

November 05 - November 18, 2021

Athens Now

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Special Feature



Hope is a Good Thing...
"Hope is a good thing... maybe the best of things; and no good thing ever dies." This profound statement...
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Tourism

November Is Here With Big Holiday Events...

It's hard to believe fall is here, let alone November! It seems that 2021 has flown by month after month in the blink of an eye...
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Clean, Green & Beautiful



American Leakless Employee Wins the American Leakless \$2,000 Grand Prize in KALB's Wacky Quacky Ducky Derby!
Here at Keep Athens-Limestone Beautiful (KALB), we are extremely grateful for the...
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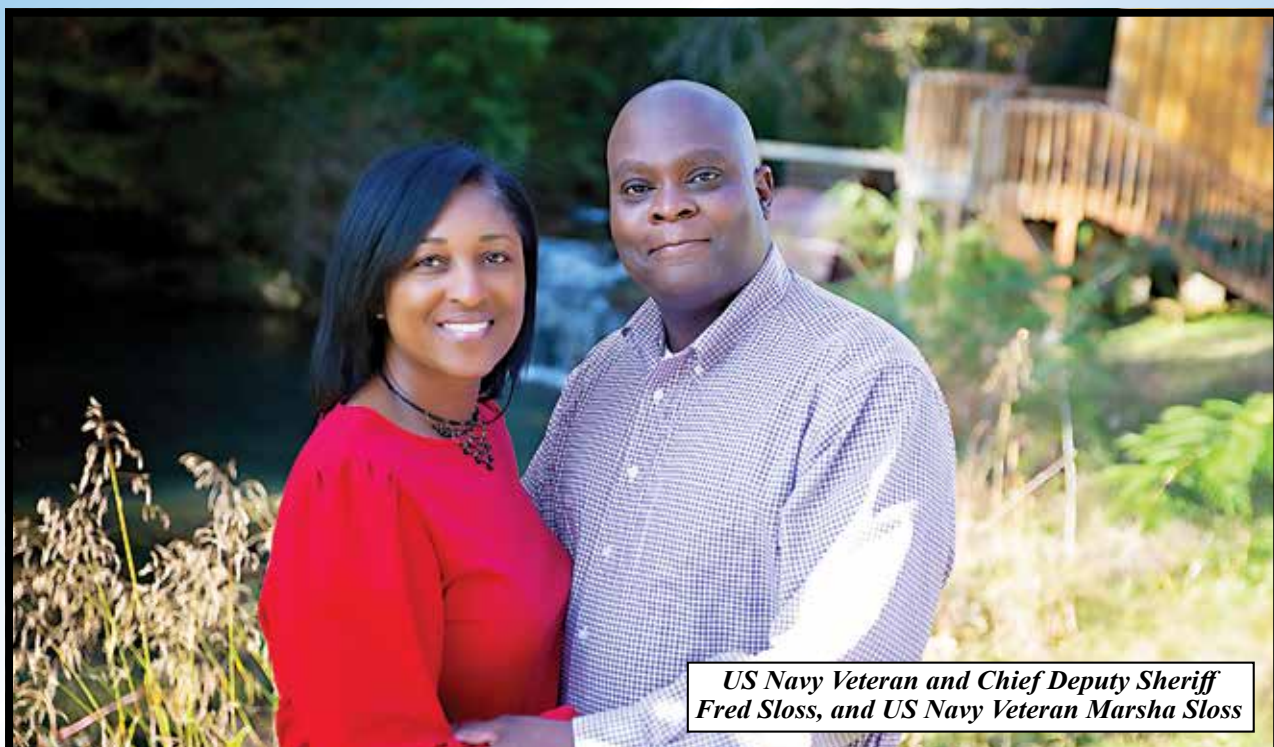
Limestone County Chief Deputy Sheriff Fred Sloss Is Running For Sheriff

By Ali Elizabeth Turner

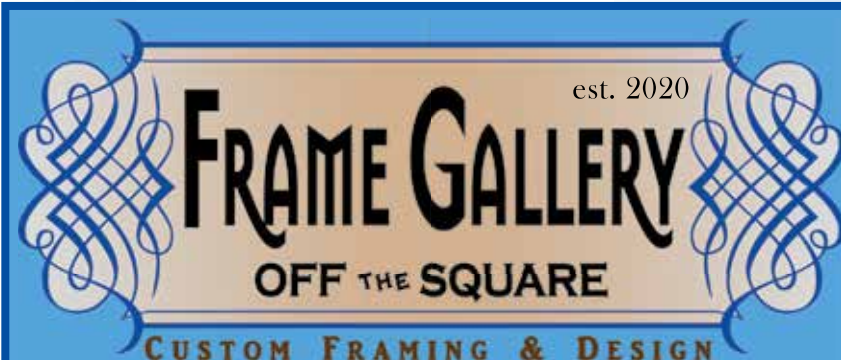
Ever since he was an eight-or nine-year-old kid, Fred Sloss wanted to be in

law enforcement. As a teen, he played tailback as well as cornerback for East Limestone High School's football team,

Continued on pages 16-17



US Navy Veteran and Chief Deputy Sheriff Fred Sloss, and US Navy Veteran Marsha Sloss



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Publisher's Point

Terry Actually Lost? Terrific!

Wednesday morning, when my husband told me that Terry McAuliffe had lost his bid to be re-elected as governor of the commonwealth (small "c" is actually correct) of Virginia, all I could say repeatedly, was "Hallelujah." Was I praising God? Yes. Yes, I was. Why? For a whole lot of reasons, the latest being his not-even-subtle patronizing disrespect of black people. That has never sat well with me, whether it comes out of the ignorant vocal cords of a hollering Klan member or the more insidious elucidations of a leftist politician on the campaign trail. At least with the Klan member you know where you stand.

That to which I am referring is the latest in a series of "terrible Terryisms" that is quoted below as he squarely shot himself in the foot the night before he lost. The sad thing is that the chances are good that he may think his idea would have actually been attractive to Americans who believe that all men are created equal.

"50% of the students at Va. schools K-12, 50% are students of color and yet 80 percent of teachers are white. We all know what we have to do in a school to make everybody feel comfortable in school. So, let's diversify."

What does that mean? Are you proposing that someone is no longer going to be able to teach school because of the color of their skin? What if a teacher is Asian? Is the purpose of education to educate, or to make people feel



"comfortable," whatever that is? Genuine, true, healthy diversity only occurs when it is NOT socially engineered. I had the privilege of getting to chat briefly with former Godfather's Pizza CEO and US presidential candidate Herman Cain in 2012 when he was campaigning for office. What set Herman and every other conservative black person that I know who is in a position of authority and has been successful in their careers is that they actually believed Dr. Martin Luther King Jr. when he made that now famous statement in the "I Have A Dream" speech that says, *"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."*

No one who has even a smackerel of self-respect wants to be hired for any reason other than they are the best candidate for the job. As a woman, I don't want to be hired *because* I am a woman, or *in spite of* being a woman, either. If I am the best fit, then I am your gal, and by God's grace I'll show you *why* it was a good idea to hire me because of *how* I do the job.



And then, the now-trounced Terry went on to manifest the Marxism we all knew was lurking when he said, *"Here's what I'm going to do. We'll be the first state in America, if you'll teach for five years here in Virginia in a high-demand area...we will pay room, board, and tuition at any college, any university, any HBCU (Historically Black College or University) here in the Commonwealth of Virginia."*

You might counter with, "Isn't that what the armed forces recruiters do? Promise free education, room, board, training, medical, clothing, and travel if people agree to stay in for six years?" Yes, with one ginormous difference: EVERYONE gets those benefits, not just folks with more melanin in their skin.

Just before the debacle mentioned above, Terry also let his true colors show in terms of his lack of respect for parents. As you may know, a girl was raped in the restroom of a Loudon, VA school by a human whose birth-assigned gender was boy, and self-identified as a girl. Parents have been outraged by the lack of justice in the case and have shown up at school

board meetings. Other Virginia parents have sounded the alarm about the teaching of Critical Race Theory and sexually explicit material in textbooks. This is because they don't want their children to become racists or have their innocence sullied in school. And Terry's response has been predictably dreadful: *"I don't think parents should be telling schools what they should teach."* Right. Let's leave that up to the "experts." On the positive side, he did actually concede defeat as well as congratulate his opponent Glenn Youngkin. And let the record reflect that there are people of color in Youngkin's cabinet, all without any affirmative action quotas being filled. So for 54 percent of Virginians as well as many of the rest of us, a gorgeous glimmer of hope is shining brightly once again in the state that is often only thought of as a suburb of Washington DC.

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The Lone Liberator

by Ali Elizabeth Turner



We have been told that everything is all hunky-dory in Afghanistan since our exasperating exit beginning last summer, and the only ones who believe that are the Spinners, and I don't mean the cool R&B group that started in 1954. There have been tales of daring and successful missions conducted by civilians, former military members, and others; of course, we don't hear about that from Lester Holt or Norah O'Donnell. It is estimated that there are still 450 Americans trapped in Afghanistan, let alone the Afghanis of all faiths and political persuasions who are in grave danger from the Taliban.

So let me tell you the story of an Afghani-American U.S. soldier who for obvious reasons must remain anonymous, and to date has snuck more than 30 people out of Afghani-

stan. With great affection I have nicknamed him the Lone Liberator. All by himself, but with people backing him unseen, he has gone in and out of Afghanistan alone on foot and has walked people out on foot into Pakistan. He will be the first to tell you that he has received no support from our government for doing what should have been done in the first place. Shocker.

The Lone Liberator came here as a teen and arrived literally the day before 9/11. He came for the right reasons, and did the right things including finishing school and enlisting in the Army. He served honorably, became a citizen, and is passionate about his patriotism. "They say on the news there is no U.S. soldier in Afghanistan," the former staff sergeant said on a blurred video interview conducted by Fox News.

"But I'm here, and I'll help as long as it takes." Officially, he was medically discharged due to traumatic brain injuries, but he still, as most members of the military do, sees himself as someone who will forever belong to a group and a mission much larger than himself. "I'm a proud American soldier," he said, and added "I've taken an oath, and I'll never forget that oath."

The Lone Liberator had family in Kabul who had to hide from the Taliban when they took over the city in August. If the Taliban had been able to find them, God only knows what would have happened. There was one attempt to get them out that went sideways, but I am happy to report that all of them, including a relative who is a journalist, a woman, and is outspoken against the Taliban made



Photo: Fox News Corporation

it out. The thing is, they only have 28 days to stay in Pakistan before they will be deported and sent back to Afghanistan and

certain death.

