Rogersville, and we are thrilled with the new look and the personalization that draws the eye and creates curiosity.

The sisters have done well and are looking to hire people who want a fun atmosphere, are willing to work hard, and have creative ideas. If that’s you and you are a good fit, you are hired!!

As we closed our time together, I asked Kristie why, when I have choices, should

I choose Last Word as the place I want to land for banners, signs, personalization, embroidery, sublimation, digital printing, gifts, and clothing. Her answers were simple: “Customer service, for one; we go out of our way to make sure that the customer is satisfied. If we do make a mistake, which sometimes happens, we make it right. More than anything, we ‘realize’ the image the way the customer ‘saw’ it.” Kristie and Donna both mentioned that it is important to them both to have “high standards” in all they do.

If that is what you are looking for in a custom boutique and personalization service, then head to Last Word/Sassy Sisters today and discover what they can do to make your creation unique at an affordable price.

The Last Word Vinyl & Sassy Sisters Boutique
27490 Capshaw Road
Suite B (connected to the Chevron Station)
Athens, AL 35613
256-431-1314
Hours: Mon-Fri 9-5, Sat 9-2
Closed Sunday



Learning As A Lifestyle

The Buffalo Terrorist And Our Common Humanity

by Eric Betts

Assistant Director, Curtis Coleman Center for Religious Studies and Ethics at Athens State University

On Saturday May 14, 2022, a domestic terrorist, full of fear and hatred, opened fire with an automatic weapon at a grocery store in Buffalo, New York. His intention was to fight back in what he believed to be a race war in which the existence of White people was threatened. According to reports, he believed that the growth and/or success of other population groups was a threat to his own race. The domestic terrorist traveled hours from his own city to carry out his attacks on a grocery store that was frequented by Black Americans.

Eric County Sheriff John Garcia said the shooting was a "straight up racially motivated hate crime from somebody outside of our community." His 180-page manifesto laid out his White supremacist ideas, and the reasons for his murderous rampage. Dr. Mika Edmondson, pastor of New York City Fellowship of Presbyterians, states that, "White supremacy is not just a socio-political dysfunction or a movement. White supremacy is a religion." Many of the manifestos of such killers include belief in God. Their understanding is that they are committing such crimes in the name of God. The history of Ku Klux Klan violence and their belief that they work for God is a prime example of this. In modern times, we have often assumed that society has moved beyond the racist hatred that occurred when the Klan was at the height of its influence and

power.

Sadly, what has been revealed is that the terrorist perpetrator was 18 years old, unlike those of my parents', grandparents', and great-grandparents' day. This 18-year-old killer went to school with African Americans from K-12. He would have played sports with them during P.E. or they would have worked on science projects together in class. He did not live during the post-reconstruction, lynching, the Emmitt Till case, or the Jim Crow era, yet the same hateful sentiments and motivations for racial violence of those times were embraced by him. Dylan Roof, who committed the Charleston AME church massacre where nine worshippers were killed was in his twenties at the time of the attack. On August 3, 2019, a terrorist attack occurred at a Walmart store in El Paso, Texas, United States. The mass killer was 21 years old and took the lives of 23 people with an AK-47. Based on their evidence, law enforcement believed that the killer was seeking to strike fear in the immigrant population, which he believed might change the political power structure of the state of Texas. He too had written a manifesto with White supremacist concepts, which was discovered by police. Like the killer in Buffalo, the El Paso terrorist also believed strongly in the Great Replacement Theory. Robert Bowers was 46 years old when he opened fire and killed 11 people



and wounded 6 at the Tree of Life Synagogue in Pittsburgh in 2018. Bowers is too young to have lived during the time of segregation in America and would have grown up in a school system with people of other races and ethnic communities. Several holocaust survivors were among the dead. We must admit, that while the United States has made tremendous progress over the past fifty years, the threat of racially motivated violence is on the rise. It can no longer be ignored. Unfortunately, another generation must confront or live in fear of racial violence against minority groups.

Why are these views, which lead to such horrific massacres, becoming mainstream in our society? Kassia E. Kulaszewicz of St. Catherine University conducted a study which showed how social media is technically engineered with its socially scientific algorithms which play to the worst fears of humans. This technical engineering is designed with the belief that keeping people looking at their screens

leads to advertising dollars. Additionally, the news media has been accused of the same. Fear of "the other" is good business, but to what end. I am reminded of the words of Jesus of Nazareth, "What shall it profit a man to gain the whole world and lose his own soul? Or what shall a man give in exchange for his soul." Could it be that the tech-driven media driven segment of our society is losing its "soul" and its sacred regard for our common humanity?

