

November 17 - November 30, 2023

Athens Now

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BE BLESSED



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Antiques On Jefferson: Treasures For Everyone, Especially During The Holidays

By Carol Holland

A little over a year ago, we set out on a new adventure, that of owning an antique store. It was a bit of a risk given the fact that many businesses had closed during the pandemic, but I am
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Come To The King's Brass Christmas Concert On December 1!



By Ali Elizabeth Turner

In 2005, Larry Waye, who serves on the Mission Board at Decatur Baptist Church in Decatur, had a chance to visit Zambia, and as is always the case with American believers who visit believers in Africa, Larry was forever changed. I sat down with him recently at the Athens State University Lau-

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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
- Deb Kitchenmaster
- Phil Williams
- Roy P Williams
- Nick Niedzwiecki
- Stephanie Reynolds
- Holly Hollman
- Carissa Lovvorn
- Carol Holland
- Jackie Warner
- Donna Clark

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Publisher's Point

Thanksgiving In Iraq

I have commented on several occasions and through different media platforms that as strange as it may sound, some of the best holidays of my life were spent in a combat zone, and Thanksgiving is one of them. I have been reflecting recently on the fact that it was during the Thanksgiving season of 2003 that the process of preparation to go to Iraq began, and I finally got there in June of 2004. To say that twenty years have zipped by and that they flew like the wind is a colossal understatement. But, you might ask, how in the world could a holiday spent in the vicinity of literally having neighbors who would just as soon separate me from my head and then store my head in a refrigerator

or bake me in an oven, be considered some of the best of my life?

It was precisely because the possibility of death was ever present, and that possibility causes one to get really focused on living. Or perhaps a better way to put it is that when day after day you know it could be your last day, you have to make a choice between becoming better or bitter. I chose better, not because I am so noble, but one of the great gifts of my near three years in Iraq was being introduced to the work of Dr. Caroline Leaf, a now famous cognitive neuroscientist, whose work has greatly impacted my life.

But back to Thanksgiving itself, specifically Thanksgiving in Iraq.

In theatre, the D-FACs or dining facilities were run by workers mostly from India, and when I say they went all out for Thanksgiving, I mean they went all out. Even though this specific holiday was not indigentous to their nation, they made sure to wish us "Happy Thanksgiving" as they dished up a meal that rivaled that of anybody's grandma. Such abundance in the midst of such danger was heady stuff.

But, irrespective of the fine components of the literal feast, nothing could top having a day to give thanks, and to do so with boldness. We sang our thanks in church; in my case church was held in what had once been Saddam Hussein's fishing lodge.

We greeted each other, whether we knew each other or not, and no one was there to try and take the day away from us through some goofball revisionist reason for sullyng the sacrifice of those who nearly died just to have a chance to worship, and the honor of the native people who helped them.

I am a descendent of people who came here on the Mayflower, and I will never forget what it felt like to walk to the D-FAC with a young man who was Navaho and to sit at the same table, fellowship and feast. I get it that the Navaho tribe was nowhere near the location of my forbears, but we thoroughly enjoyed the moment, and the invisible gifts of that day that still warm my heart nearly 20 years later. No price can be put on liberty, and as you enjoy this year's feast, I hope you can take a moment to remember what it cost for you to have what you have, and more importantly, to have the opportunity to be what you were made to be. Happy Thanksgiving.

Ali Elizabeth Turner

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



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The BBC Actually Apologized?

by Ali Elizabeth Turner

When I was in Iraq, one of the things that happened in my camp was the arraignment of Saddam Hussein, which took place in Saddam's personal mosque; a building I was able to go into the day before the arraignment. The next day, Reuters published the location of the arraignment, which put us all at risk because there were insurgents who wanted to rescue him, and enraged country men who literally would have gnashed him with their teeth. In case you are wondering, this was not the last time I saw news organizations seemingly defy what had been put in place with everyone's safety.

Before we talk about the latest bit of egg on the BBC's face that caused a hue and cry, and rightly so, it must first be pointed out

that in the first few days of the attack on Israel which began October 7, the BBC refused to call Hamas a terrorist organization. This was when the images of the atrocities committed by said organization were fresh on the minds of a stunned planet. Interestingly, there was a demonstration outside of BBC headquarters in London, and placards that said, "If the king can call Hamas terrorists, so can you." Prior to that, Hamas had been referred to as "militants" by the BBC. So, in the latest gaffe, a news presenter said two times during her segment that the Israeli Defense Force "was targeting medical staff and Arab speakers." What was supposed to have been said was, specially trained forces were *accompanied* by "medical teams and



Arabic-speaking soldiers [who] are on the ground to ensure that [medical] supplies reach those in need." OK, how does one get "targeting" out of "accompanied by"? Search me, but first, it's Reuters, and nothing with them surprises me. And, the

BBC continues to use Reuters, and have also shot themselves in the foot repeatedly with reprehensible reporting. Below is the BBC's apology, which at least had a crumb of contrition available for public consumption:

"This was incorrect and misquoted a Reuters report," an anchor for the UK broadcaster later said. "What we should have said is that IDF forces included medical staff and Arabic speakers for this operation."

"We apologize for this error which fell below our usual editorial standards. The correct version of events was broadcast minutes later," the BBC said.

I don't know to what the BBC is referring when they talk about "usual editorial standards." According to the Times of Israel:

"The BBC has come under attack for its coverage of the war between Israel and the Hamas terror organization, which former Israeli Prime Minister Naftali Bennett alleged was 'lacking moral clar-

ity.'

In particular, the broadcaster was slammed for its rush to report unverified and later-refuted claims that an Israeli airstrike was responsible for a deadly explosion at Gaza's Al-Ahli Hospital on October 17.

Initial reports citing only Hamas said hundreds of people were killed in the incident. Israel and the US later said they had clear evidence the blast was caused by an Islamic Jihad rocket that fell short in the hospital's parking lot." Analysts have also assessed the rocket likely killed dozens, and not some 500 as Hamas claimed."

I watched as the morale of American soldiers was assaulted by reporting that was irresponsible. I can only imagine what this kind of stuff does to Israeli soldiers, and, for the record, I stand with American soldiers, and I stand with Israeli soldiers. Why? Because at the end of the day, they both want peace, not beheaded babies.

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Limestone Manor's Christmas Among The Stars, Where Our Residents "Live Happy"

by Ali Elizabeth Turner

On Sunday, December 10, from 4-7 p.m., Limestone Manor on Hwy 31 in Athens is going to have its first non-pandemic Christmas party in 4 years! It is called Christmas Among The Stars, and the "stars" are going to be both the residents as well as the staff. The goal for this year's "Welcome back, Christmas" party is to bless everyone who lives or works under the Limestone Manor roof. The party is the brainchild of Delois Bailey, LPN,ALA,CDP, who is the administrator of "the Manor." As we sat in the lovely dining room at the Manor, Delois told me about her "why" for the event. "I could not do what I do without my staff, and I want them to know how much we appreciate them." She went on to say that "Over the past few years with COVID, we had to do things much differently. So, this year we are going to celebrate the season with a formal Christmas banquet for both the residents and the staff."

Delois is having a caterer come in and prepare the meal that day, and volunteers from the Chamber of Commerce as well as other citizens of Athens are going to serve the meal to everyone. Volunteers are also going to escort the

attendees down a red carpet into the dining room where they will have a delicious holiday meal served on individual plates, and the desserts will be selected and served from a dessert tray that will be taken by the servers around to each table. The menu for Christmas Among The Stars is chicken and dressing, ham, mac and cheese, and greens. These are just a few of the details of the day that will make it memorable for all!

As part of the festivities, the residents also will have selected from their ranks a Limestone Manor Mr. and Mrs. Merry Christmas who will be crowned at the event. Limestone Manor can accommodate 24 residents. They are a part of the Montgomery-based Cavalier Senior Living group, and the company's slogan is "Live happy." Cavalier has a total of three facilities in North Alabama. This Christmas Among The Stars celebration shall surely make "Live happy" a reality, as does the facility itself.

Delois told me several reasons why Limestone Manor is a good fit for those who are looking for a loving facility either for themselves or a loved one. "Smaller is better," she said. By that she meant that with only 24 residents,



Delois Bailey, LPN, ALA, CDP, and administrator of the Manor

Glenda Stinnett, member of the Manor's Ambassador Club

there is a much more intimate setting with specialized care, a reduced fall risk, and better, more direct communication between the staff, the residents, and the families of the residents. In addition, a tight community also gets built amongst the residents themselves. "You have a name, and you are not a number," she said, and added, "We just offer a better quality of life here."

One of the things that Limestone Manor does to foster a feeling of independence for the residents is to refer to their rooms as "apartments." Even though there are no stoves, residents can bring in microwaves as well as small refrigerators, and the desire is to make each unit as personal of a reflection of the resident as possible.

I had the joy of being taken on a tour of the room of 84-year-old Mrs. Glenda Stinnett, a resident who came to Limestone Manor in April because she knew it was time to be in an assisted-living facility.

Prior to her time of need, she shopped around Athens and chose the Manor. "Welcome to my apartment," she said with a tender smile. It was indeed lovely, and decorated with touches of fall. I asked her if she changed out her framed pictures on the wall with the seasons, and she said yes. She loves it at the Manor, and I told her what a blessing she was being to me in that moment as we prayed together. I had really been missing my own mom that day. "Oh, they keep us busy here," she said, and added, "We have all kinds of activities like Bingo, and this is my home. I am happy here."