The Lone Liberator did not go back to Afghanistan just to get his family. He has rescued Christians, Hazaras, recently converted Catholics, and one Christian family of 10; all of whom have walked out to safety.

Recently, the Lone Liberator was caught by the Taliban. They thought he was smuggling cigarettes into the country, and he let them think that. They gave him seven lashes and partially turned his back into hamburger. One of our Special Forces medical guys helped him get the care he needed, and he is on the mend. If I knew of a specific crowd sourcing campaign for the efforts of the Lone Liberator, I would tell you, but I don't. So, praying for the mission is the order of the day. Join me, won't you?

Athens / Limestone Co. Veterans Day Parade

Saturday, Nov 6 at 11:00

Line up at Athens Middle School beginning at 9:30

(100 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

Find A Veteran And THANK THEM!



Special Feature

Hope is a Good Thing

by Tina Cook, *Director, Athens-Limestone County Family Resource Center*
and Fred Leonard, *Hope For Athens*

This article adapted from the original that ran in November 2018 to promote the Convoy of Hope/Limestone event.

"Hope is a good thing... maybe the best of things; and no good thing ever dies." This profound statement was made by Andy Dufrense, the main character of the 1994 blockbuster movie, *The Shawshank Redemption*. In the movie, he is serving a life sentence at the Shawshank State Penitentiary for two murders he did not commit. Eventually he escapes by digging a tunnel under the prison; he worked long and hard to garner his freedom.

Though not a prison of guards and bars, there are many in our community who live a life of imprisonment. It is a prison of poverty, of despair, and of hopelessness. According to data collected in 2019 by the U.S. Census Bureau, 12% of Limestone County residents live below the poverty level. This means that about 11,870 of our fellow residents struggle just to keep food on the table, clothes on their back, and provide other necessities for themselves and their families. In many cases, these types of socioeconomic hardships can lead to feelings of desperation, maybe even a feeling of worthless insignificance.

The Athens-Limestone County area is a tight-knit community that grasps the plight of the less fortunate amongst us. Many are actively making a difference in lives. The Athens-Lime-



stone Ministerial Alliance, better known as ALMA, is a group of local pastors, ministers, and community leaders whose purpose is to promote unity in the Body of Christ and to meet spiritual and benevolent needs. Many in the community are not aware that ALMA created our local food bank, Limestone County Churches Involved (LCCI) which feeds our hungry and homeless residents.

Members of ALMA have a driven passion when it comes to living out the mission of our group. Three years ago, we undertook the Convoy of Hope event which not only made a difference on that day but has had a rippling effect long afterwards. ALMA members immediately knew we want-

ed to host another event. We began planning the upcoming event in 2018. Though circumstances caused us to adjust our original plan, the HOPE FOR ATHENS event is happening on November 6, 2021. Early that morning local volunteers, known for the day as the Hope for Athens Crew, will serve our guests of honor who will receive a hot meal, haircuts, family portraits, shoes, job services, health services, veterans' services, free groceries, and more. There will be a Kid's Zone for the young ones to enjoy and a Prayer Tent where folks can go for hope and encouragement. Also, if desired, people can be connected with a church near their home.

Are you a local resident who wants to make a difference in lives...or perhaps someone who needs to be encouraged and loved extravagantly? If so, then ALMA cordially invites you to be part of our Hope for Athens Kindness Crew or a Hope for Athens Guest of Honor! Whoever you are and wherever you fit into Hope for Athens, we are asking you to take part in displaying that Athens-Limestone County is a community who shows up, cares, and gives lavishly. Even more than that, we want to

make an extravagant impact for the Kingdom of God!

Our lives are filled with moments that can transform, enlighten, heal, and unite. This event is another opportunity for our community to make many more of those moments. It has the power to bind us together not as giv-

ers and receivers but rather friends, neighbors, and fellow human beings working toward a common good. In the words of Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

HOPE FOR ATHENS

Community Event

FREE

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10 AM - 2 PM

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- ★ FAMILY FUN ZONE
- ★ VETERAN'S SERVICES
- ★ FAMILY PORTRAITS
- ★ HAIRCUTS
- ★ PRAYER

WHILE SUPPLIES LAST

Calendar of Events

3rd Annual Holiday Dazzle Days

November 5-7

With Crawford Gifts, 203 West Washington Street in Athens. 9:00AM-7:00PM on Friday, Nov 5 & Saturday, Nov 6 and 12:00PM-5:00PM on Sunday, Nov 7. Enjoy door prizes every two hours, sweets and cider from 4:00PM-6:00PM, free parking and admission and enter for a chance at 1 of 4 \$50.00 Gift Certificates.

Athens/Limestone Co. Veterans Day Parade

November 6

With the Alabama Veterans Museum. Lineup starts at the Athens Middle School, 100 U.S. Highway 31N in Athens. Starting at 9:30AM. Parade steps off at 11:00AM traveling west on Hobbs Street to Jefferson Street to the Courthouse Square then continuing south on Jefferson Street to finish in the Athens-Limestone Public Library vicinity. Registration open until November 3. Yvonne Dempsey 256-431-3213 or Sandy Thompson 256-771-7578.

Color-change Hike

November 6

Joe Wheeler State Park. Starting in the marina parking lot near Luther's Pass (4403 McLean Drive in Rogersville) at 12:00PM. The colors are bursting and you can join Park Naturalist Sam Woodroof on a 4-mile hike around our Awesome Trail and take in all the amazing colors! For any questions or concerns pertaining to this event, email: Samuel.Woodroof@dcnr.alabama.gov

Pickin' on the Porch

November 7

With Railroad Bazaar. 1207 Eidson Street in Athens. 1:00PM-5:00PM. Come enjoy the music led by RRB house band. Light food and beverages will be available.

Athens-Limestone Community Blood Drive

November 10

Athens-Limestone Visitors Center. 100 North Beaty Street in Athens. 9:00AM-1:00PM. Covid-19 Antibody Testing will happen for each pint donate. Learn about your eligibility after vaccination here. Limited space available. Register for your time slot at RedCrossBlood.org and use Zip Code 35611 and select Athens-Limestone Visitors Center then see times to schedule a slot.

Ladies Night Out: Wish List Event

November 11

With Hobbs Jewelers, 571 U.S. Highway 72W in Athens. 6:00PM-9:00PM. Leave your wallet at home and come try on some beautiful jewelry, build your wish list, and enjoy some

delicious food. Giveaway of Louis Vuitton Graceful MM will happen too.

2021 Athens, AL Storytelling Virtual Festival

November 12 - 13

2021 Virtual Festival invites you under the virtual tent for your favorite tellers - Donald Davis, Carmen Deedy, Bil Lepp, Josh Goforth, and Andy Offutt Irwin. Purchase your virtual Shebang admission at AthensStorytellingFestival.com

Stuff A Truck with LCCI

November 13

First National Bank, corner of Lindsay Lane and U.S. Highway 72 in Athens. 8:00AM-4:00PM. Items needed include: Pancake Mix; Syrup; Canned Fruits and Veg, Sweet Potatoes, Pumpkin; Pasta Sauce; Tuna Helper; Rice; Boxed Potatoes; Spaghetti and dried pasta; Jelly; Canned Soup, Ravioli, Chili; Mac N Cheese; Cereal; Toilet Paper; Flour; Sugar; Cooking Oil; Tea; Corn Meal; Dried Beans; Hot Chocolate Mix; Stove Top Stuffing; Gravy Mix; Cranberry Sauce; Evaporated Milk; Cake Mix & frosting; Canned Ham; Small Stocking Stuffer Gifts for Kids or cash donation.

Yesterdays 50s & 60s Dinner Show

November 13

Yesterday's Event Center, 15631 Brownsferry Road in Athens. \$25.00 per person -- includes meal and show featuring Showdown and special guest. Individuals and Groups welcome. Bus parking available. No show and cancellation fees may apply. For more information or to RSVP required -- email info@yesterdaysevents.com.

Lunch Fundraiser for Jessi Bradford

November 18

With the City of Athens Relay for Life Team and the Athens Gas Department at Leak City (807 East Sanderfer Road in Athens) from 11:00AM-1:00PM. \$10.00 per plate, dine-in or carry-out. Jessi is the daughter of Athens Cemetery/Park & Recreation Director Bert Bradford and wife, Julie, and is battling cancer. Please call Kim Glaze at 256-233-8730 if you would like tickets. We'll also have homemade desserts for sale at the event. All proceeds are going to help Jessi's battle.

"A Southern Christmas" Festival of Trees Preview Party

November 18

Donnell House Preview Party, 601 South Clinton Street in Athens. 6:00PM-8:00PM. Come enjoy the art of the punchbowl and Southern fare as you experience the Festival of Trees in this exclusive event. Admission: \$25.00 per person at the door. For more information: 256-509-3940.



Steve's Corner

How Serious Are We?

by Steve Leland

Sometimes, as I attempt to walk the path that Yah has planned for me, I don't get the results that I feel Yah would want from my prayers. I pray for outcomes that I feel He would desire and sometimes the answers happen as hoped for. Other times the response seems weak or short-lived. Now, of course we all know that most of the time the problem is that we are looking for an answer to what we perceive as a finite situation, and He is looking at a much bigger picture and cannot give us the answer that we seek because of how it affects other parts of the overall pieces of the puzzle. But there are still those times when it feels like something was left undone.

So I was pondering all of this and I was reminded of the story of King Joash when he visited the prophet Elisha before Elisha died. Evidently, he was looking for victory over the Syrians, and Elisha told him that he would have that victory. Then Elisha told him to take a bundle of arrows and beat the ground with them. Joash did what the prophet asked, but only hit the ground three times. Elisha was very frustrated over this and told him that because he had only struck the ground three times, that he would only have victory over the Syrians three times, but they wouldn't be completely defeated. If he would have been a bit more demonstrative and hit the ground five or six times, he would have experienced complete victory. So how often have I,

after striking the ground, as it were, three times, assumed that I had done my due diligence and the victory should be complete?

