

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:
Ali Elizabeth: 256-468-9425

TROY ELMORE
REALTY AND AUCTION

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

Special Feature



Frame Gallery Of Athens To Hold Open House For Award Winning Artist Reesa Milam...

Frame Gallery's featured Artist of the Month is award-winner Reesa Pearl Milam...
Page 5

At **ONE LOVE** Hearing Concepts
anyone that wants help can get help!!!!

NOW BUY 1 EAR, get 1 EAR for FREE!!!
4 ModelZ to chooZe from
256-233-3844
Athens, AL

Like Us On Facebook **FREE Consultations**



Coming Soon! The 2022 Chamber Of Commerce Christmas Open House

By Ali Elizabeth Turner

On November 18, 19, and 20, the annual Chamber of Commerce Christmas Open House is going to officially usher in the 2022 holiday season in Athens-Limestone County.

Continued on page 15



From The Vets' Museum

"Trails Of Hope, The Odyssey Of Freedom" Exhibit To Open At Veterans Museum...

1 September 1939 was a day which transformed the face of Europe forever...
Page 7

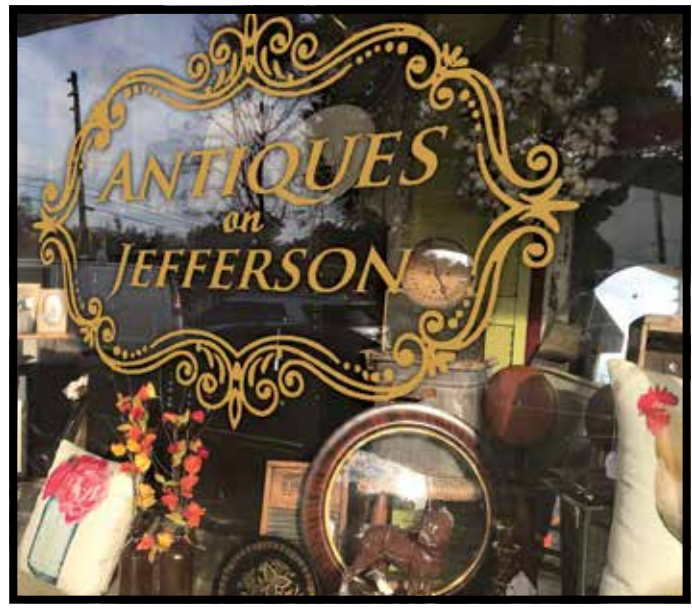


What Makes Ronnie Roll



"Falling" In Love With Athens...

I have often said that I just may love Athens more than people who were born and raised here...
Page 8



Antiques On Jefferson: Something For Everyone

By Ali Elizabeth Turner

Carol Holland has always wanted to own her own antique shop. She is an Athens native and has spent her entire career as a defense contractor. Carol has loved antiques as long as she can remember,

Continued on page 17



FRAME GALLERY
OF ATHENS

YOUR HOMETOWN FRAMER
FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302

TRACIE@FRAMEGALLERYOFATHENS.COM

125 NORTH MARION STREET, DOWNTOWN ATHENS



OPEN

Alabama Biz Finder

... Always Open - 24/7

alabamabizfinder.com



Sand Blasting
&
Powder Coating

Give us a Call:
256-614-2016

www.Tennesseevalleycoatings.com

ATHENS ALEHOUSE & CELLAR

111 WASHINGTON STREET
ATHENS, ALABAMA

Hours: Tue - Thurs 4-9pm
Fri 4-10pm • Sat 2-10pm

FACEBOOK: @ATHENSALEHOUSE



café 1822

SANDRIDGE HALL | 402 E. PRYOR ST. | ATHENS, AL | 256-233-8244



Downtown Athens ~ 256.233.0016
www.bradfordsgunandpawn.com

Voted #1
Gun Shop
2 years
in a Row!

*Source: Athens News Courier

THOUSANDS
OF GUNS IN STOCK
EVERYDAY!

GUNSMITH ON SITE!

The UPS Store



1260 Us Hwy 72 E Ste B
Athens, AL 35611
p: (256) 444-4044
f: (256) 444-4055
c: (706) 289-5110
e: store7250@theupsstore.com
w: theupsstore.com/7250

Hours:
Mon - Fri: 07:30 AM-06:00 PM
Saturday: 09:30 AM-04:00 PM
Sunday: 11:00 AM-04:00 PM

The UPS Store



RIVER CITY

ROOFING SOLUTIONS INC.

256-274-8530

WWW.RIVERCITYROOFINGSOLUTIONS.COM



Trophies - Engraving - Awards
Randy McKinney
Owner

701 HIGHWAY 31 SOUTH
ATHENS, AL
(256) 232-6038

RANDY@ATHENSATHLETICS.COM
fb.com/AthensAthletics

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Anna Hamilton
Eric Betts
Joel Allen
Dixie Bell
Phil Williams
Benjamin Bradley
Tracie Spain
Jerry Barksdale
Sandra Thompson

Athens Now is published every first and third Friday of the month and is a publication of Turning Press, LLC. Reproduction in whole or in part, without expressed written permission of the publisher, is strictly prohibited. Athens Now is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate. © Copyright 2007.

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

Contents

Publisher's Point 3
All Things Soldier 4
Special Feature 5
Calendar Of Events 6
From The Vets' Museum 7
What Makes Ronnie Roll 8
Rightside Way 10
Slinkard on Success 11
Clean Green And Beautiful 12
Cooking With Anna 13
Cover Stories 15 & 17
From The Tourism Office 16
Lifelong Learning 18
Jerry's Journal 19
Dog Barker 20
Mental Health Minute 21
Alternative Approach 22



Publisher's Point

Macy Petty Makes Her Point Again

Many days I cringe at the prospect of being even remotely associated with the media industry, especially as it pertains to social media madness being considered equivalent to what journalism is supposed to be. And then there are the days when I get to cheer at the use of social media to speak truth that is actually true to power that is perverse.

Such is the case with a recent abuse of identity that affected a young woman by the name of Macy Petty. Macy is unashamedly conservative, Christian, pro-life and pro-woman. She is a collegiate volleyball player who first made her media splash with far-reaching ripples when she "spoke to the woke" as it pertains to women's sports being in danger of being marginalized to the point of

extinction when women are forced to compete on the court with "women" who were born men. Her presentations on the topic are courageous and compelling.

However, it is something else entirely to take on the likes of former First Lady and U.S. Senator Hillary Rodham Clinton and California Governor Gavin Newsom as well as the DNC over the egregious misuse of someone's identity; in this case that of Macy and trying to make her appear distraught over the end of *Roe v Wade*.

Here is what happened. On the day that *Roe* was "no mo," Macy was outside in the hot DC weather with other pro-life activists waiting to hear the outcome. When the news came, she fell to her knees and wept

with relief, praise, and joy. Her response was filmed, and then turned into an ad used by the DNC and their surrogates trying to portray her tears as being just the opposite. The word "sad" appeared over her head.

However, not surprisingly, Miss Macy is pushing back. She went on Twitter and said the following to Mrs. Clinton: "Hey Hillary, I'm the girl crying in this video," pro-life activist Macy Petty tweeted at Clinton on Oct. 20. "I am pro-life and those are HAPPY tears because I just witnessed a MIRACLE!"

In Macy's open letter to Newsom, Clinton and those who created the video, she alleged the footage "portrayed me in an evil light and distorted my emotions as part of your politi-

cal games. You selected the portion in which I fell to my knees in tears," Petty continued. "At this moment, I witnessed a miracle. I was overwhelmed. As I continued to witness history, I pondered how lucky I was to witness such an event. I thanked the Lord for this decision and for opening my eyes to the evil of abortion. This is what brought me to tears."

In an interview with *The Christian Post* Macy said, "I'm part of a generation of pro-life activists. My mom worked at a pregnancy center, and my grandma started one. So it's in my blood. And I was just so grateful to be there to witness it because there are so many people who were in the fight before me who didn't get to witness it."

We all know of Hollywood celebrities who have successfully sued the *National Enquirer* over less and have won handily in court. Makes me wonder what might be ahead for this refreshing upstart. May Macy continue to make her point.

Ali Elizabeth Turner

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



athensnowal.com



Only In America...er...Oman

by Ali Elizabeth Turner



When you have had the chance to live amongst soldiers in a combat zone, one of the most interesting and gratifying parts of such an experience is to observe first hand the combination of toughness and tenderness that is a part of our military's "working philosophy," if you will.

Rarely has that combo been more clearly on display than a few days ago when the U.S. Navy encountered a fishing vessel that was ablaze in the Gulf of Oman. The crew was floundering about in the water, and not only did the Navy rescue the crew, they put out the blaze before the vessel sank. Aahhh, but here is where the plot thickens. The ship was not on fire because of trouble in the engine room or a short in the wiring, it was the crew themselves that had torched it before they jumped in the drink. Why? Well, they

happened to be carrying what ended up being more than one million dollars worth of hashish and methamphetamines, and rather than emit the classic cry from decades ago of "Eat the dope," the Pakistani and Iranian smugglers somehow hollered, "Burn the dope," (and ditch the boat.) They succeeded in getting rid of about one-third of it, and God only knows what kind of contact high was occurring as the boat burned.

What did our sailors do? They fished them out of the drink, gave them medical care, and then they put in motion what tongue-in-cheek-and-mil-speak was referred to as "repatriation." Now, I am not going to jump to conclusions (or into the drink,) but does that sound like, wait for it, "catch and release?" (My father and husband would be proud of such a pun.)



Below is a statement released about the incident, and I especially love the use of the term "disrupt destabilizing maritime activity."

This was a superb effort by all of our crews," said Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces. "I couldn't be prouder of everyone involved in

saving lives while carrying out our mission to disrupt destabilizing maritime activity.

OK, I admit I wasn't there and that several details are probably not available for consumption by the average bear. But there is something here that makes me scratch my head with the use of the term "repatriation." These guys fessed up to what they were doing, and anything else

would have been folly, seeing as the drugs were seized. This would not have been the time to claim the drugs had been planted in the trunk or the glove compartment. But, repatriation? Does that mean that they were transported back to Iran or Pakistan so they could do the same thing all over again? This is not the first time that the US Navy has been involved in such an incident. Last year, the Sirocco, one of the three vessels involved in rescuing the Pakistanis and Iranians, did the same thing for Iranians in the same gulf (Oman) smuggling the same kinds of drugs (hash and meth), and that time the haul was worth 14 million dollars.

So, is it too cheeky for me to ask, "You guys come here often?" Whatever that answer may be, our sailors most certainly did the opposite of what would have been the case if the situation had been reversed. And that makes me proud, even if "repatriation" makes me suspect.



Frame Gallery Of Athens To Hold Open House For Award Winning Artist Reesa Milam

by Tracie Spain

Frame Gallery's featured Artist of the Month is award-winner Reesa Pearl Milam. Her framed work will be for sale in our showroom from now through the end of December. Reesa has had other shows with Frame Gallery over the years and this show in particular is inspired by different genres of music and scripture from the Bible. She says that is what inspires her to do her art. Her new style of art, "the new abnormal" as she calls it, is a vast array of whimsical drawings to add to her other etchings and art that are for sale in the store. We hope you will come by and look and purchase some of her incredible artwork. All of her new works are originals and one-of-a-kind. These pictures would make unique gifts or would be great in a special place in your home.