Delois said a few more things about life at the Manor. "Senior Living isn't where our residents are wrapping up their life's journey, they're seeking a new one. Limestone Manor is here to inspire them to embrace the new journey, and "Live happy" by making sure our residents have the most fulfilling and productive opportunities available," she

said. Delois added, "When our residents walk through the doors, they're more than a resident, they're family. We know that any kind of move or any change can be stressful, so we have a program called the Ambassadors Club, and they help their new neighbors get familiar with their new home and friends." For their part, Cavalier recognized the need for the Ambassadors, and said, "No one can make new residents feel at home like the ones who have already made it theirs!"

Delois finished our time with telling me that young people can come and be hosts or hostesses for Christmas Among The Stars, and for more information on the facility or volunteering for the festivities, please call Limestone Manor at (256) 232-3900.

Limestone Manor
600 US-31,
Athens, AL 35611
Phone: (256) 232-3900



Calendar of Events

Silver Sneakers

Every Monday, Wednesday and Friday

Silver Sneaker classes at the Athens Limestone Public Library are now meeting from 1pm to 1:45pm on Monday, Wednesday, and Friday. Classes open to all. Equipment is provided. Donations accepted. More info: 256-614-3530 or jhunt9155@gmail.com.

Small Business Saturday - Local Author Event November 25

9am-2pm. Athens-Limestone County Public Library, 121 S Marion Street, Athens. Support local authors this Small Business Saturday at Athens State University LAUNCHBOX. Shop books and small Business!

Athens-Limestone Tourism Hosts North Pole Stroll December 1-31

Athens-Limestone Visitors Center, 100 N Beaty St, Athens, AL. Hosted by Athens-Limestone Tourism Association and sponsored by Hughes Properties this year, we will once again light up Athens Big Spring Park with 100 unique and individually sponsored and decorated Christmas Trees. FREE to the public to enjoy the entire month of December. 256.232.5411.

Coffee Call December 2

8:00am - 9:30am. Alabama Veteran's Museum, 100 Pryor St W, Athens, AL. Veterans and their families are invited for breakfast and fellowship from 8:00AM-9:30AM at the Alabama Veterans Museum and Archive. 256-771-7578.

Senior Lunch Matinee Series Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2023. Public events most often will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdayevents.com

FB: www.facebook.com/YesterdaysEventCenter

Holiday Craft Market December 2

9am-1pm. Athens-Limestone County Public Library Community Room. 603 S Jefferson Street. Shop crafts from local artisans!

Reversing diabetes! December 2

Come and view those who have done it! The 48 minute film, PLANTWISE, will be shown at 2:15pm. 1207 E.Pryor St., Athens. 256-658-7477.

Sippin Cider December 9

4 - 8pm. Enjoy an evening of shopping, singing and more while sipping on winter's favorite drink. Participating merchants will prepare and offer complimentary sample tastings of their favorite hot cider recipe. Visitors will vote for their favorite, and the cider receiving the most votes wins the coveted Cider Cup and bragging rights for the year. Guests can tackle their Christmas shopping and find unique holiday decorations. Merchants will serve up plenty of gift ideas and special sales. Additional activities include Christmas carols on the courthouse steps, eating smores on the courthouse lawn, visits with Santa and free carriage rides. Free event hosted by Athens Main Street. For more info check out <https://athensmainstreet.org/sippin-cider/> or contact Tere Richardson at 256.232.9040.

The Athens Ladies Civitan Club Bells of Christmas Holiday Home Tour December 10

1-5pm. Five beautifully decorated homes will be open for viewing. Tickets are \$25 in adv or \$30 at the door. Tickets may be purchased at Pimentos, Willow Cottage Antiques, Kathleen's Korner Salon, or Bean Beans Boutique. Proceeds benefit programs for Limestone County children and adults with intellectual or developmental disabilities, college scholarships for local youth and other worthy community causes. For more info: Carolyn Stair at 256-658-1985 or Dianne Newby at 256-777-2155.

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.





Carissa's Corner

Gratitude Through A Child's Eyes

by Carissa Lovvorn

I love how innocent young children can be. They are able to find beauty and goodness in the smallest of details, like a shiny pebble on the ground, the shape of a cloud in the sky, or how gracefully a leaf dances in a stream. Their difficult day can quickly turn around by a bubble floating by or a ladybug landing on their arm. They see the joy in life.

On Wednesday nights, I assist our church's children's minister with her class. At the beginning of November, the kids put together personalized Gratitude Journals that they have completed and will continue to complete during class for the rest of the month. Each page includes a Bible verse on Gratitude and blank lines for the children to write what they were grateful for from the previous week. The journal entries during the past two classes have been precious. All of the children listed big concepts like God, Jesus, church, teachers, family, and friends. And of course, there were a few funny ones like missing school, Havoc Hockey, and tackle football. But what caught my attention were the little things that they were grateful for. They listed their bed, pajamas, books, pens, paper, and spending time with a friend. These are simple items and events that adults often overlook when giving thanks.

As we age, it becomes harder to see the small blessings around us. Daily pressures from work, financial problems, parenting stress, etc. tend to drown out the goodness found in everyday life. But God calls us to be grateful for everything in all situ-

ations. Take these two verses for instance:

"Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." (Ephesians 5:20 NIV)

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

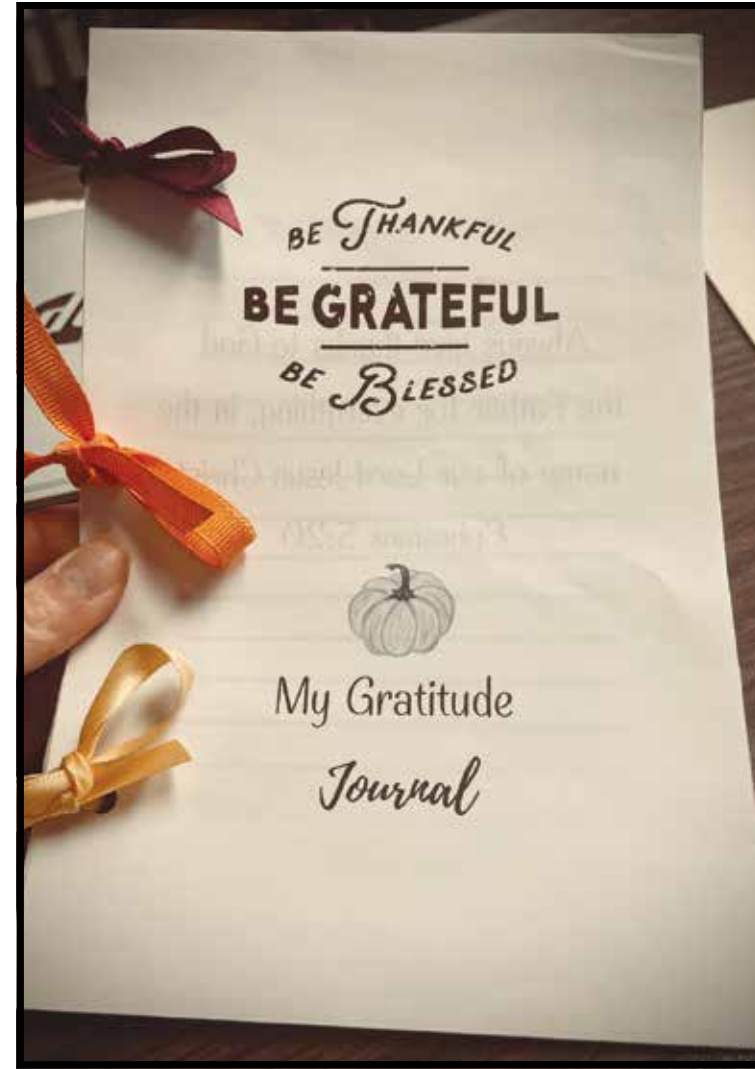
Continuing to be thankful in all conditions creates a positive attitude even during tribulations. Apostle Paul is a perfect example of how one can overcome a negative state by looking for the good and thanking God the Father. During Paul's ministry, he was beaten, shipwrecked, and imprisoned. Instead of focusing on his negative circumstances, he praised God. Paul's actions even lead to the salvation of the

prison guard and his family. In Paul's letter to the church in Phillipi, he encouraged the members to meditate on whatever is true, noble, just, pure, lovely, and are of good report, have virtue, or praiseworthy. By embracing this attitude towards life, he expressed that they would receive the Peace of God (Philippians 4:8-9). These verses remind me of children's ability to see the good in simple things.

During this season, I challenge everyone to view the world through a child's eyes. Look for small, everyday things or events to be thankful for, and consider making your own Gratitude Journal.

I pray that you have a wonderful Thanksgiving with your family.

*Many Blessings,
Carissa Lovvorn*



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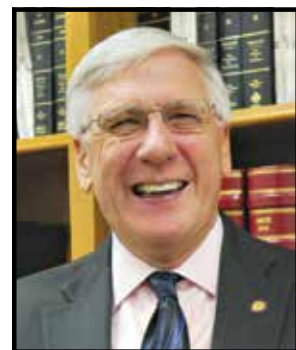
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Hangin' With Holly... In Lieu Of Ronnie

by Ali Elizabeth Turner



Mayor Ronnie had a planned appointment, and asked Holly Hollman, City of Athens Communications Coordinator and Grant Specialist, to sit in for him. We had just come off of a wonderful Veterans' Day celebration as well as parade, and Holly had been able to watch from her "fave spot" at City Hall. We talked about this weekend's Christmas Open House, and all of the upcoming seasonal gatherings and festivities that make Athens "especially special." In a bit, we will talk about a special project that Ella Lovvorn and the mayor are working on for the holidays. I will give you a hint, the word "gingerbread" is in the mix.