Take healing, for instance. I mostly have the tendency to view it as an either/or situation. Either you are healed, or you are not. Either Yah answers a prayer for healing, or He doesn't. If He doesn't, then I assumed that healing wasn't His will. I am beginning to understand that that is too limited of a view. Sometimes, I believe, it takes more occurrences of laying that request on the altar and waiting for His perfect timing. Giving up and assuming that He doesn't want it to happen is not our best option. There are those times, though, that He speaks to our heart and tells us to let it go. These must of course be heeded.

Job gave us an interesting example in how he acted towards his children. He gave daily offerings for them in case they sinned. Not because they were sinning, but just in case. The hard thing here is that we don't see them getting the protection that we would expect. Yah decided that, for whatever reason, they would all be removed from the earth at once. Was it for Job's sake, or was it for ours? If it was for our greater understanding, and we fail to get it, much was endured in vain.

It's not about us, folks. It's about the Kingdom. It's about how our lives enhance the Kingdom.



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Sailing Away From The Safe Harbor

by Ali Elizabeth Turner



The news of Senator Mitch McConnell's trip to Athens really did manage to stay under wraps unusually well until it was time for it to be public. "We took him on a tour of Athens and fed him a country dinner," said Mayor Ronnie. The senator was also treated to a private tour of the new Alabama Veterans Museum, and from what I understand, he was duly impressed. "And," said the mayor, "we didn't mention politics...once." I am sure that was refreshing for everyone.

For those who are newer to Athens, Kentucky senator and Senate Minority Leader Mitch McConnell lived in Athens for 8 years during his childhood. His family formerly owned McConnell Funeral Home, which used

to be located on the corner of Market and Jefferson where Square Clock Coffee and Epiphany Clothing are currently located. He attended Athens Elementary School, and his great-uncle was a probate judge. While he was here, the senator took some time to look at family wills which are still on file at the courthouse. It seemed like the visit was enjoyed by all, and then it was time for the mayor to get going to the annual conference of the Alabama League of Municipalities. This is when mayors from all over the State of Alabama get together, learn, network and help each other. Before he left, we had a chance to get together and talk about the book we are currently reading, entitled *Believing Is Seeing*.

| Name | |
|------------------------|------------------|
| | 10-30-2021 |
| David & Leslie Johnson | Trussville, AL |
| Mr. & Mrs. [unclear] | Fayetteville, TN |
| Kelley & Doug Coad | Madison, AL |
| John Carpenter | Mich. |
| Mitch McConnell | USS. KY. |

On pages 129 through 132 there is a discussion of several reversals that occurred in the lives of famous people, and how even in spite of a positive attitude, there are times when things don't go our way at all, and in certain realms don't get better. One such man was

Franklin Delano Roosevelt, who was stricken with polio when he was 38. He spent a full ten years trying to traverse the length of his driveway using crutches and trying to walk. He never did it. Never. Every single day for ten years, he would fall and the household

help would have to carry him back into the house. Whether or not you agreed with him politically, FDR was a remarkable example of perseverance when it came to dealing with polio. Interestingly, Senator McConnell was diagnosed with polio when he was only 2 years old, and it was his mother who did physical therapy four times a day. As well, they went to the same hot springs in Georgia that was used by FDR.

The idea of being unstoppable was illustrated a different way on page 129 by Mark Twain. He described that kind of mindset, the one that goes from "So what?" to "Now what?" by the following: "Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did do. Sail away from the safe harbor." Easier said than done, for sure. It was time to pray, which we did, and then it was time for Ronnie to roll.



Athens Mayor Ronnie Marks and US Senator Mitch McConnell at the Alabama Veterans' Museum

November Activities

FOR CHILDREN AT
ATHENS-LIMESTONE PUBLIC LIBRARY

www.alcpl.org

For Babies

Baby Storytime

11/1, 11/15, & 11/29

Mommy & Me

11/8

Toddler & Preschool

Storytime

10:30 OR 11:15

11/3- Quilts

**11/17 - Taking Time to
be Thankful**

Storytime in the Park
November 10 at Big Spring Park
350 Market St. E Athens, AL

**Storytime in the
Library Garden**
November 13

Turkey Crafts
11/22-11/24

Lego Club

K-4th Grades

11/9

**Choose Your Own
Adventure Club**

5th-6th Grades

11/16

Craft Club

K-6th Grades

11/30





Tourism

November Is Here With Big Holiday Events

by Cayce Lee

Social Media Specialist, Athens-Limestone County Tourism Association

seating is limited and patrons must have a ticket for admittance. Get your tickets online at Eventbrite before 4 p.m. on November 5. Be sure to check our tourism calendar for area schools honoring our veterans too.

Still Hanging Outdoors...

As we joke here in Alabama that if you don't like the weather give it a minute, and just because we have cool temps or the calendar says it's fall, it doesn't mean our outdoor activities stop. One fall event that many people can't wait to be announced are the turkey and ham shoots. We have our first of the season with the Oak Grove-Thach Fire Rescue on November 20. Be sure to check the tourism calendars for more shoots that will be coming.

Anglers can still hit the water with the Bama Blues Catfish Tournament coming to First Creek Boat Ramp at Joe Wheeler State Park on November 27. They may start at Joe Wheeler but they usually end up on our shorelines and up the Elk River to catch some monsters.

Meet Ya' Under The Virtual Tent...

Are you ready for some lies, laughs, tall tales, and good stories? Your wait is over as the virtual tent will be hoisted and the crowd-favorite tellers take the stage on November 12 and 13. You can get your whole shebang access and enjoy the show in the comfort of your own home.

Food for thought and giving...

It's that time of year when Limestone County Churches Involved (LCCI) pulls up the truck and flings open the door so Athens-Limestone can Stuff-the-Truck to help our neighbors. This year's LCCI event will be November 13, just in time to help folks have a Thanksgiving dinner and have meals for the kids while they're out of school. Items needed include: pancake mix; syrup; canned fruits and veggies, sweet potatoes, pumpkin; pasta sauce; tuna helper; rice; boxed potatoes; spaghetti and dried pasta; jelly; canned soup, ravioli, chili; mac n cheese; cereal; toilet paper; flour; sugar; cooking oil; tea; corn

meal; dried beans; hot chocolate mix; stove top stuffing; gravy mix; cranberry sauce; evaporated milk; cake mix & frosting; canned ham; small stocking stuffer gifts for kids or cash donation.

There's also a Benefit Night happening on November 7 over the line at Ronnie's Bar and Grill in Minor Hill, TN to help their cook Barb who has just been diagnosed with cancer. November 18 will be the lunch fundraiser for Jessi Bradford, the daughter of Bert Bradford of the City of Athens Park & Recreation-Cemetery Department and his wife.

Take In A Little Music...

Trippin' Dixie will be rocking at Mac's Sports Bar & Steakhouse on November 5. Railroad Bazaar will be hosting Pickin' on the Porch on November 7. Yesterday's Event Center brings back its '50s & '60s Dinner Show on the 13. We'll be adding more live music events to the tourism calendar as they're announced – so be ready to kick up your heels or rock out each weekend.

Start Coming Home For

Christmas...

One of Athens-Limestone's highly anticipated shopping events is coming to downtown Athens November 19 to 20 with Christmas Open House with Athens Main Street and the Greater Limestone Chamber of Commerce. Christmas Open House is packed with activities for the family beyond shopping, including ice skating on Marion Street, the Tree Lighting in Merchant's Alley, Merry Market on Marion, Photos with Santa at Dream Key Real Estate, a concert with The Malones and Friends, and a Christmas Light Show. That's just the tip of the iceberg of what will be happening around the Square.

Join the Donnell House for their annual Christmas fundraiser, A Southern Christmas - Festival of Trees. Couples will enjoy the Preview Party on November 18. The family can take in the trees on November 19, 20, 21, 26, 27 and 28.

Be Part of the Christmas Magic...

Athens-Limestone Tourism is accepting sponsorships for their annual Christmas fundraiser, Athens North Pole Stroll that turns Big Spring Memorial Park and the Duck Pond into a forest of Christmas trees in December.

Greater Ardmore Chamber of Commerce and the Town of Elkmont are also seeking sponsors for their annual December Tinsel Trail events too.

The Greater Limestone Chamber of Commerce, the Town & City of Ardmore, and the Elkmont Lions Club are taking entries for their Christmas parades respectively.

Thank You Veterans...

The Alabama Veterans Museum and Archives has organized the Athens Veterans Day Parade for November 6 at 11 a.m. and it looks to be a great lineup of bands, floats, vehicles and more. Athens State University will be hosting a Veterans Day Program on November 11 featuring former Blackhawk UH-60 pilot and entrepreneur, PeggyLee Wright. While the program is free, reserved

Trees decked with lights and globes sparkle in the sunlight of Athens-Limestone Tourism annual Christmas experience, Athens North Pole Stroll. Sponsorships open now.





Slinkard On Success

Control Your Attitude

by D. A. Slinkard

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

One of the hardest things anyone can control is their attitude. It takes work to maintain a positive attitude, and it is easy to have a lousy one. I firmly believe that if a person wants to achieve more in life, it must first start with the attitude they take. Our attitudes will determine our perception of what is going on around us. In fact, I believe too many people are going about life with the wrong attitude, and this is the primary culprit as to why they are not achieving everything they would like.

This may seem very elementary to many folks, but the most challenging attribute I see most people deal with is having the wrong kind of attitude. I believe we need to teach our children at an early age to control their attitude, and this will continue throughout their life. However, we live in a society that sees parents catering to their children's negative attitudes, and we end up creating our own worst nightmares. I believe we all learn to control our attitudes; it just depends on whether you learn to control the positive side or the negative side.

The choice truly is ours to make, yet too often, people are not willing to make the conscious effort to work on their attitude. Let's face it, it is much easier to be grumpy and have a bad attitude than it is to be positive and have a smile on our face. Life is so much better when we have the right attitude; so why is it so many people suffer from being negative? It simply takes work, and we want everything to be easy.

Life is not always easy, and the people who go around be-



ing negative just make it that much harder on themselves and on other people. Our attitudes begin and end with the way we think and the words we use. If we think negative, we will get negative results, and the same can be said if we think positive. Thinking negative or thinking positive comes down to the way we eternalize our thoughts. If we look at the cup as half empty, it will be, but if we look at the cup as being half full, it eventually will be that way.