A little bit about Reesa - She was born in KY with her family settling in North AL in 1972. She attended Ft. Payne High School and at that time, the school did not offer art or music classes. She made sketchbooks of the Lookout Mountain area and was given the honor of co-editing the student scripts which sparked her passion for photography and graphic images.

Reesa moved to Huntsville, AL, and attended college at The University of Alabama Huntsville and graduated Honor

Scholar in Art/English. She also attended University of Missouri/Columbia for a special art study while pursuing her degree at UAH. Her junior and senior years she worked as Art Gallery Director at UAH where she designed displays and helped with exhibits and advertising.

Reesa is skilled in most art media except for the newer technologically-based modalities. She has a very wide range of experiences which include photo/etching, etching, stone lithography, woodcut and linoleum cut, and silkscreen print-making.

After graduation Reesa was in a number of juried and non-juried shows all over the U.S. She won many awards in the early 1980s for visual statements which focused on shows dealing with women's issues. Her award winner, "I Stayed Home With Mine," was highly favored in many shows as speaking to a range of contemporary women.

In 1988, Reesa was featured in a political art show which was at Highland Gallery Atlanta. She has been in international-juried print exhibitions ranging from University of Montevallo to Traveling Portfolio along with the Matrix Gallery in Chicago. She has given several demonstrations at museums, schools, and civic organizations. Her work has been displayed in Decatur's Second Street Gallery; Adrian Ford

Gallery in Florence, AL; and Maralyn Wilson Gallery in Birmingham, AL, to name a few. She has been in many local exhibits including Panoply in Huntsville, AL, and The Old Time Fiddlers' Convention here in Athens, AL. She also has two different pieces of art in permanent collection at the Huntsville Museum of Art, which is shown often in their gallery. Her artwork has been featured in various newspapers and magazines, and we are honored to have her with us at Frame Gallery.

Frame Gallery of Athens would like to invite you to an Open House featuring the works of Reesa Milam that will be a part of the 36th Chamber of Commerce Christmas Open House festivities later this month. The Open House will be held on Saturday, November 19 from 1-3 p.m., and the public is invited. The artist will be on site, and her pieces will be for sale.

Reesa has always been ap-



preciative of the support she has received from the people of North Alabama, and indicated to Athens Now that she wanted to especially thank Tracie and Chris Spain, the owners of Frame Gallery of Athens for making this Open House possible. "I couldn't possibly do this by myself," she said. She hopes you will take time during the Christmas Open House on November 19 to come and see if what she has created is waiting for its new home, your home. All are welcome, and we shall see you then!

You are cordially invited to an Open House featuring the works of artist Reesa Milam

Saturday, November 19th
1pm - 3 pm

Frame Gallery of Athens
125 North Marion Street • Athens, AL 35611 • 256 232 2302

Calendar of Events

Gettin' Dirty at the Library November 8

The Limestone County Master Gardeners are offering a free presentation on "Strawbale Gardening", November 8th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library.

Soozi Pline is our guest speaker.

Interfaith Panel Discussion and Symposium November 10

The Center for Religion Leadership and Culture at Athens State University will host its annual Interfaith Panel Discussion and Symposium on Thursday November 10 at 6:30 PM in Founders Hall Chapel. There will be three scholar representatives from the three Abrahamic traditions: Islam, Christianity, and Judaism. The topic which will be discussed is "How hospitality is viewed, explained, and practiced within the traditions." This will be an educational service to the academic community and public to help us get to know our neighbors of different cultural-religious backgrounds. Refreshments will be served. It is a free event to the public. All are invited.

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.

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 2022. All remaining 2022 public events 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.yesterdayevents.com

FB: www.facebook.com/YesterdaysEventCenter

Stuff A Truck Food Drive November 12

8:00am - 4:00pm. Annual food drive to benefit Limestone County Churches Involved (LCCI). LCCI is an emergency bridge providing food and assistance to Limestone County residents. First National Bank at the corner of Hwy 72 and Lindsay Lane.

New Ground - A Southern Gospel Woship Service November 13

Berea Baptist Church will host New Ground for a southern gospel worship service on Sunday, Nov 13 at 6PM. Free admission. A love offering will be received. Location is 16776 Lucas Ferry Rd, Athens, 325611. Contact Gary Wilson, 256-497-9763.

2022 Athens Christmas Parade December 1

Presented by Bryant Bank, this year's theme is "A Christmas in Candyland". The parade route is the same as in previous years: West on Hobbs Street, South on Jefferson Street, East on Market Street, South on Marion Street, West on Washington street, South on Jefferson Street, and ending at the Hometown Shopping Center. The deadline to enter the parade is November 17th. Call the Chamber of Commerce at 256.232.2600 for more information.

Athens Limestone Tourism Hosts North Pole Stroll December 1 - 31

The 2022 Athens North Pole Stroll will return to Big Spring Memorial Park in the Beaty Historic District during the month of December and this year, we have Electric Power! Each tree sponsored by area agencies, groups, businesses, and families will sparkle to life after dark and will be decked with a variety of decorations and themes. Sponsor a tree in honor of a loved one or to promote your business! Only \$100 and we provide the tree! 256-232-5411 for info.

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.





From the Alabama Veterans' Museum

“Trails Of Hope, The Odyssey Of Freedom” Exhibit To Open At Veterans Museum

by Sandra Thompson, Director, Alabama Veterans' Museum

1 September 1939 was a day which transformed the face of Europe forever. At dawn, German troops invaded the territory of the Republic of Poland and thus started the bloodiest conflict in the history of the world. Poland received another blow 17 days later, when Soviet troops attacked the eastern borders of the country. Polish lands were plundered but Poles did not give up their hope for freedom.

As early as in the first months of the war, thousands of Polish citizens found themselves outside their occupied country. Some of them were deported by the Soviets to Russia, where they faced extreme poverty and were forced to work beyond their capabilities. Some of them were able to make

their way to the West and became involved in armed struggle and humanitarian aid.

“Trails of Hope, The Odyssey of Freedom” tells the story of people who travelled thousands of miles with a specific aim in mind, namely an independent Poland, a safe Europe and a free world. It is the story of soldiers fighting on all fronts of the Second World War, and of civilians leaving the “inhuman land” with the Anders Army. It is also the story of the “Silent Unseen,” i.e. special force soldiers trained in the West and parachuted into occupied Poland to join the resistance forces as well as the tale of the orphans of Tengeru who were miraculously saved from the hell of Soviet gulags.

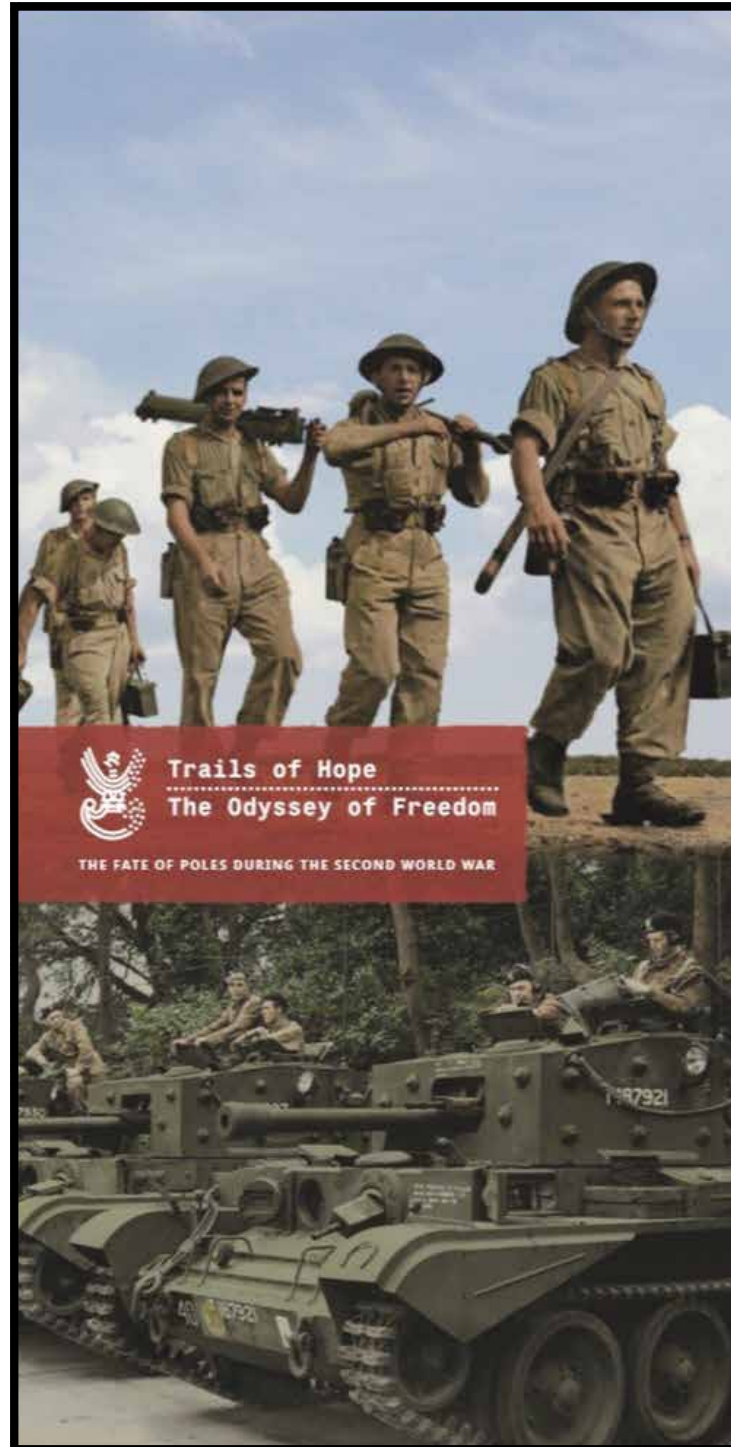
President of the Institute of National Remembrance

Karol Nawrocki, Ph.D

Please join us at the Alabama Veterans Museum & Archives on Thursday, Nov 10, at 5 p.m. for the opening of this very special exhibit. Representatives from the Institute of National Remembrance in Warsaw, Poland, will be here for this event. For more information on this exhibit go to:

<https://www.youtube.com/watch?v=eCGTn0zTWW8> or <https://szlakinadziei.ipn.gov.pl/sne>

The Alabama Veterans Museum is located at 114 W. Pryor St., Athens, AL 35611. Any questions may be directed to Sandy Thompson at 256-771-7578.



Athens/Limestone Co. Veterans Day Parade

Saturday, Nov 5 at 11:00

“THANK YOU, VETERANS. HEROES, ONE AND ALL.”

Line up at Athens High School beginning at 9:30 a.m.