Seeing as this edition of Athens Now falls squarely in the midst of the

Thanksgiving holiday, Holly wanted to take the time to talk about why Thanksgiving is so near and dear to her heart. By way of back story, Holly's mom, who is known to everybody as "Mama Shirley" nearly died a few Thanksgivings ago in 2011. There were blood clots in her lungs and she was hospitalized. Very quickly it looked like she wasn't going to make it, that she was essentially brain dead, and the nurse told Holly to gather family in order to say goodbye.

Well, Holly wasn't having it, and this happened to be on a Sunday when a lot of folks were in church, so the chances were huge that Shirley was receiving a whole ton of prayer in that moment. The short version is that Holly went to the



Holly Hollman and her mother Shirley making the world's best Thanksgiving dressing

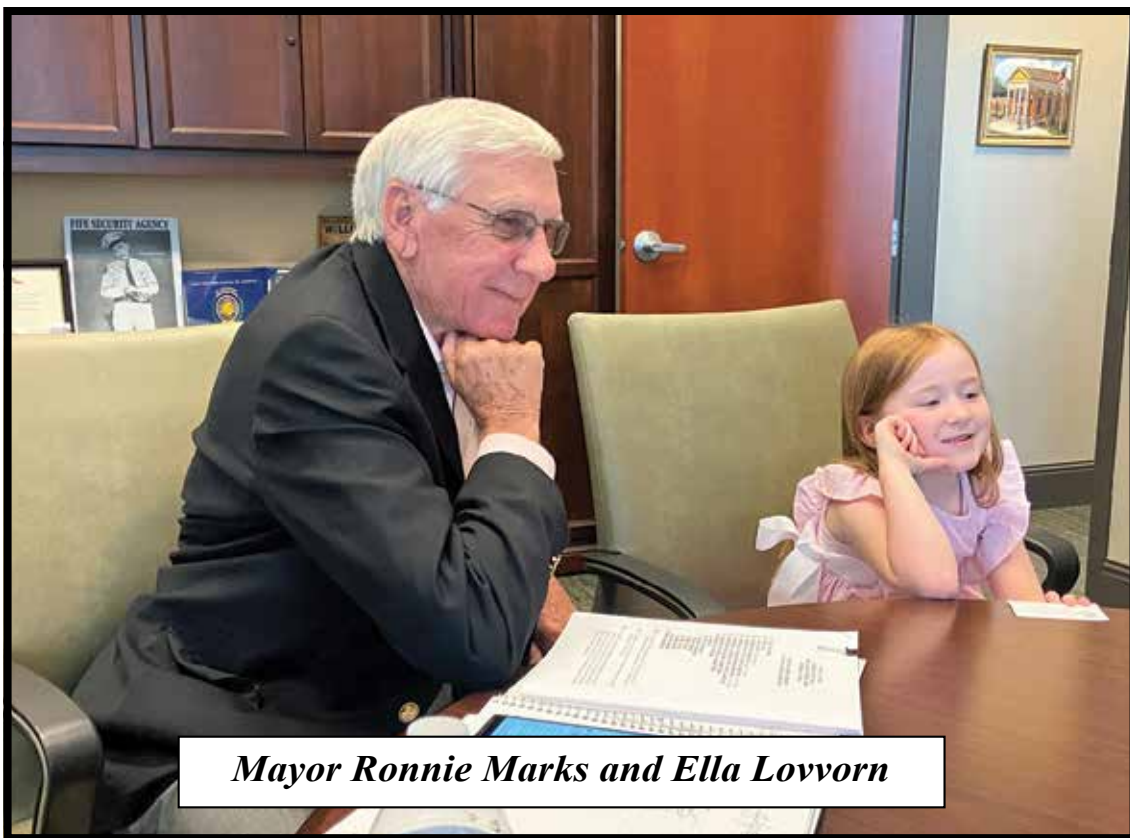
head of the bed and sternly said, "Mama, open your eyes." Holly said it more than once, and, you know what? Shirley Hollman did just that. Today, Mama Shirley is spry at

88, and Holly felt that it was time to get the recipe for her scrumptious dressing, something that has always been described as a bit of this and a pinch of that. Holly ended up filming her mom making the dressing so it can be preserved for posterity, and that is one of the many reasons why Thanksgiving is so near and dear to the "heart of Holly."

Something else that is dear is the fact that a while back, Mayor Ronnie gave his business card to six-year-old Ella Lovvorn and told her to come visit him in his office if she so desired. She took him up on it, made an appointment through his secretary, Kim Glaze, and came to discuss the fact that she felt that the City of Athens needed to have a gingerbread contest during the holidays. Ella suggested that the

"grand prize be \$5,000 dollars and a lava lamp." While the mayor gently let her know that the \$5,000 part would not be in the budget, the lava lamp was a definite possibility; Miss Ella also was firm in her desire to be one of the judges, and in addition, she wanted "to taste the house." There will also be a donation made to Toys for Tots, and the contest will be decided on December 2 at the Athens Activity Center at 9 a.m. To register for the contest, go online to Ella the Elf Gingerbread Contest.

There was only one thing left to do, and that was to pray, and so Holly expressed gratitude for a woman who had been pronounced brain dead and a six-year-old who wanted to "taste the house" while making Athens an even more wonderful place to live.



Mayor Ronnie Marks and Ella Lovvorn

Republicans Qualified For Limestone County Primary

by Noah Wahl

Athens, AL – The Limestone County Republican Executive Committee (LCREC) announces Limestone County candidates that have qualified for the 2024 Republican Party Primary Election. Qualifying closes on November 10th at 5pm.

Here is a list of the Republican candidates that have qualified:

- Charles C Woodroof – Limestone County Judge of Probate
- Michael S Shelton – Limestone County Judge of Probate
-
- Joseph Cannon – Limestone County License Commissioner
-
- Johnny Turner - Limestone County Commission District 2
- Dawn Craig – Limestone County Commission District 4
-
- Anthony Hilliard - Limestone Board of Education District 6
- Earl Glaze - Limestone Board of Education District 7
- Warren Herring - Limestone Board of Education District 7
-
- Margie Bishop -

Limestone Circuit Court Clerk

Kelly M. Davis - Limestone Circuit Court Clerk

Lacy Beth McMunn - Limestone Circuit Court Clerk

Quote from Limestone County Republican Party Chairman Noah Wahl:

“The qualifying season is now over & we are on to the Republican primary election. I want to personally thank every candidate that has put themselves forward with a heart of public service. It’s not easy to run for office, & it is not easy to be an elected official. It not only effects the person running for office but also their family and friends. You have to have a foundation built on the Constitution, and a heart of service that wants to make the community a better place for all residents. I’m proud of our candidates and look forward to the 2024 election process. With 2024 being a Presidential election year much of the political energy will be spent on the National election. I would encourage everyone to not forget about our local elections as well. Every strong building is built from the ground up and

every elected office is important.”

If people have questions they can reach out to the Limestone County Republican Party at 256-729-0254office or 256-871-0968text/cell.

The Primary election is March 5th, 2024

Primary runoff (if needed) is April 16th, 2024

The General election is November 5th, 2024

LIMESTONE COUNTY, ALABAMA

OFFICES UP FOR ELECTION IN 2024:

FEDERAL

President & Vice President of the United States

United States Representative, 5th Congressional District

STATE

Chief Justice of the Supreme Court



Associate Justice of the Supreme Court, Place 1

Associate Justice of the Supreme Court, Place 2

Associate Justice of the Supreme Court, Place 3

Associate Justice of the Supreme Court, Place 4

Court of Civil Appeals Judge, Place 1

Court of Civil Appeals Judge, Place 2

Court of Civil Appeals Judge, Place 3

Court of Criminal Appeals Judge, Place 1

Court of Criminal Appeals Judge, Place 2

Court of Criminal Appeals Judge, Place 3

Public Service Commission, President

COUNTY

Circuit Court Clerk, 39th Judicial Circuit

County Commissioner, District No. 2

County Commissioner, District No. 4

Probate Judge

License Commissioner

County Board of Education, District No. 6

County Board of Education, District No. 7

The Lincoln-Bridgeforth Park Committee

Dear Business and Community Leaders,

The Lincoln-Bridgeforth Park Committee will host our 26th Annual Christmas Tree Lighting Ceremony on Tuesday December 12, 2023 at 5pm at the Lincoln-Bridgeforth Park in Athens, Alabama. Your support is needed to help us keep this event going.

Your sponsorship gift of \$100 (Level 1), \$250 (Level 2), or \$500 (Level 3) will go so very far in helping us provide needed CLOTHES, TOYS, BIKES, AND OTHER GIFTS to the Athens Community. These items will be given away to kids and families. We are accepting monetary donations (mail to Lincoln-Bridgeforth Park Committee, 1200 Montreat Dr., Athens, AL 35611) and new toy donations (drop off at any Athens Fire Department locations). We are expecting at least 150-300 kids at this year’s “Free Community Service Event.” It is truly heartwarming to see the joy that a small token of kindness can bring to a child and to a family in need this Holiday Season.

We ask that all sponsorship donations be submitted by Monday, November 20, 2023. When you submit your donation, please let us know if you would like to be mentioned as a “Sponsor” of this event or if you would rather remain “Anonymous” as this event is mentioned in the local press. We are also asking that you come out to our event and witness first hand as your donations are put to good use. If you have any questions, please contact Leslie Williams, President, Lincoln-Bridgeforth Park Committee at (256)508-6325 for more information. We look forward to hearing from you and seeing you there!

The Lincoln-Bridgeforth Park Committee and the City of Athens

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Fallacious, Salacious, And Downright Contumacious

by Phil Williams



Recently, the Israeli ambassador to the United Nations appeared at an emergency session of the UN Security Council and on his jacket wore a bright yellow Star of David, similar to what Jews were forced to wear when Nazi's ruled Germany. But there was a difference between the star worn at the UN and those worn during the time of the Holocaust.