Our thinking does not become positive overnight, but it sure can become negative

overnight, and we must work doubly as hard to prevent this from happening. You might be asking, "How does a person do this?" I suggest you start out by making a list of the people who matter most in your life, and write their names down. Next, focus on the specific aspects of life that bring you fulfillment and list those. For me, God is an extremely huge portion of my life, and my belief in Jesus Christ as my Saviour. I do not write this to be pious, but as a reminder for Christians that we have something to be positive about when Christ is THE Redeemer and

He should truly be at the top of every Christian's list...but sadly He is not.

I firmly believe that when we focus in on what we do have and not on what we do not have, we will begin to gain a better appreciation for what we have. Right now, there is someone in this world that would swap places with you in a heartbeat. We must remember that even though we think we have it bad, there is someone who would gladly change places with us and would not gripe about it. When you think about things like this, it

really starts to change your perspective.

When you look at the list you have created, this should serve as your motivation for why you should be positive. Life is too short to be negative; find the positive and change your perspective. It starts with taking the first step, which this is changing the way you think. Make a conscious effort to see your life as the cup being half full and continuously make this decision.

Eventually, over time, you will see your life like this and will notice the attitude pendulum begin to swing in your favor. You will begin to see the control you have over your attitude, and when something bad happens, you can place a positive perspective versus spiraling into having a negative attitude.

We control our attitudes and the perspectives we have each day, and either way we go, whether positive or negative, is up to us to decide.

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Clean, Green And Beautiful

American Leakless Employee Wins the American Leakless \$2,000 Grand Prize in KALB's Wacky Quacky Ducky Derby!

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

Here at Keep Athens-Limestone Beautiful (KALB), we are extremely grateful for the support that we receive from American Leakless Company (ALC). Not only were they this year's (and previous years') Wacky Quacky Ducky Derby \$2,000 Grand Prize Sponsor, they also purchased two quack packs (6 ducks per pack) for each of the company's employees, and by doing so, further supported KALB. There were several winners from ALC this year, one of them being the Grand Prize winner! Our \$2,000 ALC Grand Prize Winner this year was Jeffrey White (pictured), an employee of ALC.

Among our spectators at the race this year was a mama duck and her ducklings, who almost refused to move out of the spillway so that we could begin the

race! It was pretty entertaining to watch two of our volunteers herd the ducklings out of the water and onto the sidelines, especially since this was a "duck" race! They finally settled in to watch the race just as everyone else did, as you can see in the picture.

This year's race was a huge success, as there were just over 2,000 ducks in our race. The race works like this: each rubber duck is numbered, and that number is assigned to a specific person before entering the race. The ducks are then raced in heats (six heats this year) and the top winners from each heat are gathered and raced against each other in the final championship race, with the order of the ducks determining the prize that is awarded.

Being a non-profit organization, KALB relies heavily on



our fundraisers, membership drive, and donations to keep us going from year to year. One of the "perks" of a KALB membership is free duck entries into our Wacky Quacky Ducky Derby, with the number of entries received corresponding to the level of membership. Some of our winners this year were the result of free membership ducks!

We are extremely grateful for all of our sponsors for the ducky derby. We could not provide the great prizes that we were able to offer without their support. Each and every prize was donated. We have wonderful support from the business community, and I encourage you to look at the list of sponsors, prizes, and winners.

A huge thank you goes out to all of our volunteers as well. They were troopers this year, as they are



every year, and some even had to get their feet wet even though they were not expecting to have to.

We hope this fun event continues to grow each year

with more and more ducks being adopted. If you are a business owner, please consider adopting ducks for your employees as a bonus or a perk! We would love to help you with this next year.

The community support that we continue to receive is overwhelming. So thank you, Athens and Limestone County businesses and citizens, for helping us to continue the important work of helping our city and county become more clean, green, and beautiful.



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

2021 Wacky Quacky Ducky Derby Winners

| PL | PRIZE | WINNER |
|------|---|------------------------|
| 1st | \$2,000 American Leakless Company Grand Prize | Jeffrey White |
| 2nd | Marriott Shoals Hotel and Spa One Night's Stay | Jason Newton |
| 3rd | Canebrake Club Round of Golf for 4 | Kristina Crutchfield |
| 4th | \$250 Osborne's Jewelers Gift Card | Charity McLin |
| 5th | SK Salon Gift Basket | Gerry and Marilyn Ford |
| 6th | \$150 Cash - American Leakless Company | Naomi Dubois |
| 7th | \$100 Cash - American Leakless Company | Terry Machnicki |
| 8th | \$100 Cash - Athens-Limestone Hospital | Samantha Bussey |
| 9th | \$100 Cash - Brody Jackson State Farm | Jason Newton |
| 10th | \$100 Cash - Crown Service Termite & Pest Control | Alan Bullington |
| 11th | \$100 Cash - Distinctive Landscaping, Inc. | Tammy McAllister |
| 12th | \$100 Cash - Limestone Drug Company | Brandon Heard |
| 13th | \$100 Cash - Morell Engineering, Inc. | LeeAnn Hooks |
| 14th | \$100 Gift Card - Hobbs Jewelers | Robin Gerrish |
| 15th | \$100 Gift Card - Publix | Pam Haney |
| 16th | Set of 4 Flex Tickets - Theatre Huntsville | Tony Luttrell |
| 17th | \$50 Cash - Athens-Limestone Hospital | Lisa Kerr |
| 18th | \$50 Cash - Distinctive Landscaping, Inc. | Keith Hicks |
| 19th | \$50 Gift Card - Eastside Pharmacy | Trustmark Bank |
| 20th | \$50 Gift Card - Eastside Pharmacy | Amy Frasier |
| 21st | 2 Flex Tickets - Theatre Huntsville | Gene Darrel |
| 22nd | 2 Flex Tickets - Theatre Huntsville | George Kelley |

Lazy Duck Awards - Gift Certificates to Dub's Burgers:
Darden Bridgeforth & Sons, Hillary Riggins, Leslie Roberts,
Shelby Rouse, Mary Simpson, Richard Smith



Cooking with Anna

You Better Clean Your Lens

by Anna Hamilton

“Either Scripture will be the lens through which you view the world, or the world will be the lens through which you view Scripture. Ultimately

one or the other will be your authority.” Dustin Benge

This past Saturday, I was a guest at a wedding. I pulled out my phone to take a picture of the beautiful bride and groom and a message popped up on my phone screen which said, “For a clearer picture, a clean lens is recommended.” I just shrugged it off and went ahead and snapped a quick picture. Later, during the reception, I took the time to simply wipe the lens off before I took another picture. You know what? My phone was right! Taking a picture with a clean lens makes all the difference.

How many times during our lives have we needed to clean off the lens before we made a decision? There have been many times that I have decided to do something because it was what I felt was right. I made the snap decision before consulting what the Scripture had to say on the matter. I allowed the world to guide my decision instead of the One that should have authority over my life.

If we continue to let the world help us make the decisions that will shape our life, how we view God’s word begins to become warped. The lens is dirty, and we cannot see the clear picture. The world tells us to do what makes us happy. If we want to do something, go ahead and do it, regardless of what God may say about the situation. Of course, if you use the world as your authority, you start to leave out Scripture that doesn’t fit your lifestyle. You start to tell yourself that God would want you to be happy, so go ahead and do what you feel is right. This is a dangerous situation in which to find yourself. In the Gospel of Matthew, the Scripture gives us a picture of what will happen to those who choose to not use the Scripture as their authority. “Not everyone who says to Me, Lord, Lord, shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in

that day, Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many miracles in Your name? And then, I will declare to them, I never knew you; depart from me, you who practice lawlessness!” Matthew 7:21-23

Making scripture your authority instead of the world is of utmost importance as we journey through this world. There is not a situation in our lives for which the Bible doesn’t have an answer. No matter what may happen, no matter what problem may arise, no matter how much guidance you need, let the Scriptures be your authority. When we stop trying to do things our way and allow ourselves to do it God’s way, things in our lives begin to fall into place. That doesn’t mean that we won’t face trials and troubles, but it does mean that we will know which direction to take our lives. God truly wants what is best for us.

So, how is your vision? What lens are you using to look at the world? Are you using the Scripture to help guide you in this world or are you using the world to guide your steps?

This week’s recipe is Mediterranean Chicken Bowls. It is quick, simple, and most importantly, delicious. If your family prefers beef or pork, feel free to swap a steak or a pork chop for the chicken in this recipe. If you would prefer a vegetarian option, top this delicious Mediterranean bowl with a portabella mushroom. I hope you enjoy!

“The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.” Psalm 19:7-11

Mediterranean Chicken Bowls

Ingredients:

| | |
|---|-----------------------------------|
| <i>2 lbs boneless, skinless chicken breast, cubed</i> | |
| <i>2 red or yellow bell peppers, cut into 2-inch pieces</i> | |
| <i>1 (14 oz.) can marinated quartered artichoke hearts</i> | |
| <i>3 Tbsp olive oil</i> | <i>18 pitted Kalamata olives</i> |
| <i>1 pkg frozen riced cauliflower</i> | <i>½ cup crumbled feta cheese</i> |
| <i>½ cup Greek vinaigrette</i> | <i>Salt and pepper to taste</i> |

Directions:

Preheat oven to 400 degrees Fahrenheit. Toss together chicken, bell peppers, and artichokes. Spread onto two lightly greased baking sheets. Season with salt and pepper. Bake 15-20 minutes, checking to ensure chicken is cooked through. Meanwhile, cook cauliflower according to package directions. Serve chicken mixture over cauliflower. Drizzle with vinaigrette; top with olives and feta cheese.



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Health and Fitness

What Really Needs To Be Known About The Scale

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

We all have a tendency to take what the scale says to heart, good or bad. Celebration can occur one morning and the following morning can bring total depression. This toxic relationship needs to be sorted out. If keeping the scale around is that vital to life, then what those numbers really mean needs to be made clear. There are many factors which determine daily weight fluctuation including water retention, glycogen storage, and changes in lean body mass. The daily, and sometimes drastic, number change on the scale is completely normal, but it is not a true indicator of fitness success or failure.

Water makes up about 60% of total body mass, and it is completely normal for this to frequently fluctuate. There are two main factors which influence water retention -- water consumption and salt intake. Incredibly, the body actually retains less water the more water we drink. When the body is dehydrated, it hangs on to every ounce of water, which makes the scale creep up. It really is better to drink more water.

The other factor in water retention is excess sodium consumption. A single teaspoon of salt contains over 2,000 mg of sodium. As a general rule, we should only eat about 1,000 to 3,000 mg of sodium a day. In

our society, it is easy to totally blow this because we have so many highly processed foods. It is even a sneakier factor because some things that do not taste salty are loaded with sodium. This is why vital to stick to pure, whole foods. Stay clear of packaged foods, buy fresh and control what is added, including the salt, when cooking.