(655 US-31, Athens, AL 35611)

Contact the following for more information:

Yvonne Dempsey @ 256-431-3213 or yhdempsey@hotmail.com

Sandy Thompson @ 256 771-7578 or sndy6732@gmail.com

Register by Wednesday, Nov 2, 2022



Caleb Lawler
Financial Advisor

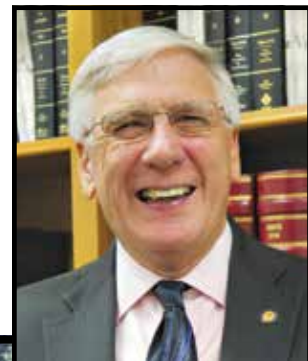
1795 Hwy 72 E
Suite 101
Athens, AL 35611
Bus. 256-232-9120 Cell 256-577-9100
caleb.lawler@edwardjones.com
www.edwardjones.com/caleb-lawler

Edward Jones
MAKING SENSE OF INVESTING

What Makes Ronnie Roll

“Falling” In Love With Athens

by Ali Elizabeth Turner



I have often said that I just may love Athens more than people who were born and raised here. If you have never been anywhere else, you have nothing with which to compare it, and trust me, our town rocks! Several people this week, including Chamber of Commerce Executive Director Pammie Jimmar and people in our Limestone Leaders BNI group, all commented on just how special our town is, and so it was no surprise to walk into City Hall to see Mayor Ronnie standing in the hallway greeting people as they arrived and finding ways to make them laugh. I would imagine that is not SOP for most places.

“We have just come off of Fiddlers’ and Storytelling, and Christmas Open House is coming up,” said the mayor. He then added, “We had a

great weekend. Look at these.” He showed me pictures taken from a unique project that had involved the Mayor’s Youth Commission and the old cemetery on West Hobbs. This year’s group of students from several high schools numbers 46, and they agree to do several service projects each year. On Saturday, October 29, the kids cleaned the headstones of veterans who are buried there. They were joined by Boy Scouts, adults and other people from the community, and all in all there were 70 people joining together to honor the fallen in a most practical way. “It’s a wonderful thing that so many people were involved,” he said.

Mayor Ronnie went on to talk about the ribbon cutting for the brand new fitness park located at the Sportsplex on 31



that was held on October 28. “Blue Cross/Blue Shield and we partnered together to make a beautiful outdoor facility,

and we had a firefighter, a football coach, two police officers, and a high school band director all competing for the best time in completing the course,” he said. “And,” he added, “there were cheerleaders, the Athens High School Band, and people from all over gathered to cheer them on.” He went on to tell me about a “litty-bitty” cheerleader (one of those ones that is at the top of the pyramid) who just stood there and did a vertical jump to land on a box in the fitness course that “had to have been about as tall as she was...four feet tall,” he said with a laugh. “Then, I asked her to do it again, and she did like it was nothing!” he said.

It would not be fall in Alabama if there were

not at least one awesome second-half high school or college football comeback from way behind, and this time it was Athens High School beating Russellville by one point with eight seconds to go. The score was 32-31, and Russellville was soundly roughed up. “City Councilman Chris Seibert has turned into one great football broadcaster,” said the mayor. It was just one of those times when all was well, even when all was not well. We talked about the Veterans Parade and more, and I asked him, “Should we call this *Falling In Love With Athens*?” “Yes!” he said. So, it was getting to be that time, and as always, we prayed. Then, like he always does, Ronnie rolled.





loanDepot

JOSH WINN

NMLS #219148
Loan Consultant

507 Drake Ave SW, Suite B
Huntsville, AL 35801

joshwinn@loandepot.com
www.loandepot.com/joshwinn

(256) 214-2573

(833) 761-1477

BRAD STOVALL'S AUTO BODY

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



Behind Tanner Post Office • 233-5140

Rocket City Barns Cabins Sheds 8x12 thru 16x40



Call or Text 256-221-7062 • 7 days

Buy or \$0 Down Rent to Own • No Credit Check
Payments starting at \$62.78/mo • Free & Fast Delivery to Most Locations

ECONOTECH
RECYCLERS
& JUNK REMOVAL



Free Estimates
Licensed/Insured

803 S. Jefferson St.
Athens, AL 35611

Office: 256-444-0478
WWW.ECONOTECHRECYCLERS.COM

**HAZEL GREEN
CHIROPRACTIC**
Dr. JOHN BOYLE



13971 Highway 231/431
Hazel Green, AL 35750

Tel: (256) 828-4288
Fax: (256) 828-4250
hazelgreenchiropractic@yahoo.com
hazelgreenchiropractic.com

New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

**Athens Auto Tire
&
Wrecker Service**



24 Hr. Road & Wrecker Service



306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537

Celebrating

34 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



A T H E N S , A L

**WOMEN'S
RESOURCE CENTER**

256-233-5775 • 24-Hr Hotline

727 Market Street W, Ste. D in Athens

www.savalifeathens.org

Never Ever Forget

by Phil Williams



Years ago I was doing some land navigation training at Fort Knox, Kentucky. That was always one of my favorite things to do. Just give me a map, a compass, a protractor, and a stubby pencil and set me loose in the woods. I would be content for hours navigating by terrain association or following an azimuth on my compass.

But on that particular day at Fort Knox, I broke through some brush and came up on an old cemetery out in the middle of nowhere. There was an old wrought iron fence around the 50x50-foot perimeter and it seemed ancient. I stopped what I was doing and spent a few minutes looking at the old weathered headstones and foot markers, most of which dated back to the early-mid 1800s. And as I did, I found myself wondering, "Does anyone even know this is here?"

But then I remembered the map and sure enough realized that I had stumbled on a known site. It was labeled as "Lincoln Cemetery", and it was actually where Abraham Lincoln's mother was reportedly buried. Of course, that also allowed me to precisely confirm my location on the land navigation exercise. So, I reoriented myself to my next compass bearing, and moved off from there to navigate further.

I was reminded of that moment in the backwoods of Fort Knox because of a story that I ran across just last week. Apparently, in the Brighton community in Jefferson County, Alabama, firefighters were called out to a brush fire that was burn-

ing several acres deep in the woods. Firefighters from Brighton, Lipscomb, and Birmingham all responded, and when they did they were all surprised to find an abandoned cemetery deep in the woods. Brighton's assistant fire chief said the graveyard had at least 20 gravesites dating back over 100 years, all of which were in various states of disrepair. Photos in the article showed broken headstones and one collapsed burial vault. Mature trees had long grown up in and around the graves.

But the thing that really got me in the article was not just that they found it, but that when he was talking about it, the assistant fire chief said, "Nobody knew it was there."

How does it get to the point that no one knows that a cemetery is there? Is there no loved one left to visit and put flowers down on the graves? Is there no local ordinance regarding care and maintenance? Twenty actual graves of actual people and "nobody knew it was there." That's unreal, somewhat sad, and more than a little disconcerting.

But it's also a clear indication that we can in fact forget our history if we are not careful. I would like to believe that history cannot repeat itself because surely there are those who will teach it to the next generation. But the reality is that as surely as a community can forget a cemetery even exists at all, that we as a nation can forget our history, our sacrifices, and our heritage. It can happen, and it does so generally by simple neglect.

The Brighton cemetery wouldn't be the first time that a society had forgotten its own history. In the book of 2 Kings and also in 2 Chroni-

cles, we find the story of King Josiah. Josiah was the King of Israel, but his grandfather was King Manasseh who is said to have turned the nation of Israel away from God. Manasseh's leadership resulted in such a decline that by the time his grandson Josiah took the throne at the early age of eight years old, the nation was completely and utterly away from its heritage.

With Josiah being just eight, he would need a teacher, a mentor. But he had no one to teach him. No one to tell him what great things his ancestors had overcome to build the kingdom he now ruled. It was so bad that when Josiah was 20, he decided that the great Temple needed to be refurbished, not so much because he wanted to turn the nation back to its roots, but more because it had fallen into disrepair and was a house of ill repute.

What happened next is the clearest example of how far a nation can be removed from its own history and heritage. During the renovations, one of Josiah's elders named Hilkiah came to him and told him that during the renovations the workers had discovered a book. That's what he called it, just "a book." When Josiah asked to see it, he determined that it was "the book of the law." Basically, the nation had become so remote in the concept of their own history that when a senior member of the King's cabinet found the Bible, he did not know what it was.

Despite Israel being founded on the premise of being God's people, and the many miracles and battles fought and the building of a new nation, the book of the law had been forgotten, lost even, to the extent that the King had

never even heard of it and did not know what it was.

But we're told further that when he read it, Josiah realized what had been lost. He called a great assembly, read the book to the people, and began to change society, change culture, change the nation. All because he rediscovered that which had been lost.

The end of Josiah's story says that when he died, no king before him or after him, served God with all his heart and with all his strength like Josiah. What a eulogy!

But here's the point: if history can be so easily forgotten, then we should not assume for a minute that it's not possible for it to be forgotten here and now. The left wants so badly to renovate history to fit their notions. The 1619 Project would have us believe that we are nation not founded on sacrifice and the belief in self-determination but rather a society built solely on the backs of slaves and that we are still to this day a systemically racist society. A whole generation of kids now has no personal reference point for 9/11. History classes in school are too often subjective and taught from a world view as opposed to a historically accurate context.

Why would all of this be? Why would it be necessary to change the manner and means by which a whole generation views their history? The answer is simple but yet diabolical -- because when you control the narrative of a country's origins, the sacrifices, the victories, and even the defeats, you can control the manner in which that generation thinks, acts, and cares about that nation. Think about it: Why be a good steward of something that you are not

fond of? -- Why defend the interests of something that you don't love more than yourself? -- Why take steps to sacrifice, or build, or expand capabilities, when you believe that all who went before you were oppressors exerting some form of privilege?

We cannot lose our history. It must not only be recorded accurately but taught accurately. Like the cemetery I found deep in the woods at Fort Knox, history can be a guide for the future. It can fix our spot on the map if it is clearly marked and gives us the reference for navigating our future. To do so we must keep it firmly fixed "on the map."

If we don't take the steps necessary to ensure that our nation's greatness and the sacrifices of our founders are accurately remembered, then we will one day be like the burning forgotten cemetery lost in the middle of the woods and "nobody knew it was there."

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

“U” Is For Upstanding

by D. A. Slinkard

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

Continuing on in our alphabetical journey we are now to the letter “U” and our word is “upstanding.” I wonder how different our world would be if we had more people striving to be upstanding individuals? The definition of this word is, “Marked by integrity.” This is definitely something that is lacking in our society these days as we have a mockery running about. I can remember a time when if you saw someone in trouble you would go and help the individual. Today, the society we live in, people want to grab their phone and start recording a video rather than coming to the aid of someone else.

How does a person be-

come upstanding? I believe it all begins and ends with their principles. What matters most to you – the important issues – will determine whether or not you are an upstanding person. Too often we have people who are willing to turn a blind eye on their integrity if it means they can better position themselves in life. Integrity is what we say, what we do, and what we say, we do. Show me a person with a high sense of integrity, and I will show you an upstanding individual.