One of the side effects of viewing one another through demonized political labels, historical prejudices, or statistics is that it leads to dehumanization. I was listening to the NPR recently where an interviewee referred to American citizens as "red people" and "blue people" based on political habits. If one can dehumanize "the other" then it is not so outrageous to massacre them for the falsely assumed greater good. It is reported that the Buffalo terrorist did not live in the community where he committed the atrocity. He traveled several hours, for

200 miles, to get there. He did not know the people he murdered, which perhaps allowed him to be less sympathetic in his awful crime.

The times have divided America to the extent that we do not view people according to the Christian concept which is to view "others" as "our neighbors." Your neighbor includes those who are culturally, politically, racially, and religiously different. Our differences should be respected and even celebrated, but what we have in common, which is our humanity, should have the highest place. We are all connected to one another in some way, even if we do not realize it. When a group of people are massacred, we are all losers. We all have a place in this world and are making contributions to the lives of one another whether we realize it or not. We are in a sense interdependent. The violent terrorist did not see the people he murdered as a part of sacred humanity, but as problems that needed to be eliminated. I wonder had he personally known them and their families, if he would have done this. Included, in the death toll in Buffalo was the mother of a fire commissioner, a substitute teacher, and an aunt. Additionally, there was a supermarket security guard, retired police officer and father of 3 who died a hero after he exchanged gunfire and tried to stop the Buffalo shooter. Let us pray and work for a world where there are no dehumanized others, just neighbors and fellow travelers in this world.

The View From The Bridge

A Raised Bed Has Benefits For A Mental Harvest!

by Jackie Warner

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



Last year was my first raised garden bed! My husband took an old metal file cabinet and turned it over on its side and added a base and some wheels. I then went out to find all the plants I thought would be great to get started. Once I was back home, my husband looked at me and told me I had purchased too many, and he really meant too many plants for this one raised bed. I insisted I knew he was wrong -- says me, the one who has never had a raised garden bed. Well I am sure you know the end of the story... I had a huge plant forest once the planting season was over, but let me tell

you how much I nurtured that raised garden bed last summer.

Actually, truth be told, the raised garden nurtured me.

Every day I would be outside checking on those plants and determining what progress had been made.

I would get rid of the growing weeds and make sure I watered the plants daily. Fun Fact -- 63% of gardeners experience improved moods and decreased stress in their lives.

It was beneficial and medicine for my mental wellness, getting me moving each day and thinking about what was needed to ensure each plant was getting



what was required to continue growth.

Really, it was growth for me too!

At last, I saw my first squash and then a bell pepper. I would get so excited to go outside, and just like magic, overnight each plant would have grown so tall or the vines would have stretched. It was beyond amazing to see my big plant forest yielding so many things we could eat...cucumbers, basil, tomatoes, peppers... I even planted some cantaloupe.

At one point, my squash were not growing properly so I took a picture and shared it with my gardening social media buddies to tell me what I needed to do differently. Yes, I did join an

online gardening group and loved seeing the pictures and the tips shared about gardening to-do's and not-to-do's.

You don't have to have a lot of space but you do need at least a little to get started. Last year was great and I learned a lesson or two! This year I went to get my plants and restrained myself after having such a big forest last year.

I did not buy as many for my raised bed since my husband made a believer out of me for buying so many last year. This year it is full, but it is not a forest yet! I go outside each day and water them and take some time with each one. Whether it's an old dresser drawer or a plastic tub, get started on your garden.

Not only will you have some delicious physical food, but you will also have improved mental wellness.

My personal benefits...

- More active
- Healthier eating
- Stress reduction
- Mood booster
- Outdoor healing space
- Increased social engagement
- Improved concentration

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Courageous Twelve

by Deb Kitchenmaster



gray in color (referred to as 'white' by many).

Did you enjoy yourself? How do you think you did? Your answers will be found in this paper.

An update on our stock. Horses are well. Even our geriatric mare is showing signs of spunk and energy. All horses had their bridle paths clipped, groomed, and the world's best farrier (my opinion based on years of experience) trimmed hooves. The saddles cleaned and all grooming tools purged from dirt, hair, and dust. In case anyone is looking for a good product to clean leather with, I highly recommend LEATHER THERAPY. My favorite product along this line is WASH and RESTORER & CONDITIONER. The saddles and the saddle bags are sparkling clean!