During the Nazi era, the yellow badging was intended to brand someone as loathsome and unclean. But at the UN, it was different. In the middle of the yellow Star of David worn by Israel's Ambassador Gilad Erdan were the words "Never Again," a symbol to the world that Israel will never again allow itself to be subjected to tyranny and terror.

The ambassador's visible statement was timely. Amazingly enough, there are arguments being bandied about by pro-Palestinian supporters that Israel is to blame for the attacks on its people, that Israel is an "apartheid state", that Israel is an occupier of Palestine, and most egregious, that Israel is conducting genocide. These arguments fall into one of three categories: They are either fallacious, salacious, or downright contumacious.

Fallacious means that they

are based on a mistaken belief, or a fallacy. Salacious, usually reserved for sexual content, means that they are arguments bordering on the obscene, the corrupt, and indecent, appealing to the most carnal of interests. Contumacious means that they are arguments projected for the sole purpose of being stubborn, or willfully argumentative. None of which are good.

How is it that such differing narratives exist? Israel was savagely attacked on October 7, yet there are protests in the streets of New York, protests that vandalized the gates of the White House, protests on some of America's most vaunted university campuses, claiming to be on the side of Hamas.

Is this the public view? When did antisemitism become vogue? Why would anyone join in the fallacious, salacious, and contumacious arguments that try to portray Hamas terrorists as the good guys?

It bears noting that the vast majority of Americans overwhelmingly support Israel in this current conflict with Hamas. A recent NPR/PBS NewsHour/Marist national poll conducted after the events of October 7, found that roughly 65% of Americans want the U.S. government to openly support Israel.

Some 23% felt we should just stay quiet. Only 8% say that the U.S. should criticize Israel.

If your sense of things has been that anti-Israel protesters represent a small but vocal minority, then you were right. U.S. public sentiment does not lean toward antisemitism or against Israel, not by a long shot.

But if we believe that the Jewish nation is on the right side of things, then how do we put that into context? Under what framework do we build our own argument to counter the false narratives that the other side is yelling in the streets? The underpinnings for my own views in support of Israel can be made from three different perspectives: The first is based on faith. As a Christian I believe the Bible to be the unerring word of God. My belief system may center on salvation through Jesus Christ, but I recognize the "chosen" status of Israel's people. I also believe that the Bible talks of an end-of-time warfare in which the enemies of Israel will fail in epic fashion as they coalesce in an effort to wipe Israel off the map. So, in short, the first baseline for me to support Israel is because my faith leads me to do so.

But what about atheists? Can an atheist support Israel's right to make war on Hamas? Absolutely. Adequate grounds to do so can be found in a military and foreign policy perspective. In 1948, the United States was the first nation to openly recognize the sovereignty of the newly reestablished nation of Israel. Since that time, we have forged one of our

most enduring alliances with Israel. We trade technology, have arms agreements, and have pledged military support. The U.S. has openly supported Israel on the world stage. Allies do not turn their backs on allies. Meanwhile, Palestinian terrorism has been a factor in world events for decades, with groups like the PLO, Hamas, the Al-Aqsa Martyrs Brigade, and Islamic Jihad wreaking destruction on innocent noncombatants. Americans can easily support Israel solely on the basis of military and foreign policy considerations alone.

But then there are geopolitical premises. Arab nations are not welcoming Palestinian refugees. There is history there. In the aftermath of the first Gulf War, the nation of Kuwait expelled several hundred thousand Palestinian's from its country because they had been largely supportive of Iraqi President Saddam Hussein's invasion of Kuwait. In 1970, Palestinian factions in Jordan began fomenting rebellion and calling for the overthrow of the Jordanian government. They armed themselves and warred with Jordanian authorities in what became known as "Black September." Palestinians were expelled from Jordan, but not before they assassinated the Jordanian prime minister. Palestinian militants also invaded and destabilized Lebanon causing a bloody war there. In short, Palestinian militants have sowed unrest, discord, and violence across the Middle East for decades, resulting in very little support now from most of our Middle Eastern friends and allies. From a purely geopolitical standpoint, it is not

difficult to decline support for Hamas's position.

But the arguments against Israel still remain, despite their overwhelmingly misguided fallacious, salacious, and contumacious nature. Hamas does not want peace. Hamas and its sympathizers want the extermination of Israel and Jews worldwide.

Daily Wire's Ben Shapiro said it best recently when he opined that "If Israel put down its guns tomorrow there would be a second holocaust. If the Palestinians put down their guns tomorrow there would be a Palestinian state."

I agree with Israel's UN ambassador, and the majority of Americans...Never Again!

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.



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Slinkard On Success

Become Obsessed With Success

by D. A. Slinkard

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

Have you taken the time to notice how much we blame other people for our downfalls? Turn on the news, open a newspaper, or listen to conversations from the local coffee shops; it seems that someone is blaming someone else for the pitfalls of our world, our country, and our society. To me, it seems we lack accountability on all fronts. We need to understand the next time we go to point fingers at someone else, we have three fingers pointing right back at us.

As I reflected on the accountability sentiments, I started seeing our societal demise coming to fruition all in that word -- accountability. There was a friend who was rushing home from work because a conference lasted longer than it should have. He was caught speeding and felt the ticket he received was not his fault but was the sole result of his boss being long-winded. Wrong way of thinking.

I was at a store recently and heard a customer blame the cashier because the customer left her debit card at the checkout. Excuse me? How is the debit card being left at the checkout the cashier's fault when the debit card being used has the chip? The customer was at fault, not the hourly cashier. Again, wrong way of thinking.

I listened as a small child blamed her parent for the

bad grade she received on a school art project because the parents did not buy the right crayons. Again, wrong way of thinking. Did the parent correct the child and teach about that word *accountability*? Nope, and once again, we have the wrong way of thinking.

The examples are endless when it comes to accountability or the lack thereof. What we must do is begin to take control of our lives and realize that we are responsible for the life we have and don't have. Everything that we have gotten thus far in life is because of what we have and have not done. We cannot blame others for our failures when we are the ones who are responsible, yet too many people have the wrong way of thinking.

Now it's your turn to properly reflect on how things have been going in your life. Have you been placing blame onto others that you really need to take personal responsibility for? We are all guilty of this, but we must first realize there is an issue. When we are able to lift ourselves up beyond the



point of blaming others, we are able to hold ourselves accountable for what happens and doesn't happen in our lives.

I truly believe that if we want success in certain areas of our lives, there are two things that need to happen. We need to hold ourselves accountable for the results we get, and we need to become obsessed with what we want to achieve. I was reading a Tony Robbins book recently and a quote that stood out to me was, "There is no such thing as failures in life. There are only results." I have to admit that I really, really liked that quote because of how true the statement is. If we are having success, we don't want to change a thing in how we are going about our busi-

ness.

However, if things are going bad, we are quick to look at things in the terminology of success and failure. Not true. If we are not getting the results we want, then we must change the way we go about our business. Examining what works and what does not work enables us to hold ourselves accountable for our results.

The next part is the truly fun part, and that is be-

coming obsessed with that which we desire. If you want success in a particular area, then you must become obsessed with that area.

How many times do we treat what we want to be successful at as merely a hobby? Are we going to have success? Are we going to be motivated to hold ourselves accountable?

To find success in what is important to you, you must learn to become obsessed with becoming the best. When you have that obsession to succeed, you will no longer have to worry about whether or not you will hold yourself accountable.

This is going to take work and will not be easy. The more obsessed you become, the easier it is for you to find success in your life. If it was easy, everyone would be doing it.

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Clean, Green And Beautiful

A Labor Of Love

by Claire Tribble - Executive Director, Keep Athens-Limestone Beautiful

The wonderfully talented Athens-Limestone Beautification Board has been very busy in the past few weeks. They have gone above and beyond to beautify our wonderful city. From the gorgeous pots that line the Downtown Square, to the Clinton Street Triangle, to the cemeteries and even a breathtaking tree at the Donnell House Festival of Trees, they have been working diligently to perfect everything and leave a little pop of color and cheer throughout. This crew of talented, hardworking ladies deserve a big pat on the back!

In September, the Beautification Board along with Athens Public Works emptied the pots around the Downtown Square. Sam McMeans and his crew graciously brought a mini excavator and pulled all



of the shrubs and existing plants out of each pot at 4:30 in the morning. They loaded each of the shrubs and their giant root balls onto a Beautification Board member's trailer and came to help her unload them. And they didn't stop there -- again they came back at 4:30 a.m. to help us empty rock and soil into each of the 22 pots. This project would not have been possible without their help, and we cannot thank them enough!



Not only did Athens City Public Works show out, but the Athens Walmart was AMAZING. The store manager, Chase Mobley, awarded the Athens-Limestone Beautification Board a grant for \$2,000! This grant was a blessing for sure! It allowed the ALBB to fill all the pots with fresh, high-quality soil and the winter pansies! Our crew of hardworking ladies planted each pot with care and a little love. As everything dies back this time of year, it's wonderful to be able to look over and see the bold colors that the pansies bring. We cannot thank Mr. Mobley and the Athens Walmart for the support and smiles that they have helped bring to Athens.

Last week, the Board was able to decorate a tree for the Donnell House Festival of Trees. This is their big fundraiser of the year, and ALBB decorated a breathtakingly beautiful tree! Ms. Barbara Newman was the

genius behind the design, and it was nothing short of amazing. The tree, which is decorated in all white, is really something to see. Her talent and artistic eye enveloped the "White lights and Christmas delights" theme. So, if you get a chance, stop in and see this beautiful tree and the many others that fill the Donnell House. Your tour also supports the Donnell House, a historic monument right here in Athens. You may even find inspiration for your own tree (or an additional tree!).