The principles that made the United States of America the strongest nation in the world is no longer being taught in our society. We have a generation of Americans who are grow-

ing up despising this great country. I am an American, and I am proud of my country and the freedoms we have here; yet we have fellow countrymen who are ashamed of our country. We have a generation growing up believing that a man can get pregnant. We have a generation growing up believing that a woman can become a man, and a man can become a woman. Reality check – they cannot. We have thrown common sense out the window.

I firmly believe for us to get our country back in the direction and order it needs to be going would require us to turn back to God. Is it too late? Can the United States of America turn back to God? I wish the answer

was a simple one, but honestly, I believe we have too much wickedness abounding throughout our country. We have homosexuality abounding. We have abortion abounding. We have sinful desires abounding. As a nation, I believe we are a disgrace to God because of what we allow to happen and, yes, we allow it to happen.

For this word “upstanding” there has to be a guideline to measure with, and this guideline is given to us in the Bible. The problem is that many people underestimate what the Bible is. Too many people look at the Bible as being just another book written by man instead of viewing it as being the inspired Word

of God. People do not spend enough time reading God’s Word to understand His way of thinking. The closer a person grows to God, the more likely you will find them to be upstanding, to be a person marked by integrity.

We have a lot of divides in our country, and it should not be that way. We have a group that wants Christians to be tolerant of others, but this very group does not want to be tolerant of Christian viewpoints. We are headed down a slippery slope, and the question remains as to whether or not we can rebound and return to God. It will take effort and it will take work. I can only speak for myself, but the moment I placed my trust in Jesus Christ, God did something to me; He changed my life. Who I was is not who I am now, and I owe it all to Jesus.

I am a nobody wanting to tell everybody about the somebody who died for me. God has given me an opportunity to use this as a platform, and I do not take it lightly. We desperately need God in our lives, in our homes, in our community, in our nation, in our world. However, it is going to take work to get our nation back – is it worth it? Absolutely it is. Anything worth having is worth fighting for. We need God to show us where we are wrong, help us to get it right, and be able to live our lives in a manner that is pleasing to Him...and in doing so, we will epitomize the word “upstanding.” God, please help us.



Clean, Green And Beautiful

What I Just Learned In The 5th Grade

by Benjamin Lawrence Bradley - Executive Director, Keep Athens-Limestone Beautiful



These last few weeks, I had the honor of visiting various schools around

Limestone County to talk to 5th- and 6th-grade members of 4-H about recycling, beautification, and litter abatement. As I had never been in 4-H myself, I wasn't exactly familiar with what the program was all about. I looked on with interest as they recited the pledge: "My head to clearer thinking, my heart to greater loyalty, my hands to larger service, my health to better living, for my club, my community, my country, and my world."

Heart to greater loyalty and hands to larger service for my community? That sounds an awful lot like my job description here at KALB. Clearer thinking about the commu-

nity is something that I have found myself working to wrap my brain around. Where I was once oblivious to the trash that littered every corner, I now see it everywhere and it makes me sad. To see the world as it is, and then to consider it as it should be -- that is clearer thinking. "To Make the Best Better," goes the 4-H motto. How can I turn my heart to be more loyal to my community?

The other day, I almost pulled my truck over to pick up an armful of litter carelessly tossed and gathered by the wind into an unsightly pile beside the church on the town square. A crushed cup, lid, and straw cradling a bag of unsightly fast-food dross. I thought to stop and pick it up, but I didn't. I had somewhere to be. I had something

to do. So why do I keep thinking about the decision I made to keep going? Why is it bothering me? I am busy, sure. We all have somewhere to be, but a minute and a half spent picking up that bit of rubbish wouldn't have made me late for whatever I was on my way to do. Even if I were already late, is there really any relative difference between five minutes late, and six and a half minutes late?

I have identified a short-coming in my loyalty to the community. In the spirit of KALB, the proper act on behalf of my local environment would have been to spend those ninety seconds exercising that loyalty. I found myself considering my own



sense of duty. If I am to preach it, should I not make a greater effort to practice it? I decided then to pledge myself to stopping here a little and there a little, picking up things that don't belong to me and owning the responsibility of putting them in their proper place.

We surely wouldn't have time to live our lives if we stopped to pick up all the refuse along our way, but what might be the result if each of us living within the boundaries of Athens City and Limestone County picked up even one piece of litter every day? Just one. An impressive 107,517

pieces of garbage would find its way off our streets, out of our yards, and away from our wildlife. Every day, 107,517 pieces of litter. That's 752,619 each week, 3,225,510 each month, and nearly forty million every year. Just a single iota of trash once a day. What if you pick up two, three, or even four? That number grows exponentially, and we create a cleaner, more vibrant place to live.

You could outpace the rate of litter in our community by spending ninety seconds a day picking up a bit of mess that you didn't make. If we own that mess, make it ours, and show just a speck of loyalty to the care of our community, we could pull together and make ourselves the cleanest county in the country. We teach our children to uphold this pledge. Will you step up to the challenge? Good. Let's get to work.



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



Cooking with Anna

Forfeiting Grace

by Anna Hamilton

One of the most powerful versus in the Bible comes from the short book of Jonah in the Old Testament. "Those who cling to worthless idols forfeit the grace that could be theirs." Jonah 2:8 When I first read this verse, I felt as if I had been kicked in the stomach. I have been a Christian since I was 13 years old and thought I was accepting of God's grace. I was grateful for my salvation and felt as if I truly understood the grace I had received. But once I let the words of this verse sink into my soul, I realized how many times I had forfeited God's grace for me.

When you think of the word "idol" in the Bible, we tend to think either of a physical being that someone worships or something we place ahead of the importance of God. While both of these

are true, I also believe that anytime we allow ourselves to cling to a relationship that takes our focus away from God, or a thought that consumes us so much we forget about God, or anything in this world that we lean into instead of relying on God's grace to sustain us, we are forfeiting God's grace.

The way I have viewed my physical body most of my life has consumed my every thought. I have poured so much focus on what my outer appearance should look like according to this world that I have let it completely overtake me. Living a healthy lifestyle and taking care of this miraculous body God has given you is a wonderful thing... until you let it consume you. This is true of any aspect of life. Anything you let consume you in this life is a forfeit of

continued on page 23

Grandma's Vegetable Soup

Ingredients:

- 2 lb. ground beef*
- 2 Tbsps olive oil*
- 1 cup chopped onion*
- 1 cup chopped celery*
- 2 cloves minced garlic*
- 2 tsp Italian seasoning*
- 1 (32oz) carton beef broth*
- 2 (14oz) cans diced tomatoes*
- 1 (16oz) pkg. frozen mixed vegetables*
- 2 cups water*
- Salt and pepper to taste*



Directions:

Brown ground beef in a Dutch oven until meat is fully cooked. Drain off any fat and add ground beef back to pot.

*Add olive oil, onion, celery, garlic, and Italian seasoning and cook until onion is tender
Add remaining ingredients and simmer 20-30 minutes.*

Tennessee Valley Spotlight



Mondays at 10am
1080 AM WKAC

Coming Soon! The 2022 Chamber Of Commerce Christmas Open House

by Ali Elizabeth Turner

continued from page 1

This year's theme is *Christmas In Candyland*, and all three days are packed with creative ways to celebrate what Chamber Executive Director Pammie Jimmar calls "an Athens Christmas that is truly like a Hallmark movie." That is the way she describes her first Christmas here, and wants to preserve and expand for the whole community that special feeling she has so enjoyed. The Chamber team along with Athens Mainstreet, Tourism, Ardmore, Elkmont, Mooresville, musicians, artists, and vendors are working together to help us celebrate Christmas in Limestone County.

Pammie told me, "There are a lot of new things this year, and I am so excited!" The Merchants' Alley Tree Lighting will take place on

Friday evening at 5 p.m. to be followed by a Kick-Off Street Party that begins at 6 p.m. The party will feature DJ KZ Zillion, so please remember to bring your lawn chairs for all of the weekend festivities. Merchants will also stay open late, so you can get in your dancin' and your shoppin' done all in one night. Athens-Limestone County Tourism Association will have a Tree Lighting Ceremony on November 29 from 4:30-5:50 p.m. kicking off the beginning of the 8th Annual North Poll Stroll on December 1.

The traditional lighting of the Limestone County Christmas tree will be held on the steps of the Courthouse on Dec 1, the night of the Christmas Parade. New this year are the extended days of the "ice" skating rink; they've added Friday night from 4-8, which gives skaters an extra day to make their way around the rink. If you are like me, and that would mean not exactly an experienced ice skater, you can use the rail. It is great fun, and skates are included in the price of the experience. Skating will also be available on Saturday and Sunday from noon until 4 p.m. There will be food trucks throughout the weekend.

Other new features will be gospel singers singing Christmas carols that emphasize Jesus as the "reason for the season" on Sunday on the Courthouse steps, and if all goes well, the community will also have the chance to do some caroling as well, with more information on that to come. There are several entertainment acts lined up

during the weekend, including a band called Utopia! Back by popular demand are the horse-drawn carriage rides around the Square can be taken all three days, and are one of the most popular and traditional features of the event.

Photos with Santa will be held on Saturday and Sunday from 1 p.m.-3 p.m. The new location is Fly Leaf Photography, and the cost for a photo is \$10.

Once again there will be a Merry Market, which is designed for vendors and home-based businesses. It will be held on Marion Street on Friday from 4-8 p.m., Saturday from 11 a.m.-8 p.m., and Sunday from noon-4 p.m. "Small businesses are the foundation and backbone of our economy. They contribute to local economies by providing jobs, purchasing local goods, paying sales and property taxes, and utilizing local suppliers and support services," said Pammie.

The attached schedule for Christmas in Limestone County features all activities in and around Limestone County. "There is something for everyone," says Pammie. She then added, "The Christmas Open House brings the entire community together to celebrate the reason for the season. People will be able to stroll through historic downtown Athens during the weekend. Merchants will have extended hours for shopping for that special person on your Christmas list. We hope everyone will come hungry because there will be several food trucks, and we encourage everyone to also support the local restaurants while shopping on the square." Pammie also wants people to know that there are



A in CHRISTMAS CANDYLAND
36th Annual Christmas Open House
November 18 - 20, 2022

Merchants Alley Tree Lighting
Friday: 5 p.m.
 Merchants Alley on Jefferson Street
Presented by: Alabama Real Estate Solutions

Open House Kick-Off Street Party
Friday: 6 p.m.
 Washington/Marion Street
DJ on Marion Street, Skating, Shopping, Food Trucks & More!

Skating on the Square
Friday: 4 p.m. - 8 p.m.
Saturday & Sunday: 12 p.m. - 4 p.m.
 Marion Street Downtown Athens
Presented by: Listerhill Credit Union

Photos with Santa
Saturday & Sunday: 1 p.m. - 3 p.m.
 Fly Leaf Photography Studio | 106 N. Jefferson St.