May the government that rests upon His shoulders be upon all those who have government seats within our nation and the nations around the world. May we witness the reign of righteous leaders. Uprooting and planting be loosed in Jesus' name across the lands. May each seat be filled with a God-fearing, righteous leader. So be it.

Answers: 1-Traveller 2-Champion 3-Jim 4-Trigger 5-Bucephalus 6-Seabiscuit 7-Big Brown 8-Figure 9-Sergeant Reckless 10-Buttermilk 11-Secretariat 12-Gunrock

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Out of my love and gratitude for horses, this month's article names 12 different horses that have been a presence in the lives of nations, foundations, military, competition, and media. Let's play 'Trivia'...JUST FOR FUN and FOR THE LOVE OF HORSES.

Try matching the horse with the description. The names of the twelve are:
*Champion *Jim *Bucephalus *Big Brown *Figure *Sergeant Reckless *Buttermilk *Secretariat *Gunrock *Trigger *Traveller *Seabiscuit

1. Horse of great stamina: British spelling of its name; grey American Saddle bred; General Robert E. Lee's most famous horse during the American Civil War; notable for speed, strength, and courage.

2. Known as the "world's wonder horse." Partnered with Gene Autry in film, radio, and television; sorrel-colored; had a blaze down his face and white stockings on all his legs except for the right front; his first onscreen credit was 1935's Melody Trail.

3. Horse was used to produce serum containing diphtheria antitoxin (antibodies against diphtheria toxin; produced over 30 quarts); failures in oversight led to the passage of the Biologics Control Act of 1902, leading to the 1906 formation of the US Food and Drug Administration, or FDA

4. Cowboy Roy Rogers's best friend; brought sunshine (encouragement and hope) into the lives of people worldwide (particularly children); golden palomino stallion; originally named Golden Cloud.

5. Tamed by young Alexander the Great when no one else could break him. He was known for his courage and stamina riding into battles undaunted.

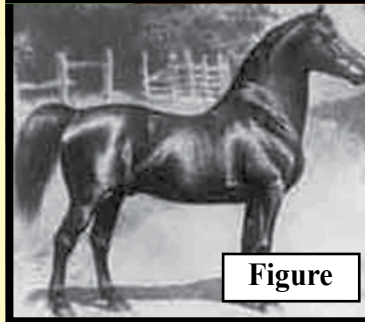
6. Overcame a pitiful start in life to take on one of the most powerful racehorses of the time (War Admiral) and beat him. He overcame injuries and prejudices because of his small size to prove that the heart is the most important element needed.

7. American Thoroughbred racehorse, competing from 20th position; known for winning the 2008 Kentucky Derby and 2008 Preakness Stakes.

8. A small bay stallion; became the foundation sire of the Morgan horse breed; known for passing on his distinctive looks, conformation, temperament, and athleticism.

9. This warhorse came from humble beginnings as a packhorse in the Korean War. Honored for her faithful service, she not only delivered supplies to soldiers on solo missions but also evacuated wounded soldiers from battle-torn areas

10. Was a day away from



being slaughtered when rescued; had been severely abused which resulted in a very unkind demeanor; new owners' dedication turned this horse around to become a friendly, affectionate, and playful horse; a Quarter Horse (originally named Soda); new owner renamed horse after seeing a cloud pattern in the sky that reminded her of a song; became one of the most famous horses in the world of films and television.

11. One of the greatest racehorses ever. Born on March 30, 1970, and won the 1973 Triple Crown, becoming the first winner of this title in 25 years.

12. Mascot of the University of Southern California; appears at all USC home football games in the Los Angeles Memorial Coliseum, including numerous Rose Parades;

Reflecting On Expectations

by Lisa Philippart,
Licensed Professional Counselor



“There are two ways to be happy: improve your reality or lower your expectations.”

- Jodi Picoult

If you struggle with excessive or unhealthy expectations in your life, taking even a little bit of time to reflect on those expectations can yield pretty incredible results in terms of your relationships, mood, and general wellbeing. Try to be on the lookout for the expectations you hold. Anytime you have an interpersonal conflict, for example, there's a good chance some expectations are at play. And once you notice a few of them, you can begin to ask some questions.