After decorating the Donnell House tree, the ladies met at the Old Town Cemetery to hang the Christmas wreaths at the historic cemetery. They placed each wreath with care to honor some of Athens' first citizens. They

also placed wreaths at the Athens City Cemetery and the Thatch-Mann Cemetery. Their thought and care that went into the decorating of the wreaths for each one should be acknowledged and appreciated by all of us!

So as you travel through Athens and see these touches, remember that the Athens-Limestone Beautification Board volunteered their time and hard work to help beautify our wonderful city! Enjoy those bright pops of bold color as you shop and eat downtown this winter and know that each pansy was planted with care and love. And send these wonderful ladies a "Thank you" if you can.



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Cooking with Anna

A Thankful Life

by Anna Hamilton

With the Thanksgiving holiday quickly approaching, most of us are focused on the many things in our lives that we are thankful for. The world around us wants us to focus on everything that isn't exactly right in our lives or how much we don't have compared to our neighbors. The world focuses on what we don't have instead of the blessings all around us. So, how do you live a life of thanks instead of a life of want?

In 1 Thessalonians 5:16-18, we are told to "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." No matter the circumstances, we are to be

thankful. We are thankful because as Christians we already have been given the greatest gift of all, eternal life through Christ. Knowing this truth, nothing in this world should keep you from offering thanks every day.

After World War II, this beautiful poem was found on the wall of a cellar in the Cologne concentration camp. The person that wrote this knew to be thankful, no matter the circumstance. I cannot begin to fathom how horrible this person's circumstance was. Most of us will never know or see the horrors they faced. Yet even in the darkest of times, they saw hope, they imagined a world of love, they remained thankful.

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Roasted Apples and Sweet Potatoes

Ingredients:

2 large, sweet potatoes, diced

2 green apples, diced

2 tsps. ground cinnamon

1 Tbsp olive oil

2 Tbsps. pure maple syrup

Directions:

Preheat the oven to 400 degrees.

In a large bowl, combine the potatoes, apples, cinnamon, and olive oil. Toss well to coat the apples and potatoes. Spread in an even layer on a large baking sheet. Bake for 25-30 minutes or until the apples and the potatoes are tender. Remove from oven and drizzle with maple syrup.



Unlocking Your Potential: *The Compelling Reasons To Embrace CrossFit*

by Nick Niedzwiecki - Owner, CrossFit Athens

Embarking on a fitness journey is a commitment that demands careful consideration of the options available. Among the myriad of fitness trends, CrossFit stands out as a compelling and transformative approach to physical well-being. Whether you're a seasoned athlete or a newcomer to the world of fitness, here are some persuasive reasons why you should seriously consider making CrossFit a part of your lifestyle.

1. Versatility and Constant Variation:

One of the defining features of CrossFit is its emphasis on constant variation. Traditional workouts can become

monotonous, leading to plateaus in progress. CrossFit, on the other hand, introduces a diverse range of movements, ensuring that no two workouts are the same. This not only keeps things exciting but also challenges your body in novel ways, promoting all-encompassing fitness.

2. Efficient Workouts for Busy Lifestyles:

In the fast-paced world we live in, time is a precious commodity. CrossFit workouts are designed to be short, intense, and highly effective. The high-intensity interval training (HIIT) inherent in CrossFit allows you to maximize your efforts in a condensed timeframe,

making it an ideal choice for individuals with busy schedules.

3. Functional Fitness for Real-life Applications:

CrossFit's focus on functional movements makes it more than just a workout; it's a preparation for the demands of daily life. Squatting, lifting, pulling, and pushing are integral components of CrossFit, contributing to improved strength and flexibility that directly translate into real-life activities.

4. Scalability for All Fitness Levels:

One of the most inclusive aspects of CrossFit is its scalability. Whether you're a

beginner or an experienced athlete, each workout can be tailored to your individual fitness level. This adaptability makes CrossFit accessible to a wide range of individuals, fostering a supportive community that celebrates progress at every stage.

5. Community and Motivation:

CrossFit is more than a solo pursuit; it's a community-driven experience. Workouts are often conducted in a group setting, creating an environment of camaraderie and mutual support. The shared challenge of conquering tough workouts builds a sense of belonging and motivation that can be instrumental in reaching and exceeding your fitness goals.

6. Expert Coaching and Technique Emphasis:

CrossFit boxes are staffed with knowledgeable coaches who prioritize proper form and technique. This focus on foundational movements not only reduces the risk of injury but also ensures that you're build-

ing a solid fitness foundation. The guidance of experienced coaches can be a game-changer in maximizing the benefits of your workouts.

7. Mental Resilience and Grit:

CrossFit pushes you beyond your comfort zone, fostering mental resilience and grit. As you tackle challenging workouts and overcome personal barriers, you develop a mindset that extends beyond the gym, positively influencing various aspects of your life.

In conclusion, the decision to embrace CrossFit is a commitment to unlocking your full potential. From its versatile and dynamic workouts to the supportive community ethos, CrossFit Athens offers a comprehensive approach to fitness that transcends traditional exercise routines. So, if you're seeking a transformative fitness experience that goes beyond the conventional, consider stepping into the world of CrossFit — where your fittest self awaits.



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Antiques On Jefferson: Treasures For Everyone, Especially During The Holidays

by Carol Holland

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pleased to report that Antiques on Jefferson is ready for the 2023 holiday season! I took some time to interview our vendors in order to give you an idea of what we have available, and we especially hope you will visit us during the Christmas Open House event this weekend. Below you'll find brief descriptions of what you'll find in the various booths that all make up the total Antiques on Jefferson experience.

Jerry, Booth 33, sells popular books at significant discounts. Jerry has a degree in American history and English from Athens State College and enjoys offering high-quality used books that focus on topics like local history, Native American history in the South, the settlement of the U.S. especially the Old West, the Civil War, and the wars and culture of the twentieth century. Classic fiction, sports titles, and biographies can also be found in his booth. He likes to browse distant collections to find and offer books on many popular subjects at prices that enable buyers to enjoy significant savings. Some of Jerry's book inventory is pricey because there are some rare or first editions, but most are affordable for anyone just looking for an interesting topic to read about. And a

good used book is often viewed as a thoughtful gift.

Doris has Booth 61 and is an associate realtor with Crye-Leike Realtors. She loves selling real estate and collecting china and crystal. Doris's favorites include Waterford, Lenox, Fostoria, Wedgewood, Noritake, Flow Blue, and many others. These beautiful things are what you will find in Doris's booth at Antiques on Jefferson. Come and check it out!

Kimberly, Booth 528 – Millefleur Vintage Rugs, grew up in Huntsville and Europe and headed for the bright lights of Atlanta within moments of graduating from Auburn University. She currently splits her time between Atlanta and Elk River. She loves all things floral... including growing them, arranging them, and finding beautiful, unique



mille-fleur treasures. She especially enjoys antique and vintage wool rugs, fine china, and other home furnishings. Millefleur (in French mille-fleurs literally means "thousand flowers") refers to a

background style of many different small flowers and plants. Marilyn, Booth 222, was around ten years old when her parents started collecting antiques. They found wonderful pieces and refinished them.

Marilyn loved going to auctions with them and learned a lot. Marilyn's booth has many of her favorite types of pieces -- primitive pieces. However, primitives are getting harder to find and are more expensive. She also stocks her booth with several things from the '30s and '40s, dishes that are no longer produced, and miscellaneous linens and doilies, etc. Come and have a relaxing time strolling through her shop.

When Jennifer, Booth 77, thinks of Antiques on Jefferson, she thinks of all the beautiful, unique, and curated looks all under one roof, with vendors ready to assist in helping someone create a space "just for them." Getting to be a small part of this overall vision is exciting



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North Pole Stroll Vs Strolling In North Pole

by Stephanie Reynolds, Athens-Limestone Tourism Association



Hello, y'all! I hope you are having a fabulously wonderful, blessed, beautiful day!

We are busy here getting ready for the North Pole Stroll -- when people, groups, or businesses sponsor a Christmas tree in our park so everyone can enjoy them in December.

Okay, "sponsor" threw me when I first got here. What this means is for \$100, we provide a tree, a cute sign, and electricity (OH! Since it's for lights on a Christmas tree, would that be "elecTREEcity"? Teehee!).

I am so incredibly eager for this. It's such a supportive, encouraging event for the community. It celebrates family and memories and causes and businesses in an atmosphere of beauty and delight.

I LOVE that some businesses use this as a way to give back to the community by supporting us as we support Athens (thank you so much!) and to provide a beautiful bit of Christmas delight to those who come

visit.

I LOVE that some people sign up because they are celebrating the memory of a family member or friend. To think of how each ornament is layered with meaning upon meaning--an outpouring of their love. The tree is a glowing, brilliant testament to someone we may have never met. I'm always a little sorrowed that I never met someone who was so well loved, but how poignant it is that I can celebrate that person with the family, praying for all, to know that the memory of a person is being preserved even by strangers. What a beautiful thing!

I LOVE the advocacy and other groups who, with souls founded in mission and jaws set with determination, shine through the cracks of our little daily shells with rays of purpose. Kudos to you!

I LOVE that we have artists and enthusiasts (I LOVE enthusiasm!) who offer their creative heart to the community. They could have eas-

ily hid their (Christmas) lights under bushels, but instead share them with us. You're fabulous!

And lastly, I LOVE that families use this as a way to build memories. That sounds cliché, but as a military kid and then military wife, we were often far from family. If one has not spent many Christmases away from home, one might not understand how precious and beautiful traditions and memories are. It's really important to have roots in the ground and arms in the

sky, ya' know?