Merry Market on Marion
Friday: 4 p.m. - 8 p.m.
Saturday: 11 a.m. - 8 p.m.
Sunday: 12 p.m. - 4 p.m.
Presented by: Athens-Limestone Hospital

Entertainment on Courthouse Steps all Weekend!

Carriage Rides on the Square all Weekend!

Shop with Local Merchants in Athens & Limestone County all Weekend!

CHRISTMAS IN LIMESTONE COUNTY
SCHEDULE OF EVENTS

Window Decoration Voting
 November 18 - December 10 | Theme: A Christmas in Candyland

8th Annual North Pole Stroll
 December 1 - December 31 | Athens Big Spring Memorial Park

Limestone County Commission Tree Lighting
 December 1, 2022 at 5 p.m. | East Side of Courthouse

Athens-Limestone County Christmas Parade
 December 1, 2022 at 6 p.m. | A Christmas in Candyland
Presented by: Beyond Back

Ardmore Tinsel Trail Tree Lighting
 December 2, 2022 at 5:30 p.m. | Ardmore Town Hall

Cookies and Pictures with Santa at Ardmore Town Hall
 December 3, 2022 at 10 a.m. - 12 p.m.

Elkmont Christmas Parade
 December 5, 2022 at 5:00 P.M.

Elkmont Tinsel Trail
 December 5, 2022 | Following Parade

Ardmore Christmas Parade
 December 5, 2022 at 6:00 p.m.

12th Annual Sippin' Cider
 December 10, 2022 at 4 p.m. - 8 p.m. | Downtown Athens

sponsorships still available for the event. For more information with regard to sponsoring or participating as a vendor in Merry Market, contact Brooke Pettus at brooke@alccchamber.org, or call the Chamber of Commerce office at 256-232-2600. Save the date, come participate in one of the best things about our community every year, and explore *Christmas In Candyland*.

News From The Tourism Office

Athens-Limestone Tourism Lights Up Athens Big Spring Memorial Park This December With The Annual North Pole Stroll

by Tina Morrison, Tourism Athens

The Athens-Limestone County Tourism Association will once again be bringing the North Pole to the historic Beaty District of downtown Athens. But this year, the annual December holiday event will be even grander as we will have electricity to better light up the array of creatively decorated trees.

“This annual fundraiser is a favorite tradition of many, including myself,” says Tourism President

Teresa Todd. “Hundreds of visitors and residents stroll through our Big Spring Memorial Park (turned North Pole) the entire month of December, and I am so grateful that Mayor Marks and Commissioner Daly have provided a grant for Parks and Recreation to put temporary power poles up for us this year.

In the past, we’ve always used solar lighting, which was good,

but we are thrilled and excited to really light it up this year!”

Each year, approximately 100 businesses, schools, nonprofits, and individuals decide a theme and bring their own decorations to their sponsored tree which is provided by Athens Tourism. The Athens theme this year is “Christmas in Candyland,” so sponsors can either use that theme or create their own personalized one. Some sponsors also choose to do a memorial tree dedicated to a lost loved one.

Tree sponsorship is \$100 and includes an approximate 6’ fir tree and signage. There is no charge for spectators to stroll through the park to view all the decorated trees on display from December 1-31.

Tree sponsorship is open from October 3-November 18. Anyone interested in participating

as a sponsor, decorator, or volunteer can visit www.visitathensal.com/north-pole-stroll.html or contact the Athens-Limestone Visitors Center at 256-232-5411.

The Athens Limestone Tourism Association’s office is just a few blocks off the Courthouse Square inside the historic 1906 Athens Visitors Center building at 100 North Beaty St. Big Spring Memorial Park is just behind the Tourism Office. The City of Athens is a picturesque, quintessential Southern town in North Central Alabama full of history,



character and tradition. We’re what you love about the South.

For more information go

to www.VisitAthensAL.com or call (256) 232-5411 Monday through Friday 8 a.m. - 4:30 p.m.

MERRY & BRIGHT

PLEASE JOIN US FOR OUR 1ST EVER NORTH POLE STROLL TREE LIGHTING CEREMONY!

Athens-Limestone County Tourism Association
100 N. Beaty St. Athens, AL

**Tuesday, Nov 29
4:30 - 5:30**

Athens 8th Annual North Pole Stroll 2022

About The North Pole Stroll

The North Pole Stroll is a display of live cut Christmas Trees located in Big Springs Memorial Park (AKA the Duck Pond) in the Beaty Historic District. Athens City Parks and Rec will have the trees standing and awaiting the decorators after Thanksgiving. This Holiday Event is suited for Business, Schools, Churches, Non-Profits and individuals who may desire a memory tree.

You may use the Christmas theme “Candy Land” or your own theme appropriate for the holidays. Guidelines for decorations are available at the Tourism Office.

Contact the Tourism Office at 256-232-5411 from 8AM-4:30PM Mon-Fri | www.visitathensal.com

Tree Sponsorship Form

Tree Sponsorship \$100.00

Name of Tree Sponsor: _____

Contact Name: _____

Sponsor Phone: _____

Sponsor Email: _____

Are you sponsoring for a non-profit or other group to decorate? If so, list the group's name

Decorator Contact Name: _____

Decorator Phone: _____

Email: _____

Open December 1ST – December 31ST 2022

Bring your entire family to enjoy this free holiday event for the Christmas Holidays!

Organized by Athens-Limestone County Tourism Association
Supported by: Lowes of Athens | City of Athens & Limestone County Commission
Athens City Parks and Recreations Department

The North Pole Stroll is open to the public daily until midnight

Antiques On Jefferson: *Something For Everyone*

by Ali Elizabeth Turner

continued from page 1

and her grandmother had a wonderful humpback trunk that she always thought looked like a treasure chest. Her aunt owned the most beautiful Victorian wardrobe, and it now stands in Carol's home. After receiving her first paycheck from her first job, while still in high school, Carol purchased her first antique – a beautiful black humpback trunk very similar to the one her grandmother had owned. Her second antique purchase was an oak library table taken out of the old Athens College Library. Owning an antique shop provides a venue to be able to help antique lovers find the perfect item for their home or that special gift for someone they love. It does not matter whether it is an ornately carved drop-leaf desk, a Little Golden Book, or memorabilia from long ago brands, she and her team keep track of things for which people are searching, and when they find it, they are all joyfully gratified.

Antiques on Jefferson is located in the same building where a previous antique store had been located. Carol had asked the owner of that antique store to please strongly consider her as a potential buyer should she decide to sell. When the time came, it was a smooth transition, and Carol, her husband, and the shop's team of vendors set out to tweak it here and there to make it uniquely their own. The store, which is located at 116 North Jefferson in Athens, is simply called Antiques on Jefferson. Carol greatly appreciates her vendors and the work they do. "It's like I have these elves that work all the time, and when I come in, it's a brand new store," she said. "I just love that, and I never know how it's going



to be," she added.

The day I interviewed Carol, I found her sitting in the back of the store in the portion that has been converted into a used book store. She was sitting across a round oak table from her mother, who is also an avid reader. "This is one of the most popular features of Antiques on Jefferson," she told me. "We have so many types of titles. We have Little Golden Books, Hardy Boys Books, contemporary authors of all kinds, hardbacks, paperbacks, classics, you name it, and people really enjoy coming here to read and buy books at a good price," She told me that she gets the books from all over -- yard sales, estate sales, sometimes from the local libraries -- and it's a service she enjoys offering. Carol has been surprised at how popular the used book store part of Antiques on Jefferson has been. "We are the only used book store in Athens that I know about," she said, "and people tell us all the time how glad they are that we have this."

It's the same for the antiques;

they come from everywhere. One of the most important things to Carol as a shop owner is that there is something available for everyone. "You could find an antique twin cast iron horse head set that costs thousands, or a kid could come in here and find something for three bucks," she said. I personally have seen a kid who helps me deliver copies of Athens Now find old model trucks along with a book about Russia that was published in 1904, and to see his eyes light up at "finding the find" is a joy.

Carol loves to see people enjoying themselves, and she has some ideas about what she wants to do to add entertainment opportunities for folks in the area. One idea is to have what she calls "high teas" once a quarter. They would be modeled after the proper high teas that are a part of English culture, and people would be able to eat off of real china that is part of the store's inventory. Carol is also planning on having mystery dinners, and have actors come and portray an



interactive "who-dun-it" while the guests eat and then collaborate to figure out if it was "Colonel Mustard with a wrench in the library," for those of you who are fans of the game, "Clue."

We talked about the fact that when we were young, and most certainly when our mothers were young, women picked out patterns for flatware, china, and "everyday" before they graduated from high school, and gifts from those selected patterns would go into a hope chest. Well, that idea went out of style for about 50 years, but according to Carol, it looks like it's coming back in. She told me that recently a 15-year-old girl came into the shop and found a full set of lovely china that was white with a gold rim. The girl loved everything about it, and her grandparents bought it for her for her hope chest.

Antiques on Jefferson is going to be participating in all of the upcoming holiday festivities in Athens-Limestone County,



but you don't have to wait until then to come and experience her friendly staff that loves to help you find the best Antiques on Jefferson.

Antiques on Jefferson

Store hours:

Tues – Sat 10:00-5:00

Address:

**116 N. Jefferson St, Athens
Store phone: 256-426-0300**

FB Page:

Antiques on Jefferson

Reflect And Prioritize

by Eric Betts

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



As we advance toward the close of another year, it is important that we begin to reflect upon both our accomplishments as well as our misplaced priorities. Everyone has both, and it is always a work in progress. Oftentimes activity is mistaken for progress when in reality it involves misplaced priorities.

Adeyemo Adedolapo, a blogger and laboratory student of the Great University of Benin, who is also a social media marketer, wrote an interesting article about misplaced priorities. She defines misplaced priorities as those agenda items that should require less priority within a given context. This is all determined by whether the specific individual should be engaged in a particular activity. What is good for one may not necessarily be consistent with the priorities of another.

Adedolapo goes on to warn readers about distractions which cause priorities to be misplaced. "Misplaced priorities are usually caused by distractions which lead to more distractions. This distraction is often difficult to overcome unless you consciously discipline yourself into actually prioritizing what really needs to be prioritized. Stop getting distracted by things that have nothing to do with your goals because you can't do big things if you are distracted by small things."

Leadership trainer and author John Maxwell frequently writes upon the

topic of priorities and prioritizing. Maxwell writes about the mistake made by leaders who appear to be successful or achieve a level of success. He states that great leader "never gets to the point where they no longer need to prioritize, whether leading a billion-dollar corporation, running a small business, pastoring a church, coaching a team, or leading a small group." Maxwell suggests that leaders make a great mistake in believing that a greater amount of activity represents a greater amount of productivity. The problem with "busy-bees" is that much of the activity in which they are engaged is out of line with their goals and priorities. For this reason, the important priorities are left half done or undone.

Maxwell also informs his readers that leaders who fail to prioritize do so because it requires forward

thinking and navigating what is next, which is often difficult. Additionally, prioritizing is difficult because it forces the leader to evaluate if or how an activity fits within the larger picture of the bigger vision. Moreover, prioritizing is not fully embraced because it requires difficult decisions and may cause others to be disappointed when one is no longer including certain activities in their list of goals or responsibilities. Maxwell says that this part of prioritizing can be "downright painful."