Glycogen is basically carbohydrates stored in the liver or in the muscles themselves. This weighs more than a pound and is combined with 3-4 pounds of water when it is stored. The glycogen supply will shrink during the day

if not enough carbohydrates are consumed, causing an increase in appetite to trigger eating which will replenish and restore the reserve. It is completely normal to experience glycogen and water weight shifts up to 2 pounds a day even with no change in calorie intake or activity level. These fluctuations have nothing to do with actual fat loss, yet they clearly change the number on the scale.

The most deceptive part of the scale is that it weighs more than just fat. It weighs muscle, bone, water, internal organs, and everything in between. When the number goes down,

it does not guarantee fat loss. Unfortunately, the scale has no way to tell what is lost or gained in a technical sense. While we want to see the number go down, it is important not to lose muscle; actually the more muscle the body has, the more calories it will burn. Muscle is a metabolically active tissue. This is why those who are more fit and active can consume more food.

The scale cannot differentiate between fat and muscle, so it is ultimately a very inaccurate tool to determine what is happening within the body. There are multiple tools/instruments which can be used other than

that one number on the scale to distinguish true body makeup. Skin-fold calipers can be used to measure lean tissue vs. fat, but since most people do not have these laying around the house, there are simpler ways to measure. Some of the best ways are how clothes are fitting, how rings are fitting, and most of all, by taking pictures along the way and comparing them.

If it is desired to take body composition knowledge and fitness to the next level, and to gauge progress past the previously mentioned ways, there is a machine which can measure all of these elements with incredible accuracy. I am so excited to have one coming to Prime Performance and available to the public in November 2021. When the Fit3D scanner takes a reading of the body it will give a detailed description differentiating between bone, organs, body fat, and muscle all in a matter of a few minutes. These measurements and a physical body outline then can be digitally accessed through a personal online account and app which will update with each scan. I recommend doing a scan every four weeks to efficiently monitor and track progress. In order to get your own scan on the Fit3D, book an appointment Monday – Thursday between 8 a.m. – 4 p.m.



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Limestone County Chief Deputy Sheriff Fred Sloss Is Running For Sheriff

by Ali Elizabeth Turner

continued from page 1

and after graduating in 1990, he joined the US Navy. He served in intelligence and cryptology while stationed in Japan, and described it

as “the biggest listening post in the world.” There he met his wife Marsha (who also served in the military), and they were married in 1994. He finished his

naval career as an E-5 (Petty Officer Second Class) having graduated from the US Navy Recruit School and the US Army Intelligence School. I asked him what he enjoyed the most about his time in the Navy, and he said it was the “increase in personal discipline, the satisfaction of helping people, and meeting people from every walk of life.”

Fred is a graduate of the Alabama Criminal Justice Center and joined the Limestone County Sheriff's Department in 1996. He later finished his course work in police science and has an A.S. degree from Calhoun Community College. He made a personal goal early in his law enforcement career of helping five people a day. Chief Sloss said, “I thought, if I can change the life of one person, I did something constructive that day.” He is

well known for having a special heart for kids, and served as a DARE officer, having completed that specific program at the DARE training center in Mississippi. He loved working at local Limestone County schools, and the kids called him “Deputy Fred.” He said, “I made a point of talking to them, greeting them and smiling at them,” and then Fred added, “...especially when I knew what their home life was like.”

I asked Fred about a day or a case that stood out to him, and it was not easy for him to talk

about or for me to hear. He was on the scene of a domestic violence incident that resulted in the death of a baby due to injuries inflicted by the male member of the household. Not long after that, he was taking some training and received some advice from an older officer who told him two things: “Don’t ever let your heart grow cold,” and “Be fair.” Fairness, transparency, and true justice are the things to which he recently committed himself when he announced his candidacy on Tuesday, November 2.



Deputy Fred,
Here you are at
MX house. MX brother
lives in Augusta
and goes to the
Masters, moma
thought you
might like these
pictures,
Neil

In 2008, when Sloss was known as Deputy Fred to the kids, he was invited to the birthday party of a special needs student. He was able to attend, and working with kids has always been one of Fred's favorite aspects of his work.

“As your next sheriff, I will work every day to continue to make Limestone County the safest county in the State of Alabama,” said Fred. “Under my leadership, I will bring integrity, accountability, and transparency to the Sheriff’s Office.”

Fred Sloss has been the Chief Deputy Sheriff of Limestone County since 2016. Prior to that he was our Deputy Sheriff, Lieutenant Director of Youth Services, and Patrol Captain. Throughout his career he has pursued advanced training in a number of areas. Through the University of North Alabama, he completed their public safety leadership and management program. Because North Alabama experiences natural disasters on a fairly regular basis, Fred is certified through the Emergency Management Insti-

tute on their Incident Command System, the Advanced Incident Command System, and the National Response Plan. In addition, he completed the National Association of School Resource Officers Training Course as well as the State of Alabama’s New Sheriff’s Orientation Program. After a quarter century on the force, in December of this year Fred is going to retire from his current position and campaign for the 2022 election.

There are a number of historically significant aspects to this election. The most interesting is that for the first time in nearly forty years, there is no one from the Democrat party running for the position, at least as of this printing. By contrast, there are five Republican contenders in addition to Fred Sloss running for sheriff.

For the last several years, Chief Deputy

Sloss has been the one who oversees all of the logistics and operational aspects of the LCSO. In addition, Fred has always been involved in the community. He and Marsha are members of New Beginnings Church. He has served as the Vice President of the 20th District of the Alabama Peace Officers Association, a member of the American Veterans Alabama Post 21, the American Legion, and as part of the board of directors of Hospice of Limestone County.

Fred is a man of faith, and has been publicly honored for being a public servant. Recently, I heard an unsolicited story of how Fred walked a family through a situation with a truly dangerous man, and they remain grateful to this day. I asked Fred why, when there are so many candidates,

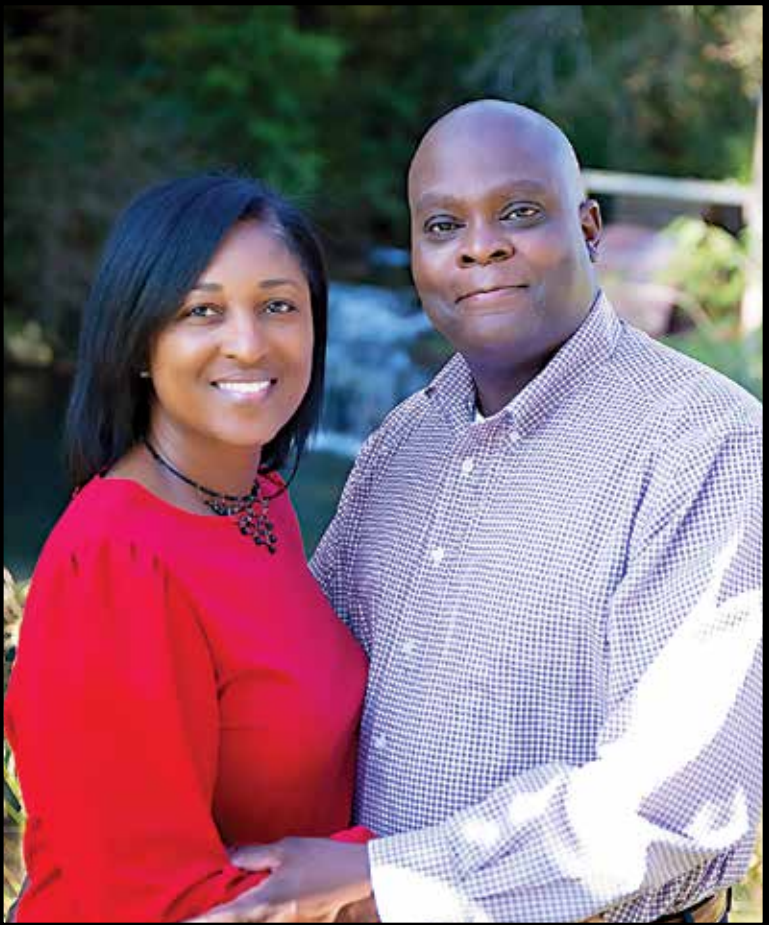
should I choose him to be our next sheriff. His response was refreshing. He said, “People who know me know what I stand for. If you want to know about Fred Sloss, don’t ask Fred Sloss, ask the peo-

ple who know Fred Sloss.”

If this is what you are looking for as the next sheriff of Limestone County, then vote for Chief Deputy Fred Sloss.



Sloss sporting an auction item at a cancer fundraiser for Breanna Smith





Learning As A Lifestyle

The Connection Between Gratitude and Growth

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

Science tells us that an "attitude of gratitude" is a good health choice. Being more grateful more often makes us happier and more optimistic and more hopeful. Gratitude is not about ignoring the hardships, disappointments, and failures of life to simply focus on the metaphorical bright side. It is much different than the dynamics of positive thinking. It acknowledges the pain and suffering that one may experience but makes the choice that despite all the negativity that exists, to find ways to show appreciation. One may have had the negative experience of a house fire. While that is an extremely traumatic event, one can show appreciation for the outpouring of love from the community in the aftermath. One can show appreciation for the clothing donated, the cooked meals that were sent over, or for the family that welcomed them into their home while they sought for lodging.