Speaking of Christmas memories, one my favorites was in our last year in North Pole (well, the Air Force base right outside it).

First of all, Christmas in North Pole is just as amazing as it sounds. Not better than here, not worse, but very different.

Of course there's always snow. Now, don't be thinking deep drifts like a postcard. No, this is powder dry and rarely deep. You can sweep it off your porch. Amazingly enough, the first year we were there I signed up for a survival class, but there wasn't enough snow to build a snow shelter...in December...in North Pole, Alaska. Yes, really.

Where we lived is actually an "Arctic desert"—we got surprising little precipitation. But there's always some snow in the winter and the streets are hard-packed for months. Between the snow and white trunks of the birch trees, it's almost light enough to read outside when the full moon is shining. Then when the Christmas lights come out in the season, it is absolutely amazing at night. The white snow glistens with colored sparkles like the ground is awash in opal dust.

One night when we had just moved on base for our last year in Alaska, I happened to see colored lights glinting off the snow from a firetruck one block over, but there was no siren. I somehow realized that it was a parade.

"KIDS! There's a PARADE!" I hollered through the house as I ~~grabbed a coat and~~* ran out the door, not even bothering to put on boots. I ran down the road and between houses with globs of snow clinging to my blue fuzzy socks, following a kaleidoscope trail till I reached the street the parade was on.

*[*As I was talking to my daughter about this article, she informed me that I did not, in fact, put on a coat. No boots, no coat. In her words: "I went 'Are you in just your socks?' and you grinned and crossed your arms to keep warm and went 'yeah' in that 'Well of course I am. tone you usually use with me when you are doing something that I disapprove of for safety reasons.'" Mea culpa.]*

My children are less impulsive than I, and took the time to put on boots and coats, then had to hustle to catch up. We caught the tail end of the Christmas parade, breathless and flushed with the run, laughing as one does when a delight is sudden and beautiful and breaks up a humdrum day. It's one of my favorite memories with the kids at Christmas.

I am excited to make new memories with you this year! Come see me at the Athens-Limestone County Tourism Association and sign up for your tree (they need to be decorated by November 28). Then starting December 1, we can all enjoy our North Pole Stroll in our fuzzy blue socks if we want to.



Come To The King's Brass Christmas Concert On December 1!

by Ali Elizabeth Turner

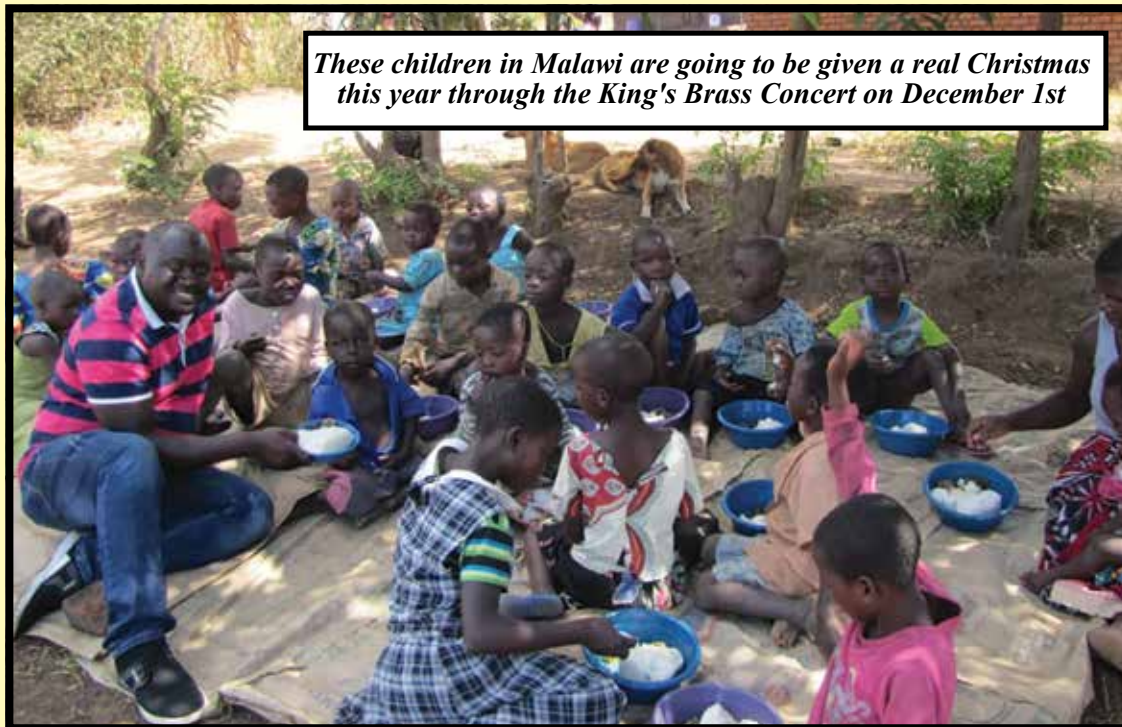
continued from page 1

nch Box on the courthouse square to hear of some of his adventures on the mission field. We swapped tales and had to stop and pause from time to time because it is just so emotional to reflect upon the beauty of people who by worldly standards have nothing materially, yet are wildly wealthy in the things that matter the most: the King and the Kingdom. Besides doing entrepreneurial incubator development work as a consultant (including at the ASU Launch Box), Larry founded Grace and Truth International, (graceandtruthint.org), a non-profit to assist foreign missions. What makes them unique is that they only fund projects, never salaries. Larry has also started business incubators in Africa.

He and his interpreter from 2005, Brian Kayoma through a Malawi-based NGO called Rise Care Foundation, have helped procure farm land, start a farm, grow crops, start a pre-school, and there is a Bible school there that uses the curriculum of North Star Bible Institute. Brian also has started local soccer teams as a way of ministering to the kids.

I also want to tell you about a wonderful, free-to-the-public Christmas Concert featuring the King's Brass that will be held on December 1 with a goal of raising money for projects benefitting orphans in Malawi, and more details regarding the concert will be forthcoming a little later in this article. But first, some stories.

Larry has made about 24 trips to Africa, and has participat-



ed in everything from teaching and training at ministerial conferences to helping a birthing clinic have light in their facility for the first time. In 2005, when Larry met Brian, they instantly clicked as only brothers in Christ can do, and Larry knew he wanted to help Brian with his desire to move across the border from Zambia to Malawi and minister there. One of the things Larry noticed while at that first conference was that the men who literally lived in the bush and walked many miles to get there would attend sessions with sparkling white dress shirts that were perfectly ironed, and that sported crisp creases on the sleeves that looked like they had just been picked up from the cleaners. Larry asked Brian how that was possible, and Brian explained, "They find metal that has an edge, and rig a handle to it. Then they heat it up in the fire, and they lay the shirt out on a rock to iron it." Brian also mentioned that the shirts had been washed by hand in the nearest creek.

On another occasion, Larry had the chance to help a birthing clinic have light for the very first time. It was a cinder block building with no power, and two windows were kept open in order to provide some cross ventilation that would hopefully engender a bit of a breeze to bring relief from the heat for a laboring mother. The walls had no paint, just layers of lime, and before installing the solar light system, Larry and his crew scraped the lime off the walls. They sealed the walls, put on some coats of paint to cheer up the place, and when it was time to show the midwife her new "office digs," Larry demonstrated how to turn the light switch on and off. The midwife began to dance around the room and praise God. She was beside herself with joy, as up until that point, she was used to delivering babies born at night with just...one...candle!

Enter the King's Brass, the folks who are going to give the concert to help make it

possible for projects like the one I just described actually happen. They came to Decatur Baptist, and Larry became friends with Tim Zimmerman, who heads up the band of professional musicians. For several years, the King's Brass has toured in the summer and during Christmas to help raise funds for missions. "These guys are really good," Larry told me, and several of them are music educators. They also perform on cruise ships, and you can learn more about them at kingsbrass.org.

The concert will be held at 7 p.m. on Friday, December 1 at Decatur Baptist Church. There will be a love offering taken, and you don't want to miss this. See you there!

King's Brass Christmas Concert

Decatur Baptist Church
2527 Danville Rd SW,
Decatur, AL 35603

Dream Small

by Donna Clark



If you're like me, those two words are totally opposite of what you've been told most of your life. We are to dream BIG! Have high hopes. Challenge ourselves. Work hard. My husband has a saying that I think of frequently. His logic is, it's all in your "want to." And for the most part, I agree. If you want something badly enough, you can find a way to make it work. It just comes down to how bad you want it. Many people have accomplished great things. They've worked hard and made sacrifices because they chose to pursue that big, what might have seemed impossible, dream. I believe we should have goals and do our best to obtain them, all the while surrendering to

God's will for our lives.

I heard a song on the radio the other day. The simple message was so powerful with lyrics that were challenging to say the least. The name so fitting -- "Dream Small." I paid close attention, and I realized this artist, Josh Wilson, was on to a truth that maybe we've all missed at some time in our lives, or at least lost sight of, a truth we need to be reminded of. We set our goals and begin to climb the ladder to obtain them. The ladder of success they say. But in all our work, busyness, pushing to reach that big goal, how many small things have we missed along the way? And when I say small, that's not to be dismissed as unimportant or not worthy of

our time. Sometimes we hold in our hands small things that can be used to accomplish great things, if we would only allow Jesus to lead us and we follow. When we become so occupied with our plan to fulfill the big dream, so focused on ourselves, we some-

times become too busy to notice the unnoticed.