Maxwell suggests the following as we approach the close of the year:

- Review the previous year's schedule
- Look at upcoming commitments
- Evaluate family life
- Think about goals
- Look at the big picture of what is being done to

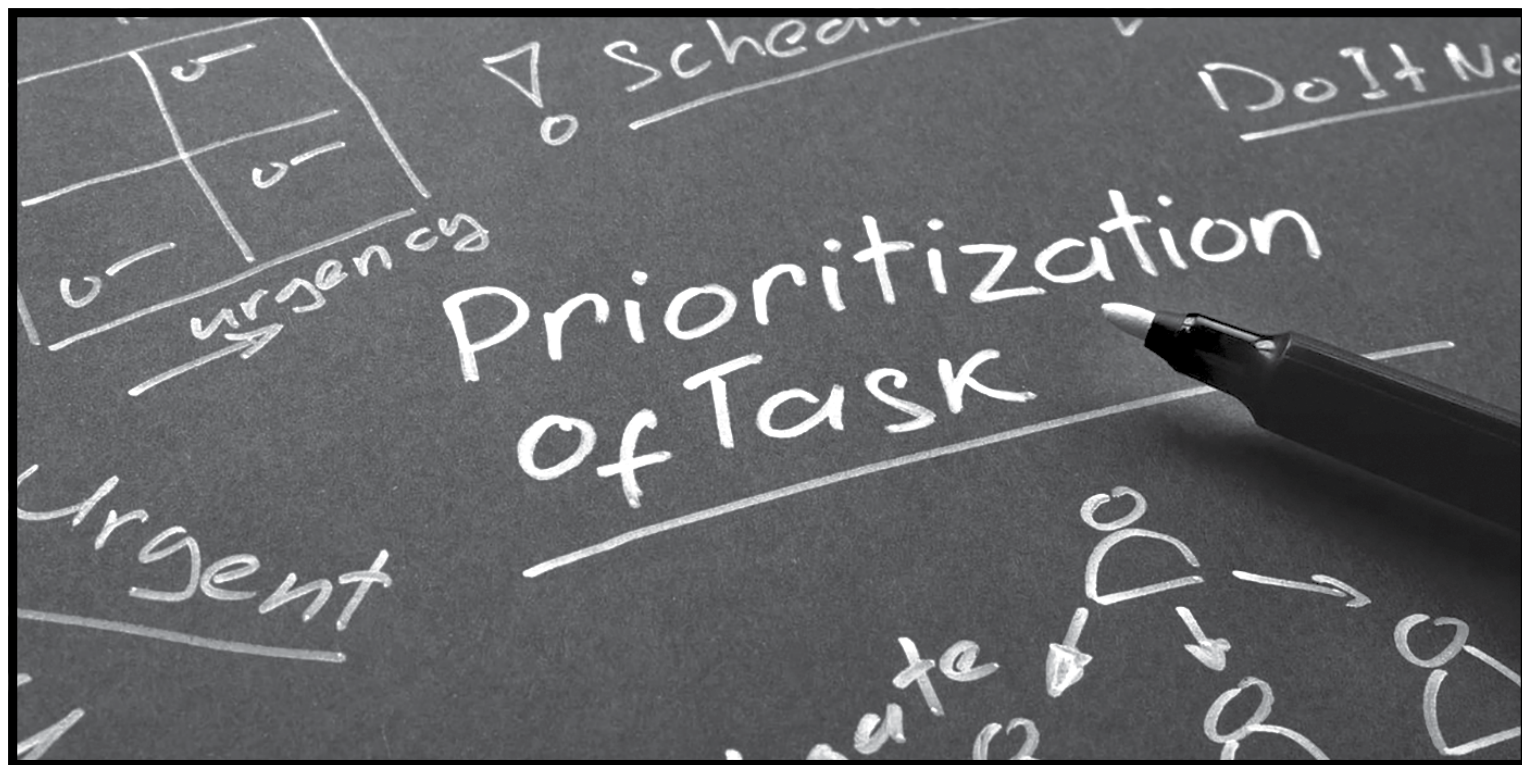
make sure that all activity line up with values and priorities

Maxwell advises that leaders engage in personal reflection and should question whether an activity can be done by someone else rather than themselves. He recommends that leaders should be aware of others around them who have the knowledge and ability to perform the same task. They should further observe if there are those in close proximity who have the potential to perform a specific task if trained to do so. Maxwell holds the view that the leader should participate or take on responsibilities that only they have the strength, skill, and knowledge to perform; everything else should be delegated.

He states, "If I'm doing something that's not necessary, I should eliminate it. If I'm doing something that's necessary but not

required of me personally, I need to delegate it." Maxwell reminds leaders that simply because one has the ability to perform a task does not necessarily mean they should or that it is right for them. It should be consistent with one's natural gifting, strength, and overall goals. This alone will create true productivity.

When someone learns to prioritize, they will find that simplifying their schedule leads to greater success than a full plate of activity. Additionally, leaders should enlist the help of their colleagues in order to hold them accountable to stay on track with their priorities. While reflecting and prioritizing at the close of the year, it is highly advised to include some of the things you love. Maxwell, author and leadership expert, helps leaders navigate their priorities and plan accordingly.



He Went In Peace -- Part I

by Jerry R. Barksdale

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



May 7, 1983. Camp LeJeune, N.C.

His sea bags were packed. Tomorrow morning – Mother’s Day – he would depart home. Captain William E. “Bill” Winter, age 32, loved the Marine Corps, but leaving home and family was never easy. After all, he never knew if he would return. His two children, Michael, age 6, and Amanda, age 2 ½, were in bed. He reached up and pulled Melia, his wife of 7 years, onto his lap and held her. He turned serious. “If anything happens to me, I want you to remarry,” he said. She made light of it. “Nope, once is enough for me.”

“No, I’m serious. The kids need a daddy and you need a husband.”

Mother’s Day morning, Winter backed out of his driveway, paused, took a final look at his home, then drove off into a fine North Carolina spring morning.

This would be his second trip to the Mediterranean, this time with the 1st Battalion, 8th Marines, part of a multinational peacekeeping force stationed in Beirut, Lebanon. Once known as “Paris of the Middle East” because of its cultural and intellectual life, the once beautiful city jutted out like a thumb into the blue Mediterranean Sea. Now, it was a deadly battleground between warring Christians and Muslims with bombed out buildings, shell-pocked streets and frightened citizens caught up in the violence. Iran and Syria were stirring the turmoil. The Marines would act as peacekeepers. They would go there in peace.

Captain Winter, the only child of Ellis and Virginia (Balch) Winter (retired Montesano scientist and school teacher respectively, of Capshaw, Alabama) was a Marine to his core. Following graduation from Auburn University in 1973 with a Bachelor of Science Degree, he joined the Marine Corps and was commissioned a 2nd Lieutenant. After completing Parachute and Ranger Training at Ft. Benning, Georgia, he was assigned to the 3rd Marine Division in Okinawa. Later, he was stationed at Parris Island, South Carolina.

That’s where he met Melia Redding, the pretty, brown-

eyed daughter of Major H.L. Redding, a tall, poker straight retired Marine. Major Redding was managing the Navy Federal Credit Union following 23 years in the Corps. A highly decorated Marine, Redding had enlisted following high school in 1950 and sent to Korea where a war was raging. A land mine darn near killed him, sending him to a hospital for 18 months. Afterwards, he served in President Eisenhower’s Honor Guard and made trips to Camp David, the presidential retreat. Later, he served in Vietnam.

The youngest of his two daughters, Melia didn’t wear Marine olive green nor the ea-

gle, globe and anchor on her collar tab, but she was born and bred a Marine. In fact, she was born in 1957, in Alexandria, Virginia, not far from Marine Headquarters where her father worked.

Melia met the handsome, young Lt. Captain Winter on a blind date in January, 1976. A friend who worked for her father at the Credit Union set it up. Melia, half joking said, “I want a single officer that doesn’t smoke, drink or curse...and has lots of money.” She recently told me, “I was just messing around. What are the odds of getting all that?” Prior to asking her out, Winter went to the Credit

Union, met her father and asked his permission to take her out. “Who does that?” Melia asked me as we sat in her living room not far off Menefee Road. “Nobody! He did.”

He picked her up in a fairly new Cutlass Supreme and took her to see Three Days of the Condor. “It turns out,” says Melia, “he had gone to the movies the night before to see it and make sure it was presentable to take me to see it.” She adds, “He was a wonderful Southern gentleman.”

Winter called her, but not regularly because of his job. They dated in January, went out in February, once in March and then began dating steady in April.

“In May, 1976, he asked me to marry him, but he asked my dad first.”

America celebrated its 200th Birthday on July 4, 1976. Six days later, Melia and Captain Winter married at the Base Chapel on Parris Island. “It was a bicentennial wedding,” she calls it. She wore a white Southern belle gown with hoops and held a bouquet of red and white flowers that matched her husband’s dress blues and white cover. They exited the Chapel happy and in love beneath two rows of Marines holding sabers over their head.

One year and a day later, Michael was born at the Naval Hospital in Beaufort. In 1978, they went to Cornwall, England for 2 years where Bill served at a nuclear facility. Amanda was born while there.

It seemed only yesterday they exited the wedding chapel, happy and laughing with

Continued on page 24



OTI

by Joel Allen

Hello, folks! Well, another month has blown by and we are fast approaching the holiday season. Don't forget to let "Doggie Claus" know what your babies want for Christmas! This month, I have been to the Athens-Limestone Animal Shelter because I have been seeing on Facebook a lot of OTIs.

So, what is an OTI? This is an acronym the animal shelters use meaning "owner turn in." We are currently having an overflow of this happening at the animal shelters causing serious overcrowding. It is heartbreaking for many that work the shelters and the owners themselves. Some owners, sadly, just don't care and yet many others do. I am going to share with everyone what a few had to say.

One volunteer had this to say: "Some of the ones that are turned into us I am okay with because they are moving and can't take them with them. But the ones that come to us and turn in their animals and don't care, that really gets to us.

"There was a Lady who brought in King, and she was crying because she could not keep him due to the house she was renting had been sold by its owner for profit and no place would allow her to keep King because he is a pit bull. We're going to find a boarding place to hold King while she tries to find a place that will let her keep him. She, the lady, has asked us to do that. Those kind of things break my heart. Those things I understand because they are beyond her control."

There are other situations, though, that can be avoided. Some people don't care enough to try, and in my opinion, they lack planning on their part in these events. No one should get a dog if they are not willing to keep them and plan on a lifetime commitment. Yes, I agree that unforeseen circumstances can lead to giving up your animal, and if what I am saying angers some people, well, perhaps those people should look at themselves and think about what this article is really about.

Another volunteer said: "OTIs have definitely been on the rise. I think it's difficult, and sometimes the owners don't reach out for help and they do dump them. For us, it's frustrating. We would rather they come to the shelter and turn them in whether we are full or not. We will always accept them. I think it's kinda sad. So, if the owner can't afford one and they see one free on Facebook, but they can't get the generic vetting done through a feed store or a vet, then they should

not get a dog, in general."