Are my expectations relevant? Many expectations came into being years ago, perhaps when you were a

child, and have never really been examined or updated since. This means their relevance for you and your current life could be questionable. Here is an example: Maybe you struggle in social situations, unable to speak up or express your opinions. After some reflection, you realize that the real reason for holding back is because of an expectation as a young child that if you spoke up, you were made fun of. As a child, you stuttered in front of classmates in school, and were laughed at. So at this point, the expectation was at least relevant to your life. Now, as a successful professional, you have overcome the stuttering issue, no longer being made fun of. But because you never really examined that old expectation, it just continued to run in your brain...influencing your moods, emotions, behaviors, choices, and even self-esteem. By identifying

the expectations you hold, you can then ask how relevant that expectation is to your life currently. And the more you can show yourself how irrelevant an expectation is, the less likely you are to be negatively affected by it.

Are my expectations realistic? Some expectations may be perfectly relevant but also unrealistic. For example, maybe you have the expectation that people should be polite to servers. And most likely 98 out of 100 people would probably agree. If it is true that people should be polite to servers, is that expectation 100% accurate? Your expectation that everyone should be polite to servers has zero effect on whether that inconsiderate person across the restaurant will end up being polite to the server. But because you get frustrated and upset when you see people not being polite, this expectation has some very real and predict-

able downsides with no upside.

It is difficult to let go of these types of expectations because it somehow just feels wrong. The key here is to see that giving up your expectation of what's true doesn't mean you are invalidating the truth of it. It's perfectly possible to believe that people should be polite to servers without expecting that they will be. What's more, letting go of that expectation doesn't mean that you can't act on that belief...you could choose to intervene with that rude customer. Expectations can prolong and intensify difficult emotions without making any positive change in your or the world. So why hold on to them? When you have identified an expectation, especially expectations of people, ask yourself what you know about them. Think back on how they've behaved or acted in the past. Then try your best to separate what you would like to be the case, from what is likely to be the case...and revise your expectations to be in line with the latter.

Are my expectations helpful? Expectations are always doing something,

exerting some kind of force or effect on us. So it's worth asking -- Are my expectations helping or hurting me? We often convince ourselves that an expectation is necessary or unavoidable because it's true. But just because it is true doesn't make it helpful. There are situations where expectations can be a positive force in your life, especially if they meet the criteria of being relevant, realistic, and helpful. But because expectations so easily devolve into unhealthy defense mechanisms, it's essential to be aware of the expectations you hold and how they impact you. Maybe the best expectation is expecting that our expectations aren't very helpful! Next time you reflect on your expectations, remember to look for relevancy, credibility, and positivity. To let go of unhealthy beliefs, stay thoughtful and intentional with your expectations.

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



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The Alternative Approach

Do You Eat At Least 5 Servings?

by Roy Williams

Roy, what in the world are you talking about? I'm talking about fruits and vegetables, preferably raw. Fruits and vegetables have become some of the least consumed foods in America, even though research has been published about the health benefits they provide. Even worse is the fact that the average child under age 16 eats less than two servings a week.

America has been sold a bill of goods concerning our diet. For years we have been taught that we get everything we need from the four basic food groups. At the top of the food pyramid are fruits and berries, followed by complex carbohydrates, then vegetables and last but largest is protein. If we, as a nation actually followed that concept, making it a daily routine, we would be much healthier nation.

Over the last few decades, the powerful food industry along with the FDA have been able to switch people from eating whole, unprocessed foods to eating highly processed, cooked, and chemical-laden foods. During that same time

span, diabetes, heart disease, arthritis, autoimmune diseases, and cancers have become epidemic in America.

Please remember, the food industry makes money by selling food, not necessarily whole, healthy foods but in most cases, cheap, over-processed, sugar-laden, nutrient-deficient foods that taste good but have almost no nutritional value. In order to maintain a healthy body, you must consume 16 vitamins, 74 minerals and trace elements, 12 amino acids, 3 essential fatty acids, and a lot of protein every day. Unfortunately, the standard American diet (SAD), contains less than half those nutrients.

The result, America has become one of the sickest nations on earth. A list of the top 100 healthiest nations, 1 being healthiest and 100 being the sickest, America has slid down in the 60 range. We consume more prescription drugs than all the other nations on earth combined, yet we have more cases of the five top killer diseases.