As much as we want to believe that a successful life is measured by the possessions we've gained and accolades received, our title or status, at the end of this life, these things will fade away and we will not be taking any of it with us. We don't need to buy the lie that we have to do it all. A life lived well will be the life that is lived loving God and others as ourselves. There's nothing wrong with dreaming those bigger dreams, but just don't miss the small ones -- the ones that truly change the world. As the artist so simply put it, the small things are big things. Let me share some of those lyrics with you and hopefully it will encourage you, as it has me, to stop and look at the life we're living. He reminds us of the value of --

The mom who's singing songs to her children about the Lord.

A dad who takes the time with his kids that the world tells him he can't afford.

Visiting the widow down the street that no one sees,

dancing with the one with special needs, and loving those older who now feel unseen.

The pastor at a tiny little church, years of giving and loving on the hurt.

He further says to --

Find the little ways that only you can help.

And to never get weary - keep loving, keep serving, keep listening, keep praying, keep hoping, keep seeking, keep searching.

Add up all these small things and see them get bigger; after all, five loaves and two fish fed them all. A tiny rock can make the giant fall.

These simple moments change the world.

(copyright - 2018, Josh Wilson, Label: Black River Christian)

Today, look for a small thing that you can do that will make a big impact. And if no one sees or praises your effort, I can assure you that God does. As Matthew 22:36-39 tells us - There is no greater satisfaction than loving God and then to love your neighbor as yourself.

Dream Small,

Donna



Tennessee Valley Spotlight

Mondays at 10am
1080 AM WKAC

A Purpose-Living Sacrifice

by Jackie Warner

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



I had the honor of attending special services at one of our neighboring congregations. The messages resonated with me in so many ways. The first service was a feast on God's Word and fellowship with other sisters in Christ. The topic we discussed was **Understanding your purpose as we live day by day.** The key message presented was on taking time to read our Bible to understand God's Word.

So many times, I have heard others say, myself included, that understanding the Bible is difficult. I would agree it can be difficult, but what was shared during our service was all the options we have to support and guide us

through the text. We are on our mobile devices daily, but have we downloaded a Bible app? What about using an audible option to listen to the Bible. All these options are free and readily available. Let's think about it: To understand our purpose involves understanding the text which is God's Word.

1. Begin your study with prayer.
2. Read and then listen to the Bible online.
3. Read different versions to support you.
4. Don't try to read multiple chapters all at once.
5. End your study with prayer for understanding.

I also want to share with



you words of encouragement from the 2nd service I attended. I went to this service with several things heavy on my heart. I told myself before reaching the service that I was going to have to be intentional in letting God handle it. Yes, I know I am not alone when I say we give it to God and then we take it right back up as if we can

handle it on our own.

The topic was on Mountain Moving Faith, it was a lesson meant for me to hear and one I want to share with you. Four areas were discussed with actions for us to take if we really want to be a living sacrifice for Christ!

1. Faith it out! Hebrews 11:1

2. Pray it out! Philippians 4:6

3. Wait it out! Psalm 27:14

4. Allow God to work it out! Romans 8:28

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

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Check out upcoming events:

<http://thebridge-us.yolasite.com/>

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Realignment

by Deb Kitchenmaster



A pleasant or unpleasant “suddenly” has the power to realign you. “Suddenly” moments show up in our ordinary 24-hour timeframe called TODAY. Such was the case a couple of weeks ago when a man with his 8-year-old daughter came in the yard unannounced and unplanned. How I broke forth with laughter and hugs when I realized who this man and little girl was! Our son! Our granddaughter! For months our annual meeting was planned for Nashville, and the two decided to make a trip to Alabama and surprise us. And gratefully surprised we were! Together we groomed a horse, rode a horse, read a book, and enjoyed a beautiful fall afternoon together. Thank you, Michael. Thank you, Emma.

An unpleasant “suddenly” happened when a man on a ladder, cleaning his gutters, suddenly fell off the ladder onto the cement driveway. Whether it’s the release of joy or grief that bursts

forth from a “suddenly,” our physical bodies look to homeostasis to bring a stability between our spirit, soul, and body as we yield to the physiological processes. Happiness, sorrow, anger, fear, and love are physical processes.

Realignment is the action of changing or restoring something to a different or former position or state. He refreshes and restores my life. MY SELF. My soul.

What about horses? Are there practical and visual signs to let me know if my horse is aligned or in need of realignment? Yes. Would you describe the posture of the horse as normal or abnormal? Does your horse pin its ears back or toss its head when being saddled? The horse may be in need of an equine chiropractor. Does your horse have difficulty turning or working in one direction? Is your horse sensitive to touch or uncomfortable with you when you groom? These are signs that your horse is off and looking for some harmony. Three



other questions to answer would be: Can my horse walk a straight line, does my horse lean on the reins, and does the saddle tend to slide to one side?

If your focus is drawn to realignment, here are a few exercises you can do with your horse. This exercise is a stretching exercise that you can do with your horse while standing on the ground with bent outstretched arm. You do the stretch left and right

so your horse stretches evenly on both sides. Your horse stands still and you let him gradually bend to the left/right. Let him find his own limit. No force. Like you, you’re either dominant on your right or left, he too has a dominant side.

Another realignment exercise is riding in an eight-to ten-meter circle, both to the left and to the right, varying the circles in size. This exercise aids the horse to step under himself more and helps him carry his weight on his inside hind. A figure eight or serpentine pattern bends the horse left and right in one exercise. A circle is often more difficult for your horse than you think. BE PATIENT.

One more exercise I would encourage you with is the exercise of lunging. Attach your lunge line to the halter of your horse. Lunge up to two or three times a week and no more than ten to twenty minutes. Does your horse shoot

forward or run away on the lunge? He may be out of balance. Lengthen the size of your circles, giving him more space. Be mindful not to pull on the lunge line. Lunge your horse to the left and the same amount of circles to the right. That way you will be training both sides of your horse. However you train your horse on the left side, you also must train the same on the right side in order for them to understand. A good visual or communication between you and your horse is when they lick/chew. Keep it up. You’re getting through. You are communicating with your horse and the two of you are connecting in a way that the horse understands and you are achieving the TOGETHER you desire.

Happy Thanksgiving!

*Your NEIGHbor,
Deb Kitchenmaster*

256-426-7947

horsinaround188@gmail.com



Mental Health Minute

Discipline 2

by Lisa Philippart,
Licensed Professional Counselor

discipline comes from having the energy to say yes to the right things.

The final mindset of highly disciplined people is about prioritizing your values over your feelings. Now this doesn't mean that your feelings are bad or that you should ignore them. Your emotions can be a tremendous source of inner wisdom and intuition. But they can lead you astray. For example, you sit down to work, feel the urge to procrastinate, and follow that feeling into mindlessly scrolling social media. I have found that your feelings are like a good friend giving you advice... sometimes it's helpful and sometimes it's not. When we have trouble staying focused and disciplined, a huge percentage of the time it's because we followed our feelings when they didn't align with our values -- what we really wanted long term.

On the other hand, people who are extremely productive and disciplined always check their feelings with their values. Let's say you're feeling excited to start coding that new project you've been wanting to work on. Does it align with your values and what you really want to be focused on? Yes, great, full steam



ahead. But let's say you're feeling really excited to call your best friend and chat about all the new stuff you are working on. Does that align with your values or conflict with them? Well, it sure feels more fun than actually working on the task in front of you. But, it's actually conflicting with your value of working hard on the essentials first. It's a misconception that highly disciplined people somehow ignore or suppress their emotions. Actually, highly

disciplined people have a healthier relationship with their emotions. They are always aware of what they are feeling and listen to these feelings, but they're not controlled by them. And when their feelings conflict with their values, they recognize this and choose values first.

Being a truly disciplined person is about building the habit of asking yourself what's actually in your best interest rather than impulsively doing what feels right

in the moment. In other words, being clear about your values. Highly disciplined people don't simply have more willpower than the rest of us. Instead, they cultivate mindsets that help them do great work consistently.

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

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“You don't need more discipline; you just need a better reason to be disciplined.”

- Jack Butcher

In my last article, we discussed creating a more disciplined mindset by making progress through subtraction and breaking it up when you are stuck. Now, let's look at two other ideas for cultivating that shift. My next suggestion is the less but better approach. This is about giving yourself permission to focus on what really matters and ruthlessly eliminating everything else. At first this can be challenging because of FOMO (Fear of Missing Out.) For example, you may be thinking: “I don't want to say no to that new idea for starting a podcast...what if it becomes really popular?” In my opinion, imagining new things to work on gives you a brief hit of dopamine and the illusion of progress. But really it's just another form of procrastination that makes it harder to be disciplined. In the long run, all these shiny new objects actually deplete your motivation and make it harder to stay disciplined and focused because you are chronically spread too thin. On the other hand, when you say no to all the trivial stuff, all of your energy and focus gets dedicated to the one or two things that really matter. This inevitably leads to more progress, keeping your motivation high and your discipline strong. True

The Alternative Approach

Time For Discipline

by Roy Williams



Please allow me to start this article with a fairly well-known saying, "In every bad thing that happens, there is the seed of an equivalent or greater asset." Sometimes it is all in how you look at the situation. You may start by looking at all your options along with the pros and cons you can expect for each possible option you might decide to take. Yes, bad things happen to everyone but some people seem to come out shining, while others freeze up and become depressed.

Christmas is just around the corner and our nation's economy is in a shambles. Interest rates are the highest since the seventies, gas

is over three dollars a gallon, energy costs is causing utility bills to increase, food prices are up, house payments are rising, and rent is becoming unbearable for many. Now would be the time to remember the statement at the beginning of this article, "For every bad thing that happens, there is the seed of an equivalent or greater asset."

Most of the things mentioned are totally out of our individual control, you might be thinking. Let me suggest, when bad things happen of which we have no control, the asset may be as simple as recognizing it as a learning experience. The fact is that if we learn from each experience, we are preparing

ourselves to better handle the future, and that is where I am going with this information.