Limestone County, as of right now, has no programs for support, such as food banks for animals or spay and neuter programs for the over population of dogs or cats. Because of the lack of needed programs, the local shelters are overrun with strays and owner turn-ins. The staff at these places are exhausted at times, and it takes a toll on them emotionally.

Another volunteer went on to say: "It's not a priority to keep a pet. I can't keep a dachshund but I'm smoking or drinking a beer. It's just not their priority. One dog my son has, the man died and the family just turned it in. You see it on Facebook every day, owner passes away and family does not want it."

In the event something were to happen to me, I have prepared for my babies to be cared for as I would want it done. A lot of people do not plan for this, and the dogs pay for their lack of planning. After all, we are never promised tomorrow; we should always have a plan

for the animals we love and that are depending on us. I will add this, if anyone gets one of my babies (as I refer to mine) and neglects them, well they better hope and pray God does not allow me to wait on them at the Pearly Gates because we are going to fight!

Another volunteer said: "There's a lot. Most of them we're seeing are strays but we are seeing a lot of OTIs too. Owners are saying they are not able to afford food or are getting evicted. We had a nine-year-old pit bull, owner turn in." (And she is still there!)

Folks, I know someone out there can afford to adopt or maybe even foster for a time. Some people have never had a dog before. In my opinion, that someone, whoever they are, will find they haven't lived yet until they have a dog. Go find that nine-year-old pit bull at the Athens-Limestone Animal Shelter! I challenge anyone to try adoption or foster care and take the picture of the animal when they are picked up. Then in two weeks or sooner, snap another photo and see the difference two weeks can make in their appearance.

After interviewing a few volunteers at the Athens-Limestone Animal Shelter, I saw a rescue van pull up to pick up the most needy dogs and try to ensure their future "forever" home could be found. I spoke to one of the rescue volunteers. She brought up that there is a lack of spay-and-neuter laws here in Alabama. They have seen a lot of need and are doing their best to remedy the situation.



Well, folks, I want to leave everyone with one or two thoughts. Opt to adopt or try to foster one of these animals. When going to the shelter to find the one or two animals in need, please look at even the old ones and the quiet ones that curl up on their beds and ignore everything. The ones that do this usually have given up or are just majorly depressed. They will surprise anyone willing to give them a chance.

Yes, here I go beating my Bible on someone's conscience: Proverbs 12:10 "A righteous man regardeth the life of his animal; but the tender mercies of the wicked are cruel."

PSA: The Athens-Limestone Shelter is in need of a volunteer to help with the video interviews of their dogs for adoption. I had the pleasure of seeing a video on one of their dogs up for adoption named Carter. By doing this, it is my opinion that everyone can see these dogs that so frequently get overlooked and see the potential you all are missing. Plus, videoing the dogs is better than still pictures. Please, won't you volunteer to help? Ask to speak with Priscilla or April when you go by. I hope someone will volunteer for this.

"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**



Stop Overthinking! Part Two

by Lisa Philippart,
Licensed Professional Counselor



“The more you overthink, the less you will understand.”

- Habeeb Akande

In my last article, we began to look at ways to stop the pattern of overthinking. The key is to realize that overthinking is a habit, and that you will need to experiment with a variety of approaches to figure out what works best for you. How we habitually think determines how we habitually feel. So, the basic problem with overthinking is often a response to feeling bad emotionally. But when your thinking is riddled with cognitive distortions, you end up feeling worse. Cognitive distortions are errors in thinking that lead to excessive emotional reactions. For example, “She probably thought I was a complete idiot.” Can you read people’s minds? “Why am I such an idiot?” Labeling yourself as an idiot because you made a mistake is a BIT of an overgeneralization. And while little bits of negative self-talk like this might seem minimal, they are anything but. An effective way to break the cycle of overthinking is to get good at spotting these distortions in your self-talk. When you can point out that your thinking is not entirely accurate, you will be more likely to neutralize your thinking patterns.

Mindfulness is a word thrown around a lot late-

ly. The key idea behind mindfulness is that you can train yourself to be aware of things without thinking about them. Mindfulness teaches you to be able to notice when thinking happens and to shift your attention out of overthinking mode and into awareness mode. There is a simple version of mindfulness called ordinary mindfulness that involves paying attention to the experience of an activity during daily life rather than thinking about it. For example, when you are out for a walk, instead of thinking about a big fight you got into earlier, you could practice keeping your attention on the beautiful fall colors of the trees. You are not thinking about the trees, you are just noticing them.

Another idea to block the overthinking pattern is to experiment with micro-decisiveness. A lot of people struggle with making decisions and being indecisive is a symptom of overthinking. Being decisive will help you stop overthinking. The problem is how do we become more decisive? I think the biggest mistake people make in terms of being more decisive is starting with decisions that are too big. You have to work up gradually, which is where micro-decisiveness comes in. Practice being decisive in very small, low-stakes decisions. Then slowly work your way up to slightly harder decisions, building confidence along the way.



Worry is one of the most common forms of overthinking. A big reason it is so hard to stop worrying is because worry is one of our brain’s most effective ways to get you to remember things. If you’ve got things on your mind that your brain thinks are important, your thoughts are going to get thrown at you repeatedly, so you don’t forget them. You can stop your mind from throwing so many worries at you by convincing your mind that you remember the worries, and have a place to put them. This requires a little exercise called scheduled worry. Find a time in the evening to sit down with a pen and paper (not your phone!) quietly. Set your phone timer for ten minutes. Write down every worry you can think of. Keep in mind you are not solving your worries; you are just listing them. After 10 minutes, stop, put the paper away until tomorrow, and get on with your evening. You can’t simply

make yourself stop worrying, but you can train your mind to do it at the right time.

On a very basic level, overthinking is a form of avoidance. The problem with avoidance is that while it can lead to temporary relief, you never actually move forward on anything. At some point you have to be willing to stop running away from what you don’t want, take a stand, and start moving toward the things you do want. But what if you don’t know what you want? This is where values come in to play. Our values, the things we really want and that matter

most to us in life, have incredible motivating potential. Our values pull us toward our goals. But values are only motivating if they are clear. So ask yourself, “If I were free from overthinking, what would I really want to do most with that time and energy?”

If you want to stop overthinking so much, the key is to understand why you do it and then implement targeted strategies to eliminate it.

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

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





The Alternative Approach

With Pumpkin Spice Lattes On The Rise, It's Time To Talk

by Dixie Bell

So, quick history lesson. Drinking coffee originated in Ethiopia in the 15th century. Legend has it that a goat herder named Kaldi first discovered the potential of these beloved beans. The story goes that Kaldi discovered coffee when he noticed that after eating the berries from a certain tree, his goats became so energetic that they didn't want to sleep at night. No one is certain if this story is true, but it is very interesting.

No matter how it came to be, we know that it began in the early 1500s. The word spread. Fast. Monks started using it for concentration during their times of meditation, the Chinese culture used it for medicine, and in some places, guards and people who worked through the night used it to help them stay alert. In the 1500s some religions banned the drinking of coffee because of the stimulating effect it had on the body. The Islamic people not only banned coffee, they looked down upon other people who drank it. There were some cultures that adopted coffee right away, and others, not so much. It definitely left room

for controversy. Overall, what we can gather is that in the beginning of coffee drinking, it was used in moderation for specific reasons and benefits.

Now let's talk about how coffee is used today. For a lot of people, it's a daily thing that helps them wake up in the mornings. Our bodies are not designed to take in that much caffeine. It has very damaging effects on us.

1. It causes acidity. Disease and cancer thrive in an acidic body.
2. It's extremely addictive. Did you know that caffeine is considered a recreational drug? It's addictive and an unnecessary stimulant.
3. It causes adrenal fatigue and hormonal imbalance. This will cause you to have mood swings, insomnia, and frustration outbursts, and can even cause acne and other hormonal-related issues.
4. It causes anxiety. I don't know about you, but I don't need any help with that. If you are typically anxious, caffeine and coffee can be major triggers.

The Bible tells us in 1 Corinthians 6, that our body is the temple and we must take care of it. Knowingly putting addictive drugs into our system is not taking care of the temple.

I'm not trying to tell you that coffee is the devil. It has some medicinal properties, but overall it's smart to consider the harm it is doing to your body! Also, moderation is the key. There is a time and place for everything.

So you're an avid coffee drinker, and you've noticed that your energy is low, you are cranky all of the time, you are sick, or have a disease diagnosis, you are at the right pace. There are ways to effectively reverse the damage that coffee has done to your body.

#1 This may be obvious, but cut back or eliminate caffeine. Not just coffee. That means sodas and energy drinks too!

#2 Get on some high-quality PH drops to balance your PH (such as Cell Power or our PH+)

#3 Drink half of your

body weight in ounces of water per day (for example, if you weigh 100 lbs., you'd need 50 oz. of water per day).

#4 Take a high-quality adrenal gland support supplement (like our superstar supplement called Restore).

Not many people know that they are hurting their bodies with something so seemingly harmless. That's where education and self-love come in. Love yourself enough to do what it takes to be healthy emotionally, spiritually, and physically. That goes for all areas of your life. I want you

to have energy and feel calm and happy! You owe it to yourself. That is why I am sharing this with you today. These supplements are so incredibly effective and have the highest quality ingredients. As our Roy Williams always says, "I'm going to use God's creation instead of man's concoctions." God is wise, He has given us everything we need to be happy and healthy. The choice is up to you.

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

*Blessings,
Dixie Bell*



Herbs & More
www.newtritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

622 S JEFFERSON STREET
ATHENS AL 35611
256.233.0073
nhcherbs@att.net

*** Herbs & More Coupon ***

SAVE 20%

On Your Next Purchase

by bringing in this article to NHC Herb Shop in Killen, Herbs & More in Athens or Reflections in Larenceburg, TN



Cooking with Anna (continued from page 13)

Forfeiting Grace

by Anna Hamilton

continued from page 9

grace.

This feeling of never being good enough because of the “fat” on my body is one that isn’t from God. When God looks at us, his children, he doesn’t see the physical appearance. He sees straight to our hearts, to our souls. He knows our every thought, every dream, every want.

God’s grace is offered freely, so why, oh why, do I discard it, throw it away like trash. Yes, God’s grace saved my soul, but I have chosen to completely throw away the grace he is offering to take away my feelings of unworthiness, my feelings of being less than a person, my feelings of hopelessness. I am desperately clinging to the idol in my life of feeling like one who doesn’t deserve the same respect as others around me. I can’t even give myself the respect I deserve.

Maybe, in some strange way, I was enjoying wallowing in this horrible feeling of self-doubt, a sort of self-sabotage. It had become my identity, my idol. I put my trust in what people around me were telling me that I should look like. I should look like everyone else around me. I shouldn’t be “fat.” Maybe the people in my life who were telling me, “If only you weren’t so fat, imagine how much better your life would be,” were clinging to their own idol of self-doubt. They had to put someone else down in order to make themselves feel superior. What a sad world to live in that the idol in your life makes you say horrible things to the people you love in order to feel peace. The anger I have been harboring towards these types of comments made to me, I can truly let go of. God’s grace can cover them and remove them from the narrative that plays in my mind.