You may ask yourself; how could that be the case? When you look at the five biggest disease killers in America and re-



alize that all of them are now classified, deficiency diseases, you begin to realize that we are malnourished. I didn't say that we are not consuming enough calories. Americans consume more calories than any other nation. The problem is that most of the calories we consume are called empty calories. You cannot live on calories alone. Take a 20-ounce soft drink for example, which contains 240 calories, but when you look at the label, you can see that it has no vitamins, minerals, amino acids, essential fatty acids, or protein. Your body burns calories for energy to move but calories without nutrition will not sustain you. You cannot manufacture new cells with only calories. You must consume nutrients.

That leads me back to the point of this article, do you consume at least 5 servings of raw fruits and vegetables a day? Why is that so important? Because they not only contain vitamins, minerals, amino acids, essential fatty acids, and protein, they also contain

some very powerful naturally occurring chemicals that are beneficial. Some of them help you digest your food easier; others stop free radical damage, decrease inflammation, and strengthen our immune response. Many have proven to help fight disease and speed up the healing process, while others are shown to improve natural energy.

Another problem is that we have been programed to believe that if anything goes wrong with our health, we can simply go to the doctor and get a prescription. One must remember that prescriptions only treat the symptoms of disease. They do not stop or even slow down deficiency disease. Deficiency disease implies a lack of proper nutrition, and no drug will replace the nutrients that are missing from your diet.

That's why we encourage everyone to consider taking Ultimate Fruit & Veggie. This product provides the same as 5 servings of raw fruits and vegetables everyday by simply taking 2 with your first and

2 with your last meal each day. When you read the list of fruits, vegetables, and super foods contained in this product and learn that all of them are cold processed to maintain their integrity and that all of them are grown without pesticides or any chemicals, you will begin to understand that this is the very best and easiest way to support your overall health.

Ultimate Fruit & Veggie is an exclusive product of NEWtritional Health Care LLC. What you read on the label is guaranteed to be in the bottle and our quality will never be compromised. For those reasons, I can personally guarantee that Ultimate Fruit & Veggie is not only superior to any competing product, it cost less. To learn more, go by Herbs & More in Athens or NHC Herbs in Killen, or call 256-757-0660 or visit our website at www.nhc-herbs.com.

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Abbie Cooper



Special Feature

Alabama Veterans Museum & Archives Receives \$1,000,000 Grant

by Sandra Thompson, Director, Alabama Veterans' Museum

Athens, Ala. (May 18, 2022) – Thanks to the generous support of the State of Alabama and the Limestone County Legislative Delegation, the Alabama Veterans Museum has received a \$1,000,000 grant. These funds were made possible by the tireless efforts of local legislative leaders.

On behalf of the Board of Directors of the museum we would like to thank Senator Tom Butler, Senator Arthur Orr, Senator Tim Melson, Senator Larry Stutts, Representative Danny Crawford, Representative Lynn Greer, Representative Mac McCutcheon, Representative

Andy Whitt, and Representative Parker Duncan Moore. Without their support this would not have been possible.

As a founding board member, Sen. Tom Butler was instrumental in achieving the dream and vision of the original Alabama Veterans Museum concept. His support spans over 20 years and he continues to be influential in the museum's success.

These funds will allow the museum to proceed with phase II of the original renovations to the museum. These renovations include upgrading the HVAC system, repairing the roof, upgrading the



meeting venue, new signage, and creating a Veterans Park in front of the museum.

The Alabama Veterans Museum is the number one tourist attraction in

Limestone County and these upgrades will draw new visitors to the area. Visit our website at www.alabamaveteransmuseum.com and like us at [www.facebook.com/alabama-](http://www.facebook.com/alabama-veteransmuseum)

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Be Your Own Best Friend

by Mae Lewis

One of the most important lessons that you can learn in life is to be a friend to yourself. Many times in your life, you will be alone -- alone with your thoughts, alone in tragedy, alone in triumph, and at the end of the day, the only person you have is yourself. The one person who you will spend forever with is yourself. Your relationship with yourself extends into eternity, so be a friend to yourself sooner rather than later.

Some of the most painful times in my life were when I was alone. I grew up surrounded by people. I didn't know how to be alone. Even when I was surrounded by people, I was lonely. I didn't know myself, and so I couldn't appreciate who I was. Be-

ing alone meant being depressed. As a result, I sought out validation from unhealthy sources. Some of the biggest mistakes I have made in my life were because I was afraid to be alone. When I learned to sit with myself in the quiet and embrace the parts of myself that I didn't like -- as I would do with a dear friend-- I was empowered and healed. I recognized that I didn't need to continue to seek out validation from relationships or friendships because the only person whose opinion mattered was my own. I learned to comfort myself. I learned to heal myself. I learned how to be a friend to myself. I've stopped feeling lonely.