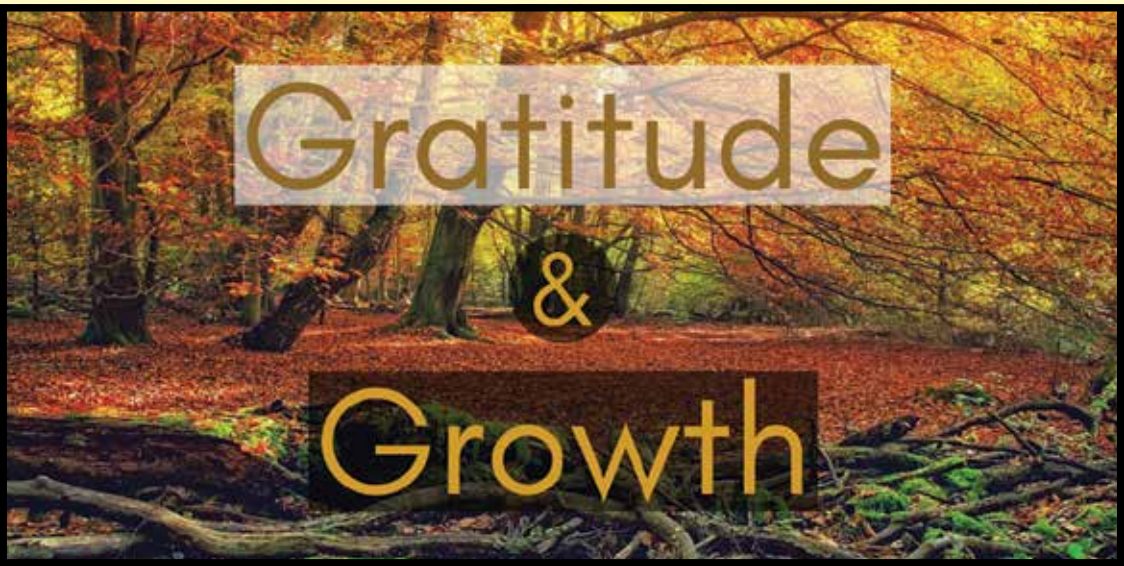
Gratitude is often mistaken for being the same as thanksgiving, however, they are indeed different. Gratitude is an attitude or quality of being; it is a feeling that is expressed in practical ways. Indeed, it

involves being thankful but does not need something good to happen beforehand in order to have gratitude. Gratitude is a mood or attitude, while thankfulness is a response to gifts and positive occurrences. Gratitude is the habit of being appreciative as it relates to one's feelings and disposition. It flows from the heart in natural and instinctive ways. The mind that is continually in a state of gratitude is sometimes a gift and learned behavior. It exists without expression but is truly gratified when the opportunity to express gratitude is given.

Having the natural mood or developing a heart of gratitude is not only personally beneficial, but also professionally.

Kevin Eikenberry is a leadership expert and the Chief Potential Officer of a consulting company that helps Clients reach their potential through a variety of training, consulting and speaking services. There are three points that Eikenberry makes that illustrates how gratitude helps in the area of professional growth.

First, he says that gratitude is important to growth because it attracts what we want. "The universal law



of attraction says that we will attract into our life the things we think about and focus on...Remember that when you are consciously aware of your blessings, and are grateful for them, you are focusing more clearly on what you do want in your life - and are attracting more of those things into your life."

When gratitude becomes a lifestyle, it impacts the mood of the individual, and consequently creates naturally positive body language, non-verbal communication and facial expression. This becomes an attractive and inviting persona that develops opportunities and connections which otherwise would not exist. The very opposite of gratitude creates a demeanor that is unwelcoming

and unwelcoming. At least in this sense, Kevin Eikenberry's law of attraction concept becomes practical.

Additionally, he teaches that gratitude improves relationships. Eikenberry makes an interesting point about gratitude and relationships. He says, "Think about those people that you know who are most appreciative of you - and let you know it. How do you feel about them?"

The person who carries a spirit of gratitude has an authentic way of expressing their appreciation not only for what they do but for who they are as individuals. Gratitude says, "I acknowledge and appreciate your uniqueness along with your attitude, gifts, and skills." It encourages those you interact with and

draws them close to you. People tend to want to form bonds and relationships with people who appreciate them and make them feel good about themselves.

Finally, Eikenberry suggests that gratitude improves problem solving skills. This is because, according to Eikenberry, "We also enter a problem-solving situation with a perspective of improvement and opportunity rather than challenge or issue." Persons who face problems and complain about them, unwittingly close the door to creativity and imagination. Those who are grounded in gratitude have a different lens through which they approach the challenges of life. The person who has gratitude sees problems and is grateful for the chance to be helpful and overcome the challenge. While gratitude is not itself limited to positive thinking, it is itself an attitude that is consistently positive and therefore more inclined to creativity when crisis strikes.

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Jerry's Journal

Flashbacks Of "Bad Sam" At The 50th Class Reunion

by Jerry Barksdale

It began when I received a letter from Alabama School of Law. I flashed back fifty years. Oh, Lordy! "Bad Sam" Beaty has flunked me in judicial remedies! Just thinking of Professor Samuel Beaty made me nearly wet my pants.

The letter announced that the graduating class of 1967 was having its 50th reunion. By virtue of being Student Government President, I was asked to drum up support. Apparently, they didn't know that I beat John DeBuys by only one vote, which hardly gave me a mandate.

My winning campaign was time tested – I employed whiskey and women. My beautiful wife, Carol, turned on her charm, and I offered cocktails from a pint hidden inside a hollowed-out law book. "Would you like a sip of Jack Daniels Gold?" I asked fellow students. I called it Gold. Actually, it was from a gallon jug of rot gut purchased for \$2.75 in Juarez.

My campaign team compiled a list of students who pledged to vote for me and marked off their name when they voted. Foster Musgrove, Tusculumbia, hadn't showed up to vote. Volunteers went to his rat-nest apartment and found Foster sound asleep on top of his fallen front door. Apparently, he had had returned home from an "animal house" party, pushed open the unhinged door and fell on the floor where he remained. They fetched him and I won by one vote. I credit my first political victory to Foster. Next would come the Legislature, then Governor and finally prison and a lucrative book deal. I was on my way to success.

I persuaded the Executive Counsel to pass a resolution requiring all law students to wear white shirt and tie to class. The following morning a petition was circulated

to impeach me. I back pedaled. Fast!

"Bad Sam" scared the ignorance out of me and made my life miserable. After going to bed and saying my nightly prayer, I thought of ways I could make him miserable. My favorite was to throttle him with a rusty piano wire. Ah, yes! Serenity, then peaceful sleep.

One Monday morning, "Bad Sam" announced to our class that we were lucky since he was in a jolly mood. His daughter had married over the weekend. "Who held the shotgun?" asked a voice. "Bad Sam" went wacko. He paced the aisles, asking, "Did you say that?" Everyone denied it. I heard that it was Ed Gosa, who later became a learned judge in Lamar County. My hero for 50 years.

I also thought about my constitutional law professor, Jay Murphy, a kind old, gentleman, who leaned left in his politics. He paid me the ultimate compliment in class. After giving my interpretation of a Supreme Court decision, Professor Murphy said, "Well we all know that if Mr. Barksdale had his way we'd still be getting around on stone wheels." My finest moment.

There was Professor Philip Mahan, often absent-minded, who hauled a bale of hay around in his MG Convertible that he parked in front of Farah Hall. Was he powering the MG on hay? Strange. He taught contracts and real estate. One day he began lecturing on real estate. Several minutes later, a student interrupted him. "This ain't real estate, this is contracts class."

My good friend (and sometimes red head) Pat and I drove to Tuscaloosa on Friday afternoon, checked in the Jack Warner and hooked up with former classmate, John Baker and wife, Regina, Collinsville, Alabama. Norman Cummins of Clermont, Florida also joined

us. John was my best friend and study buddy in law school. Following graduation, both of us began practice in DeKalb County. I was earning \$250.00 a month working for Bob French. Carol was pregnant and we didn't have furniture, not even a kitchen table. John found one in his mother's barn and brought it over. Carol antiqued it and we used it for years. I think she got it in our divorce. John is a Democrat and I'm a Republican. That never came between us. He served in the Alabama House and Senate for 8 years, ran for the U.S. Senate and later was Chairman of the Alabama Democratic Party.

Norman Cummins served in the Army before law school. One night, Carol and I were called. "Come over to Norm's house, he's getting married." Classmates, Billy Church married them and O'Neal Browder gave the bride away. I may have been flower boy, don't remember. It was a crazy night. I hope it was legal.

Dean of the Law School, Mark Brandon, a former Vanderbilt Professor, threw a picnic for our class on Saturday. He is a tall fellow with stylish glasses and close-cropped graying whiskers and handsome as a Hanes underwear model. He doesn't fit the image of a sourpuss dean. I offered advice to improve his image. "Dean, I suggest you part your hair down the middle and wear wire-rimmed glasses like Dean Harrison did fifty years ago." "They didn't have wire," he replied.

Huh, I won't offer to help him again. He's on his own.

Afterwards, we piled into Baker's Chevy pick-up and, while running over every curb, toured campus. Cummins kept score. "Back up John, you missed one." Bouncing off curbs doesn't make for happy hemorrhoids. We tried to locate where we lived 50 years ago. Everything had changed. The

old two-story house on Caplewood Drive where Carol and I had once lived, and where she walked to work in heels, was unrecognizable. Her job was our salvation. One evening she came home crying. Her male supervisor had hit on her. I handled it the old-fashioned way. I called him. "If Carol comes home crying again, I'm gonna kill your ass." Problem solved. Coeds were sashaying to the coliseum for the A-Day game wearing summer's newest fashion. "Would you just look at her!" exclaimed Pat. We did. "Look out John!" Regina yelled. Baker slammed on the brakes, nearly pitching us out. Advice to Mamas: Don't send your boys to Bama the first year. Too many beautiful women to distract them. Send them to Auburn.

That evening we attended a reception at the law school where we nibbled cheese and sipped wine. That's when Ronald Strawbridge, Vernon, Alabama, informed me that it wasn't Ed Gosa who asked "Bad Sam," "Who held the shotgun?" It was like being told that my Mama ran a "cat house." Talk about disappointment. "Who was it?" I asked.

"John DeBuys." No way! I figured DeBuys for a milquetoast frat dude, with a Vanderbilt degree, who couldn't parallel park an MG. Wrong. Never judge a man by his brown penny loafers, Khaki pants and buttoned down collar. DeBuys had bumped Gosa off my hero list. I looked up and there

he stood, bald as myself. We shook hands and talked. Before retiring, in Birmingham, he was selected one of the "Best Lawyers in America."

I looked around for Mac Dunaway, hoping he would be present with his beautiful actress sister, Faye. Several former Judges were present. Two of the only four women in our class of ninety-nine were there – Susan William Reeves, Birmingham and Jane Smelley Grubbs, SugarLand, Texas. Also present was George Barnett, former mayor of Guntersville and Ted Little who served 32 years in the Alabama Senate.