God’s grace is sufficient for all things. He can heal my mind and help take all of the

negative thoughts out of my inner dialogue. In 2 Corinthians, Paul speaks about asking God to take away a thorn in his flesh. He was struggling with a physical problem and needed help. God choose not to take it away and this forced Paul to lean into God’s grace. In Paul’s weakness, he was made strong through the grace of God. “Three times I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore, I will boast all the more gladly about my weakness, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weakness, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” 2 Corinthians 12:8-10

Three things I have learned from studying this verse in Jonah are: Leaning on God for all things. Letting nothing of this world take my focus away from God’s grace. Allowing God’s grace to cover me and not throwing it away by clinging to things of this world.

I truly hope you decide today to fully accept God’s grace in your life. It will bring you so much love and peace. God’s grace is sufficient for all things!

This week’s recipe is one that is sure to warm you all the way down to your toes. The cool wind of autumn is blowing, and I love it! Fall and winter are my favorite seasons because it brings all things cozy. One of my favorite things to eat is soup and you can’t beat a good vegetable soup, just like your grandmother would make. I hope you enjoy this hearty soup as much as we do. As always, feel free to add your family’s favorite vegetables or add shredded chicken or ground turkey to make this become your family’s new favorite soup.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need,” Hebrews 4:16

He Went In Peace -- Part I

by Jerry R. Barksdale

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



continued from page 19

no worries. Now Bill was 6,000 miles away in Beirut. Melia wouldn't see him again until Thanksgiving. She missed him terribly. And she worried. But she had two young children to raise and that filled a big void in her soul. She drove down to Beaufort, South Carolina, and visited her parents and that was good. Not only could she assist them, they

could help her with the children.

Bill wrote regularly, sometimes daily, always addressing his letter to "Melia Michael, and Mandy" and never failing to ask about the children. It was hot in Beirut, and he didn't sleep well on his narrow cot with no mattress. He was lonely and counting the days. "I wish time would go faster... I miss you terribly.....142 days to go. I

love you with all my heart," he wrote. When off duty he built model military vehicles and read. He'd just finished Follow the River and was starting another book. Then bad luck came calling on the morning of July 22. Eight, 120mm mortar rounds slammed into the Marine compound. One Marine caught shrapnel. "Glad you're not here," he wrote. "But sure wish I was there."

Bad luck travels in pairs. On the same day in Beaufort, South Carolina, at around 9:30 p.m., lightning struck the Redding residence and it burned to the ground. Melia, the children, her parents and 3 dogs barely escaped with their lives. Everything was destroyed, including Melia's wedding ring. Aside from his own safety, Bill now had something else to worry about - his family back home.

Her father rented a beach house on nearby Fripp Island and Melia and the children stayed with them. "I did a lot of walking on the beach," she says. "I would look across the Atlantic Ocean and think, he's straight across there somewhere." And Winter was missing her and the children, and counting the days until he could go home. If everything went well, he'd be home for Thanksgiving. He had recently sent roses to Melia.

"If I could afford it," he wrote her, "I'd send roses everyday of our life because you are the rose of my life. He promised her they would go shopping for a wedding ring when he got home. The nearby Beirut Airport came under attack and Pan Am stopped flying. Mail slowed to a trickle. On July 23, he wrote Melia that he had finished reading Centennial and had started Hawaii... "lot of shooting up in the hills... 137 days left." To add more misery to his life, Winter got "really sick" with food poisoning. "Beirut Boogie," he called it, "stomach cramps and diarrhea 12-13 times a day." "I need you to hold on to," he wrote. Attending church was helpful. "The mosquitoes eating me up tonight... It won't be long until we're together

again."

Winter always asked about his children. "Tell Michael, he's doing real well with his writing. I'm proud of him and of you teaching him. I know Mandy will do as well when she gets older."

Islamic terrorists turned up the heat on Sunday, August 31, at 3 p.m. "Things started to fall apart...we took incoming for several hours... Monday it got much worse," he wrote. "One round hit outside the mess tent and one hit the tent of Lt. Losey and S/Sgt. Ortega, the former killed instantly. Ortega died in route to the ship. We ended with 14 WIA and 2 KIA."

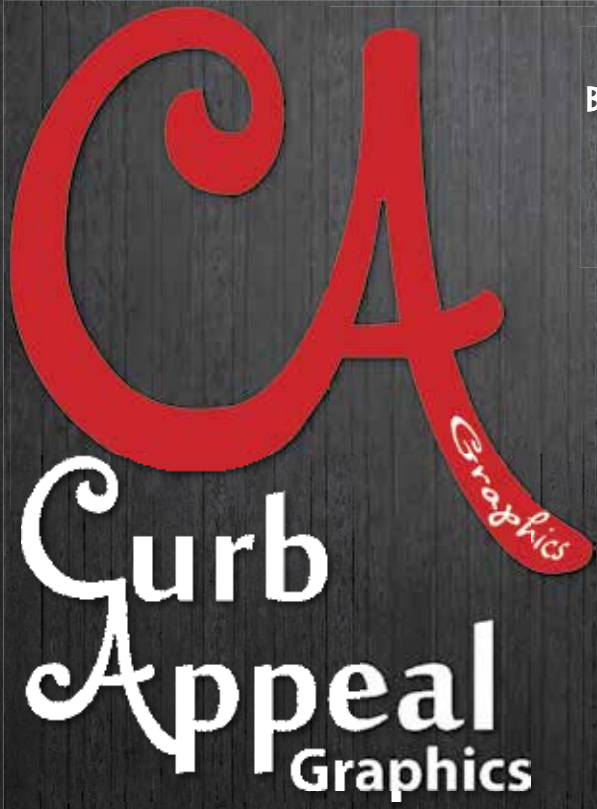
Winter's letters told of more attacks, shelling, wounded and dead Marines. His Auburn friends hadn't forgotten him. Becky Arrington, one of Bill's former classmates and President of the Houston Area Auburn Club, sent him an American flag. He hoisted it atop the Lebanese University Library where a company of Marines were stationed.

On September 7, Winter wrote, "2 more Marines killed in Company A... round blew them to pieces... we are getting hit every day and night. We keep hearing that the majority of folks in the U.S. want us to pull out. Wrong answer. We can't quit and go home because of a bunch of terrorists. We have to stand up and be counted sooner or later. Better here than at home 20 years from now." His prophecy was off by only two years. Terrorists brought down the Twin Towers 18 years later, almost to the day.

To Be Continued...

Graphic Design Services

ONLINE AND PRINT PUBLICATION LAYOUT AND DESIGN FROM START TO FINISH!



- LOGOS · BUSINESS CARDS
- BOOKS · CALENDARS · CATALOGS
- CD PACKAGE ART AND DESIGN
- MENUS · FLYERS · BROCHURES
-

COMPLETE CUSTOM GRAPHIC DESIGN FOR YOUR GROUP OR BUSINESS

Jon Hamilton
(256) 335-4356
jrhdesign@att.net

**4 Bedrooms / 2.5 Baths on 4.14 +/- acres
Walk-out Basement!**



\$399,900

**15801 Curtis Lane
Athens, AL 35611**

FOR SALE

Troy Elmore

BROKER/OWNER/AUCTIONEER/REALTOR®



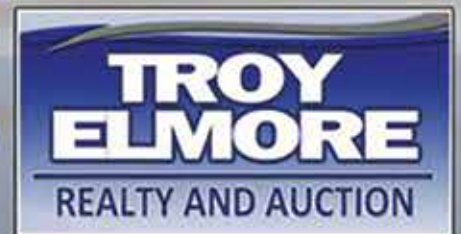
ALSL# 5137 ~ TNSL# 6503

Office: **256.232.9604**

Cell: **256.777.3710**

Asst: **256.679.6353**

Fax: **256.232.9583**



www.TroyElmore.com

121 CLOVERLEAF DR, STE A ATHENS, AL 35611

This Office Is Independently Owned and Operated

trelmore@aol.com



Happy Thanksgiving!

From:

Troy Elmore Realty and Auction



www.TroyElmoreRealtyandAuction.com



**TROY
ELMORE**
REALTY AND AUCTION

*Let Troy Elmore Realty and Auction help you
find the next home to make your
holiday memories in.*

256-232-9604



Licensed in Alabama & Tennessee!

**TROY
ELMORE**
REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

121 Cloverleaf Drive Athens, AL 35611



Troy Elmore

**Your Local
Real Estate Expert**

Serving Athens for 20 years.

256-777-3710

www.TroyElmore.com

trelmore@aol.com

Call TODAY for a FREE CONSULTATION!



SUDOKU

9		5		3			4	
		6	7		4			
3			2		5			8
	4		6	5		8	7	
	6	8				4	3	
	3	9		4	7		2	
4			5		9			6
			4		2	5		
	5			7		2		4

Integrity is doing the right thing, even when no one is watching.



ANSWER KEY:

4	6	7	8	7	8	1	9	9
6	5	1	3	7	8	2	9	4
8	9	3	4	6	2	5	1	7
4	2	7	5	1	9	3	8	6
5	3	9	8	4	7	6	2	1
7	6	8	9	2	1	4	3	5
1	4	2	6	5	3	8	7	9
3	7	4	2	9	5	1	6	8
2	1	6	7	8	4	9	5	3
9	8	5	1	3	6	7	4	2

NEED ROOFING?



**MCMAHAN CONSTRUCTION
& ROOFING**

256-527-6549

LICENSED AND INSURED

TROY ELMORE

REALTY AND AUCTION



ESTATE LIQUIDATION

in Alabama and Tennessee!

We specialize in assisting families, trustees, executors, and others in estate liquidation, downsizing, and business liquidation.

It can be a difficult and intimidating process. Let us use our experience and expertise to help get the results you are looking for.

CALL TODAY FOR A FREE CONSULTATION

www.TroyElmoreRealtyandAuction.com

TROY ELMORE

ALSL# 5137

256-777-3710

LOOKING FOR A HOME TO RENT?

D P M

DUTTON PROPERTY MANAGEMENT



256-614-3714

www.DuttonPropertyManagement.com



BUYING OR SELLING?

Vance Dutton

Realtor®

256-614-5308

**TROY
ELMORE**

REALTY AND AUCTION

121 Cloverleaf Drive Athens, AL 35611



OUR PAST SUCCESSES SPEAK FOR THEMSELVES!

HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!

Experience Matters!

TROY ELMORE

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

CALL TROY ELMORE!

ALABAMA LIC# 5137
TENNESSEE LIC# 6503

256-777-3710



AUCTION!

OUR PAST SUCCESSES SPEAK FOR THEMSELVES



256-777-3710



**HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!**

Experience Matters!

**TROY
ELMORE**

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL



LICENSED IN AL & TN!



ALSL# 5137 TNSL# 6503