Yes, we as a nation of citizens are in trying times. How we handle it can make a huge difference in our futures. As fathers and mothers, grandfathers and grandmothers, we love to make Christmas a special time of year for our children and grandchildren. Recognizing that what is happening in our nation is the result of some really bad decisions by the leadership in office, we must decide on the best course of action each of us can take.

Back in the fifties and sixties, as a child, my parents explained that they grew up during the depression and they hardly had enough to eat. At Christmas, they explained how thankful they were to get an apple, some nuts, and one toy for Christmas. They learned a very valuable lesson -- that when times are tough, you lived a more disciplined lifestyle.

In times such as these, we must choose to make some difficult decisions. For instance, it may be time to tighten our belt, as the old saying goes. Be truthful with yourself and take a look at what you can really afford to spend this Christmas. Then be truthful with your children and grandchildren, especially those five years and older. Trust me, the sooner you teach these things to your children, the greater impact it will have on them. This can be an ideal time to teach those who are mature enough how the economy is affecting your budget. Let them know that this is a real-life situation, one they may very well experience in their



From left, Casey Carnes, manager of the Killen store, the late and greatly missed Molly Clem, and Seth Williams

own lives. Also teach them that it is not necessarily important what happens in life, but what is important is how you decide to handle the situation.

Explain that as a result of food, gas, utilities, and so on costing more, we all have to adjust by spending less. That may mean that instead of you (the child) getting an expensive cell phone for Christmas, you may have to take a less expensive one. Be sure to show them how it is affecting your life as well. You might show them that you wanted a brand new car, but due to these circumstances you are going to drive your old one for another year.

It is also very important that we are honest with our children, making it clear that sometimes things happen that are out of our personal

control. Also, if they ask, be truthful about what is happening with our economy and that the people in power have let us down, so we are going to make sure to replace them during the next election with more responsible people.

With that said, when you are shopping this Christmas, one of the most important gifts you can give is the gift of health. Herbs & More in Athens and NHC Herb Shop in Killen have the largest selection of supplements in North Alabama. We also offer gift certificates for massage therapy, foot detox, Whole Body Vibration, Bio-Mat and, of course, a large selection of supplements.

Your friend in health,
Roy P. Williams



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Abbie Cooper



Cooking with Anna (continued from page 13)

A Thankful Life

by Anna Hamilton

*“I believe in the sun
even when it is not shining
And I believe in love,
even when there’s no one there.
And I believe in God,
even when He is silent.
I believe through any trial,
there is always a way.
But sometimes in this suffering
and hopeless despair
My heart cries for shelter,
to know someone’s there
But a voice rises within me, saying hold on
my child, I’ll give you strength,
I’ll give you hope. Just stay a little while.
I believe in the sun
even when it is not shining
And I believe in love
even when there’s no one there
But I believe in God
even when he is silent
I believe through any trial
there is always a way.
May there someday be sunshine
May there someday be happiness
May there someday be love
May there someday be peace....”*

Living a life of thankfulness is a choice. Is it easy? -- Oh goodness, no! It is much easier to wallow in misery and complain. What will the world think of Christ and Christians if all they see is us complaining about our trials and troubles? Do you think they would want to commit their lives to Christ if all they see are down-trodden people? Of course not! It would be easier to stay living in a world full of sin and disappointment. What would be the point of becoming a Christian if nothing in their life will change?

As Christians, we are to look different to the world. We should be easy to spot, like a light sitting on a hill. Colossians 3:15 says “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” A few verses later, the importance of being thankful always is made again in verse 17. “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” These verses remind us to be thankful for everything we have, even when life seems impossible. By expressing thankfulness, we can find joy and peace in our lives and strengthen our relationship with God.

My favorite chapter in the Bible is 2 Corinthians 4. It gives me so much courage and thanks as a Christian. It urges us to never loose heart and to keep pressing on towards our goal, which is heaven and eternal life with Christ. The chapter ends with so much hope and thankfulness. It offers such peace. “Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” 2 Corinthians 4:16-18

I hope that this Thanksgiving you give thanks for all your blessings and that you continue to live a life of thankfulness the entire year. Living a life full of thanks will strengthen your faith and will help others around you find theirs.

This week’s recipe is the perfect Thanksgiving side dish. It actually makes the perfect side dish all autumn and winter long. It takes sweet potatoes and apples and roasts them together with warm cinnamon for a delicious and comforting side. It pairs perfectly with any protein. I hope your family loves it as much as mine!

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

Antiques On Jefferson: Treasures For Everyone, Especially During The Holidays

by Carol Holland

continued from page 15

to Jennifer and she loves being able to assist customers in creating their special look for their personalized spaces.

Jennifer believes Antiques on Jefferson provides new, exciting ways to help our customers and our vendors have the best possible experience.

Donna Davis, booth owner of The Wren's Nest, enjoys the "repurposing" process. Bringing items back to life is enlivening! It's fun to curate these gems to imagine a new purpose...a new home, a new design, a new color, a new shade, or even new knobs! She presents items that are visually interesting and curiosity provoking, mixing old with new, and most of all, are take-home ready! Donna loves to dabble in art, glassware, home décor, and some vintage things!

Merri Beth and Jeff have Booth 7780 and enjoy pairing vintage and contemporary pieces for beautiful looks. Both are retired and enjoy antiques and contributing to our thriving downtown community with their booth, "Through the Garden Gate" at Antiques on Jefferson. They enjoy helping our customers find that "one-of-a-kind" piece that helps that customer "tell their story" in their home. Through

the Garden Gate is also a great place for finding that perfect gift. They enjoy talking with customers and hope to see you soon.

JoAnn, in Booth 32, has always loved mixing old with new. She believes that tends to create more interest in our homes when we pull in pieces that are a little different from our overall style. JoAnn worked as an interior decorator in the past years and still enjoys finding pieces that others can enjoy in their homes. Kay is the vendor for Booth 14. Kay and her husband have been married 50 years and began purchasing antiques for their new home even before they married. Kay's in-laws had beautiful antiques and she learned to love them also. She rented her first space about 27 years ago and says she is addicted to estate sales and auctions. Kay features a lot of more primitive, simpler things in her booth. Kay invites you to come and visit Antiques on Jefferson and stop by her booth and look at her treasures. Our jewelry vendor graduated from Clemson in 2009 with a degree in civil engineering. "At that time, there were no available jobs in that field and my dad had a booth in an antique store that he enjoyed working since his retirement. My parents asked me to come and work with him -- going to sales, polishing pieces, etc. I was lucky to be able to

work with my dad for years and we had a great time! After Dad passed suddenly, a choice had to be made whether to make a business out of it or go back to engineering. My mom pointed out that I really enjoyed the antique business now and suggested that I continue and promised to help me get started. So that's what we did. Now I've moved from Augusta, GA, to Huntsville, found my wonderful/beautiful new wife and have 4 booths in Augusta, 1 in Athens, 1 in Madison, and 1 in Huntsville. Thank you for your support in this new journey!" Dan and Kami are the owners of the Italian restaurant Terranova's in Madison and soon to be back in Athens behind First National Bank at the corner of Highway 72 and Lindsay Lane. They keep their booths full of interesting, primitive, simple, vintage items that could have been found in anybody's home years ago -- near and far. Dan has told stories of going abroad on mission trips with his father in years past and finding treasures on those trips that ended up in the antique booth. They spend a lot of time arranging their treasures in ways that will draw a customer's attention and make them "have to have it."



Steve and Lakesha's booth is Twice as Nice at Antiques on Jefferson. They love all things antiques, primitive, and vintage. Whether it's art, décor, furniture, old money, you can probably name it and Steve and Lakesha either had it or still have it. They have spent more than two decades "picking" over the Tennessee Valley, several states, and surrounding areas looking for rare finds, collector's items, and eye-catching pieces. Their booth treasures represent different parts of the world -- from African art to Italian

purple class vases, Indian tea urns to good old primitive farm tools. They hope their booth gives you a back-in-time experience and that something will capture your heart and you just have to take it home. I hope you have enjoyed getting "to know" our vendors, and we'll see you this week and throughout the holidays!

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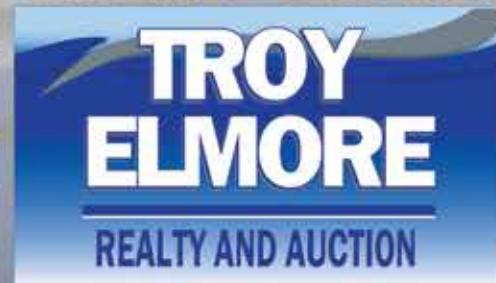
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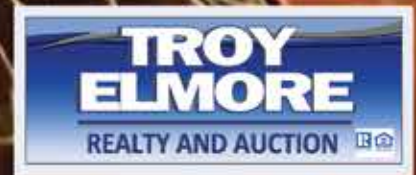
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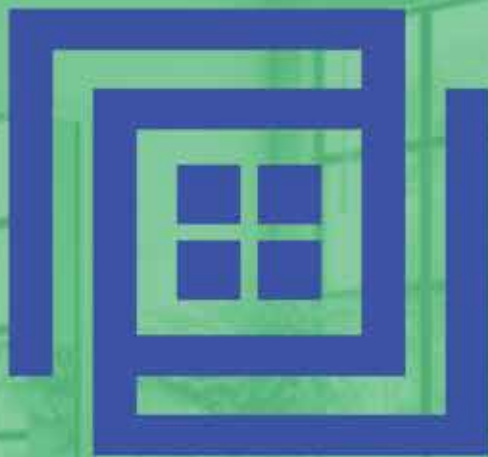
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