Years later "Bad Sam" became one of my heroes. I learned that immediately following Pearl Harbor, he enlisted in the Army Air Corps. While I was sucking my pacifier, he was saving democracy, flying a B-25 bomber on 62 missions against the Japanese. In 1976, he was elected to the Alabama Supreme Court and served for 13 years. I ended up seated next to him at a Trial Lawyers Conference in Birmingham several years ago. "Barksdale," he said, "I saw your potential and squeezed you hard." I nodded. "You darn sure did." He was a great patriot, a great professor, and a great man. I'm honored that he taught me at a great law school – Alabama, ranked one of the "best in the Nation."

I can't wait for our next 50th reunion.

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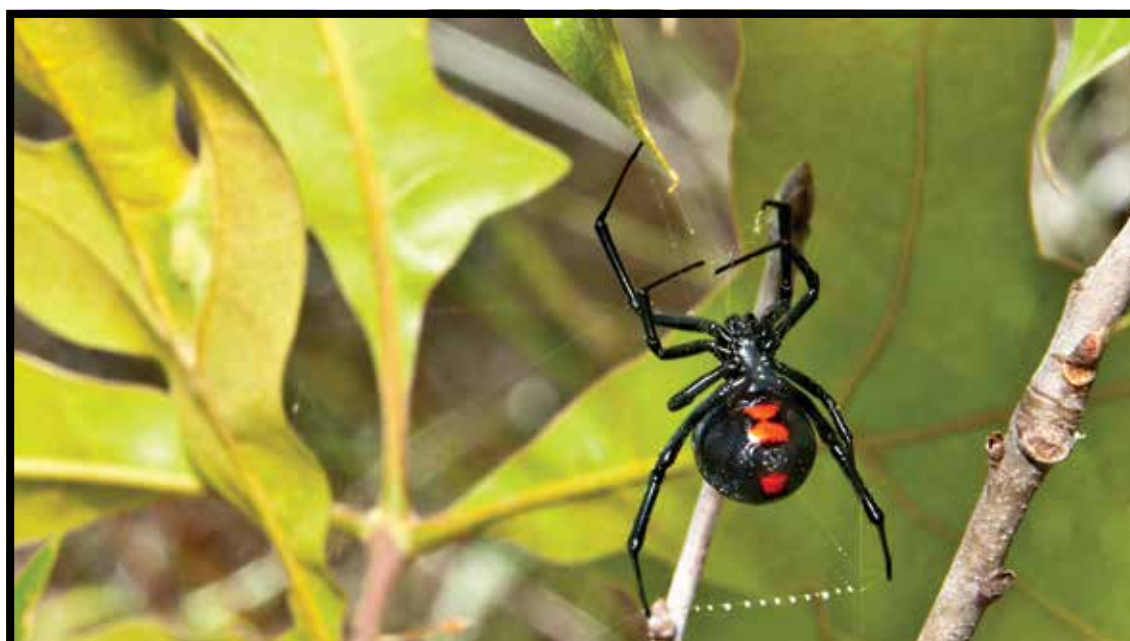
Pest Control

by Joel Allen



Hello, folks! Just last month I had a situation that caused me to miss writing for October. I was bitten on my leg by a black widow in my sleep. Well, I ran a fever, had the aches and pains throughout my body, and was sick to my stomach. Immediately, I was thinking, "Great! I either have COVID or the flu." I went in to my doctor's and they tested me the next day. I was negative on both COVID and flu tests, so my doctor looks at me and says, "You hardly ever get sick, so we are going to have to run a battery of tests unless we can pinpoint what this is." That's when I pointed to my leg with the angry red area that seemed to be spreading wider and asked my doctor, "Could it be this?" "Oh, yeah," she said. After she examined the area she concluded what it was, a spider bite.

In Alabama we have 3 major spiders to be concerned with -- the brown recluse, the black widow, and the "granddaddy long leg" (although its mouth is too small to bite anyone). Now, keep in mind this had taken 3 days to find out, so the spider venom was already coursing through me. The brown recluse and black widow bites are different in their reactions. The brown recluse's bite will actually destroy the skin in the bite area, and if not found quick enough, can leave a gaping hole of dead tissue. The black widow's bite will become red and



angry. It will be sensitive to the touch, and the redness will spread from the venomous bite. This spider's bite can cause health problems, and in few cases death if left untreated. My doctor immediately placed me on antibiotics and, thankfully, that worked or I would have been hospitalized. I spent two weeks recovering. My recommendation for all my readers to prevent this from happening is get yourself a sprayer and mix a cocktail of peppermint, coconut, and eucalyptus oils together and spray every possible area that a spider could be around your home and use some glue traps too. They work!

Then this last week, I had a friend over helping me clean my house. She found a snakeskin in my laundry room. I know, my house is a wilderness! Anyway, she and I conspired against my Army buddy who is staying with me and hates snakes to take the snake skin and put it in

his room. Hehehe! She told me to call her the second he found the skin. I gleefully set the trap for our prank and waited. My buddy came home to his room that day and never noticed it. The next morning I hear him screaming, "Joel! Get in here right now!" I knew he had finally found it, LOL. As I entered his room, he pointed at the snakeskin and I played it off by acting surprised. All the while, he is looking high and low and muttering that he hates snakes. I am trying not to laugh too hard. Eventually, he calms down and goes to work. During the week, he had glue traps out to catch any mice coming into our home from the fields due to winter, and I mentioned to him that if the snake was there, the glue trap would most likely get it. When he returned home from work, he went snake hunting again in his room! I was laughing and texting my friend about what was going on. We were both

laughing. Finally, I informed him of the prank and he started to relax.

The next day I get a text from him and a picture, apparently the laundry room snake did find its way to his room because, lo and behold, there it was in the picture caught on a glue board with a mouse! Folks, I thought my buddy was going to have a fit! He identified the snake as a good one, a king snake, and I told him to pour a little olive oil or cooking oil on the trap around the snake and it would deactivate the glue and free the snake. He released it back into the wild with my Zoey (Border Collie/Heeler mix dog) begging him not to because she wanted to play with it. I still got a good laugh and so did my friend. I even told my parents, and they snickered about it too.

So, why am I sharing this with you? Because many people, when they try and use pest control methods, can easily expose their dogs

to situations that could cause injury, discomfort, and death. If mouse traps are used like snap traps, your dogs can get popped on the paws or in the face, so be careful where they are placed. If poison is used, ensure that the poisoned mice or rats are not accessible to your dogs or other animals because if they eat the contaminated animal, they can be poisoned too. If glue traps are used, be aware that your dog or cat can get stuck to them, so placement of the traps is very important. Nothing worse than Zoey with a mouse on a glue trap and the trap is stuck to Zoey's head with the mouse whining and Zoey dancing around in circles trying to get the mouse! LOL! There are electric mice traps that work, and there is the low-decibel technology that can be plugged in to your wall and the pulsing sound is supposed to cause the mice to leave. So, there! Everyone note -- as winter starts getting colder, the animals will try and come into your home. I hope everyone has a great Thanksgiving. Until next month... be safe!

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

**Joel Allen
256-651-2211**

Trauma Bonding, Conclusion

by Lisa Philippart,
Licensed Professional Counselor



"Trauma is a fact of life. It does not, however, have to be a life sentence."

- Peter A. Levine

In my two previous articles, I presented ways to recognize the signs of trauma bonding and then shared the causes of traumatic bonds. In this article, we will learn how to break those bonds. People who experienced abuse in childhood often feel drawn to similar relationships in adulthood because the brain already recognizes the highs and lows of the cycle. A history of trauma can make it even harder to break trauma bonds, but you can learn to stop this cycle. These tips can help:

Know what you are dealing with: You've heard the phrase, "Awareness is the first step." Recognizing the existence of the bond is an important first phase of recovery. However, I am fully "aware" that when it comes to abuse, of course, this is often easier said than done. To find evidence for abuse and recognize the signs of trauma bonding, you might try keeping a journal. Writing down things that happen each day can help you begin to identify patterns and notice problems with behavior that may not seem abusive in the moment. When abuse does happen, note what happened and whether your partner said anything afterward to excuse their

behavior.

Consider the relationship from another perspective: Pretend you are reading about your relationship in a book or hearing about it from a good friend. It's often easier to examine negative events when you have some level of detachment. Pay attention to the small details that make you uncomfortable or give you pause. Does the relationship truly feel healthy to you? It's not easy to open up about abuse. Maybe you got angry or brushed off by friends or family when they expressed concern in the past. Yet your loved ones can offer essential perspective. Challenge yourself to listen and make a real effort to consider the accuracy of their observations.

Avoid self-blame: Believing you caused the abuse or brought it on yourself

can make it harder to exercise your independence, effectively keeping you in the relationship. Remind yourself that abuse is never your fault, no matter what....no matter what you may or may not have done, no matter how deeply you fear loneliness or a life without them, and no matter how many times you've already gone back. You do deserve better. You can learn to replace that self-criticism and blame with positive affirmations and positive self-talk. Doing this can help the truth of you deserving better to take hold.

Cut off contact completely: Once you make the decision to leave, disrupt the cycle completely by stopping all communication. If you co-parent, this might not be possible, but a therapist can help you establish a plan to maintain only necessary contact.

Create physical distance by finding a safe place to stay, such as with a friend or relative. Also consider changing your phone number and email address if possible. If you can't do that, then block them completely on all platforms, including and especially on social media.

Important Reminder: The abuser might insist they'll change, go to therapy, do anything, as long as you'll come back or take them back. These promises can seem pretty tempting. Remind your-

self, though, of just how many times they've already promised to change.

Resources: National Domestic Violence Hotline, thehotline.org, 800-799-SAFE

Locally: Crisis Services of North Alabama, csna.org, 256-716-1000

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



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The Alternative Approach

Why I Will Not Take the Jab

by Roy Williams

As most of you know, I do not trust the pharmaceutical industry. Because that same industry is now pushing everyone to take the jab, even though it has not truly received FDA approval and it was rushed through the approval process without going through all the steps, I will not, at this point, even consider it.

Now, please understand that I have no problem with anyone who, using their own free will, decides to take it, because I truly do believe in freedom of choice. With that said, I do have a huge problem with any governmental agency, business, school, or institution trying to force anyone to take the jab by threatening to fire them or keep them from shopping or doing any other business if they choose not to take the jab.

Here is some information everyone should take into consideration before taking the Covid vaccinations.