Love and accept yourself FIRST. Treat yourself the way you would treat someone that you

loved. I often hear people say things like, "I'm so stupid," or "I'm so ugly." The truth is that you would not say those things to someone you really cared about...so why are you saying them to yourself? On the other hand, if someone spoke to you the way that you speak to yourself, would you allow them to be your friend? Would you allow someone to speak to your child that way? There is a piece inside of you that is a child. Don't bully yourself.

The second greatest commandment is to "love thy neighbor as thyself" (Mark 12:31). It starts with loving yourself. If you don't love yourself, how are you going to love anyone else? If you make friends with yourself, you will never be alone. If you aren't friends with your-

self, then you are going to work against yourself. You can be your own friend, or you can be an enemy to yourself. If you are your own enemy, you won't truly be happy or at peace.

It is much easier to be kind and supportive to others than it is to be kind to yourself, but if all you are doing is being unkind to yourself, you destroy your ability to be happy. You will undermine your own self-confidence and set yourself up to fail. Showing compassion to yourself, as you would to a friend, is important for being happy, for being confident, and for being emotionally healthy.

Some days, there will be no one there for you but yourself. In those times, are you going to tell yourself what a loser you are? Or are you going to

take that part of you that is hurting in your arms and say, "Hey, it's okay...you are loved."

With today's technology, it is very easy to create an environment where you are never alone with yourself, and many of us can quiet our "inner demons" day after day by surrounding ourselves with noise so that we don't have to face our inner self. It's easy to fall asleep with the television on or by taking sleeping pills so that you don't have to have conversations with yourself as you lie awake at night. But no matter what you do, you will not be able to get away from yourself, either in this life or the next. If you see yourself as broken and wounded, be a friend and help yourself pick up the pieces.

Learn to enjoy the company of yourself, even if that means having some hard conversations with yourself first. Learn to forgive yourself and extend grace to yourself. Recognize that you are not perfect and you will make mistakes, but you can always try to be better. Accept yourself the way you are. Fight for yourself. Appreciate yourself. Believe in yourself. Be compassionate to yourself.

At the end of the day, the only person you will be alone with is yourself. "Sometimes, you are all you have, and sometimes, that's all you need."



"How you love yourself is how you teach others to love you."

- Rupi Kaur

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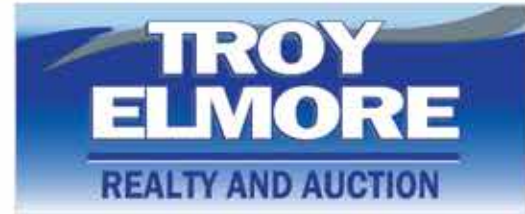
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Owning a home is a keystone of wealth... both financial affluence and emotional security.

~Suze Orman



ANSWER KEY:

6	1	4	9	2	7	8	8	9
2	3	7	5	8	1	4	9	6
5	9	8	6	4	9	8	6	5
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3	5	8	2	6	1	9	4	7
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8	3	1	9	7	2	6	5	4
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Agent has ownership interest.

**Call Troy Elmore
for more info!
DON'T MISS OUT!**



Troy Elmore
Broker®

**TROY
ELMORE**
REALTY AND AUCTION

CONTACT INFORMATION

Mobile: 256-777-3710

Office: 256-232-9604

Email: trelmore@aol.com

ALLIC#71065



AUCTION

Saturday, June 4th at 10:00am



2217 Salem Rd Minor Hill, TN 38473

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Charming 3 bedroom, 1 bath home on 4.16+/- ac. with large metal building, carport, gazebo, and beautiful views! Don't Miss Out!

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

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

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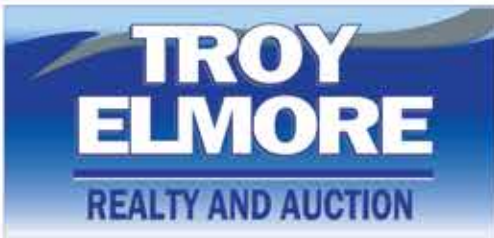
AUCTION

Saturday, June 11th at 10:00am



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606 Coleman Ave Athens, AL 35611



Charming 4 bedroom, 2 bath home on corner lot with bonus room, 16x16 outbuilding in Athens City Limits! Don't Miss Out!

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CORNER LOT 145 x 115 +/-



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