A whistleblower from Moderna made a screenshot of an internal company notice labeled "Confidential - For internal distribution only," showing

ing there were 300,000 adverse events reported in only three months' time. Quote: *This enabled the team to effectively manage approximately 300,000 adverse event reports and 30,000 medical information requests in a three-month span to support the global launch of their COVID-19 vaccine.*

This information doesn't even acknowledge just how underreported adverse events and deaths are. For instance, "According to the famous Lazarus report from Harvard Pilgrim Health Care Inc., 2009 revealed that only 1% of adverse events from vaccines are being reported." That should scare the heck out of anyone even thinking about getting the jab.

Here are some of the reasons for underreporting.

The pharmaceutical industry has been waging an unrelenting media war for decades against all medical experts who were attempting to correctly inform the public about the dangers of vaccines. One strategy is *name calling*, and the negative label 'anti-vaxxer' was chosen to shame and blame all scientists, physicians and nurses who speak out about the



devastation caused by vaccinations.

"Because of this criminal campaign, the majority of the population is clueless that vaccines can cause any harm at all."

MODERNA ALONE: 300,000 ADVERSE EVENTS IN THREE MONTHS TIME

The message the general public constantly hears and sees -- *Vaccines are safe and the best way to protect yourself from disease* -- couldn't be further from the truth. The undeniable fact that children (and people of all ages, for that matter) are far sicker today than ever before in history, while at the same time they are the most vaccinated population in all of history, is stone cold denied. The widespread propaganda by the vaccine companies, who use government agencies as their main carrousel, simply told humanity for decades that adverse events are a very rare occurrence.

Not only are medical experts being censored, they are also being blocked from all social media, their

websites are debunked by Google, entire YouTube channels are deleted, many have lost their jobs, and in some countries medical experts have been arrested in an attempt to suppress the truth about the experimental COVID injections.

Several countries are now labeling scientists who speak out against vaccines, 'domestic terrorists.' Evidence and scientific facts are ignored. It's simply not accepted that experts should share accurate information about the severe dangers of the injections.

It is clear that all means have to be deployed by the **"criminal vaccine cartel"** to suppress what is going on with these shots. Because of all of this, countless medical personnel are afraid to report adverse events, which further contributes to the underreporting of these side effects.

When a doctor or nurse witnesses their patient dying or become disabled for life, they are naturally afraid of being held accountable, and therefore have yet another motivation for not reporting the

adverse events.

Many medical professionals receive financial incentives to promote the vaccines. That again is a reason for them to not report adverse events. This is possible because the pharmaceutical industry is one of the most **criminalized industries** in the world, because of their constant political lobbying, controlling of the news media, and bribery of all who avoid playing their game. Pfizer alone estimates to profit at least **33.5 billion dollars from the covid injections!**

Those are just some of the reasons I will not be taking the jab, but the main reason is that I decided a long time ago that **I will always put my faith in God and His creations instead of man and his concoctions.** As soon as COVID appeared, all of us at NEWtritional Health Care started taking more IS-3 to supercharge our immune systems, and even though all of us have been exposed to the virus many times, not one of us have had any symptoms.

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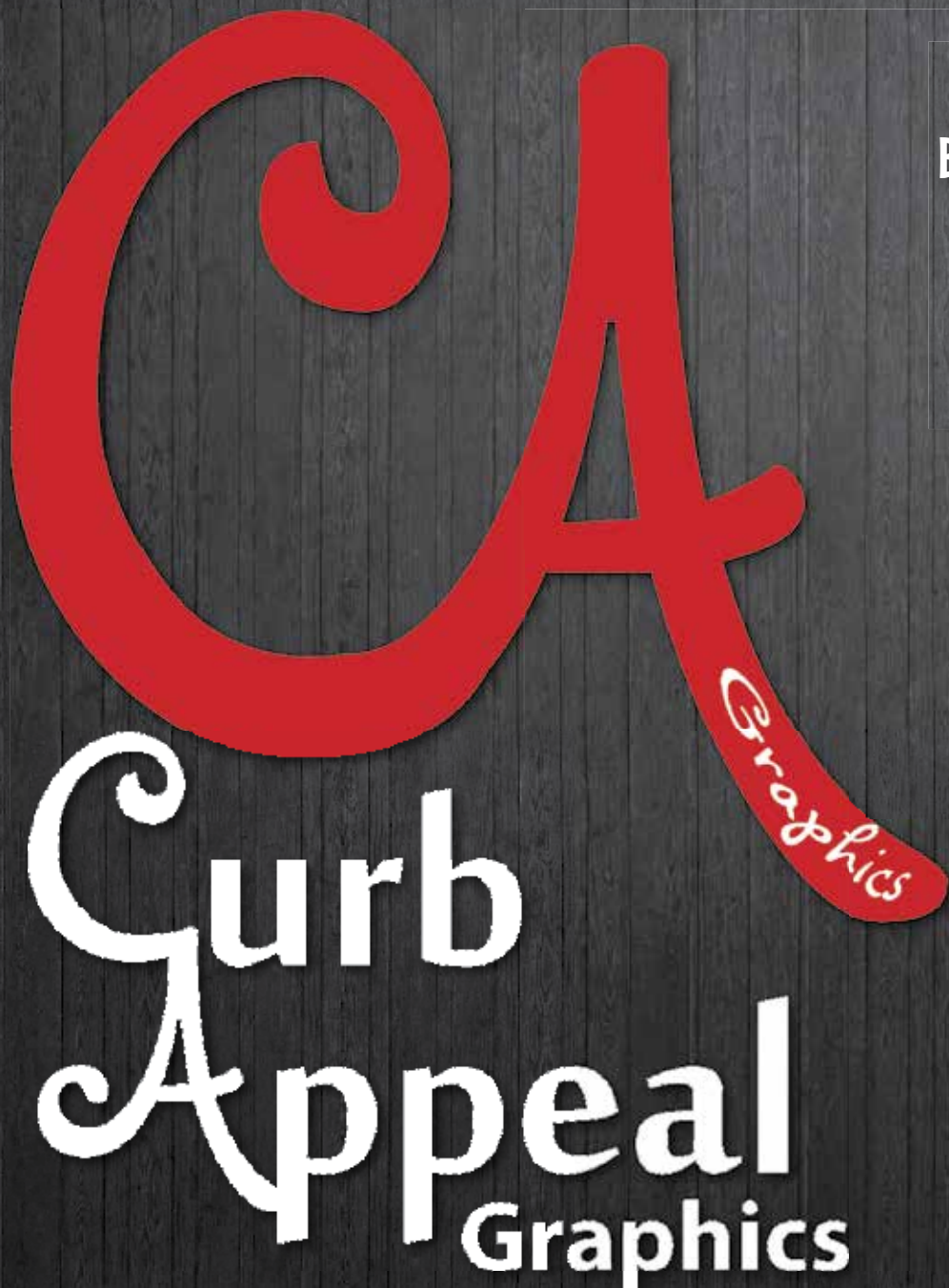
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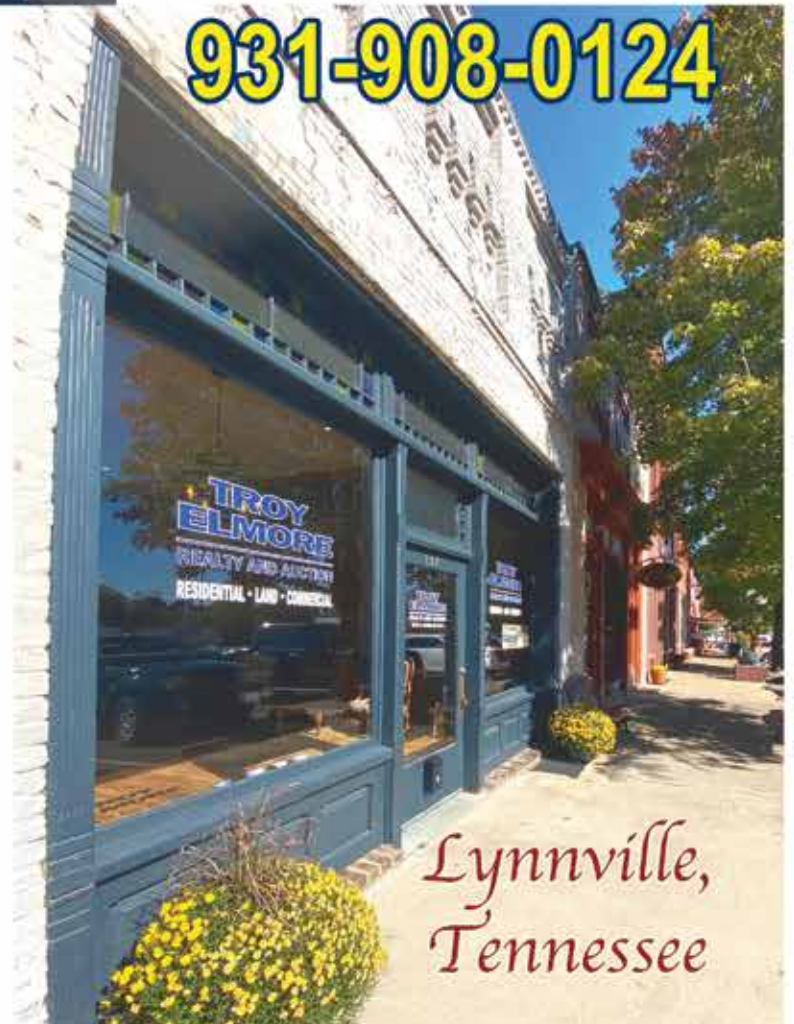
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Why did they let the turkey join the band?

Because he had his own drumsticks.

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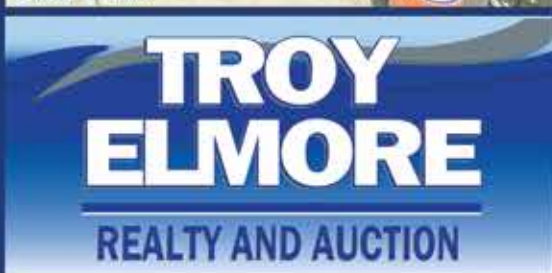
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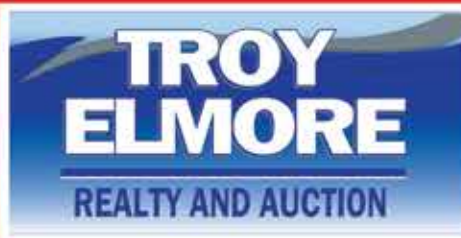
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