

Athens Now

information & inspiration
AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:

Ali Elizabeth: 256-468-9425

Degan Wilder: 256-426-2493



TROY ELMORE
REALTY AND AUCTION

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

Special Feature

May We Talk About The Pool?...

Recently, members of the Athens-Limestone Wellness Center received a letter informing them that the pools...
Page 5



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

NOW BUY 1 EAR, get 1 EAR for FREE!!!

4 ModelZ to chooZe from

256-233-3844

Athens, AL

Owner: Joshua Zeke Creasy, BC, HIS



FREE Consultations



Athens Alehouse & Cellar: Cozy & Classy

By Ali Elizabeth Turner

When former US Army Combat Engineer Ken Hill was stationed at Fort Benning, GA, his mother-in-law gave him a home-brew kit for making beer. "The yeast was stale, and we used tap water but we were thrilled with it," said Ken with a chuckle. Ken honorably served our country in Afghanistan as well as Iraq, and Lori held down the homefront. After 12 years of service, the Hills decided to settle in North Ala-

Continued on page 15



Ken Hill (r) co-owner of Athens Alehouse & Cellar with his son, Ledger

From The Vets' Museum

Meet Department of the Army Civilian (DAC) Deborah Ann McLemore!...

Deborah was born in 1966 in Columbus, GA, while her father (Col Mel McLemore) and family were stationed at...
Page 10



Clean, Green & Beautiful

Reflections Of A Retiree...

It is so hard to believe it has been over a year since I retired from one of the best non-profit organizations in Limestone County!...
Page 13



Cabinet Express Of Athens: Adding Staff And Services

By Ali Elizabeth Turner

For decades, Keith Rowe of Cabinet Express and his family have been in various aspects of the construction industry and real estate development in the Tennessee Valley. Keith says, "I was born and raised a farmer, but as times

Continued on page 17

FRAME GALLERY OFF THE SQUARE
est. 2020
CUSTOM FRAMING & DESIGN

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNT

(256) 232 - 2302
tracie@framegalleryoffthesquare.com

125 N. Marion Street in Downtown Athens

OPEN

Alabama Biz Finder

... Always Open - 24/7

alabamabizfinder.com

The
Last Word
Vinyl Creations

Where you always get **THE LAST WORD!**

**VINYL
EMBROIDERY
SCREEN PRINTING
BOUTIQUE CLOTHING
GIFTS & MORE**

256-434-1314

27490 Capshaw Rd Athens, AL 35611

<https://alabamabizfinder.com/listing/last-word-vinyl-creations/>

Rocket City Barns Cabins Sheds
8x12 thru 16x40



Call or Text 256-221-7062 • 7 days

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

ECONOTECH
RECYCLERS

We Haul Away "Broken" Appliances

Also Specializing in Washer/Dryer Sales
Licensed/Insured

Jess Davis, Technician
Office: 256-444-0478

803 S. Jefferson St.
Athens, AL 35611

WWW.ECONOTECHRECYCLERS.COM

INFORMED CITIZENS ALLIANCE

Invites you

November 29, 2021

7:00 P.M.

**Limestone County
Event Center**

**114 Pryor Street
Athens, AL 35611**

Guest speaker:



**ATTORNEY GENERAL
STEVE MARSHALL**

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Sales & Distribution
Degan Wilder

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Lisa Philippart
Lynne Hart
Anna Hamilton
Sandra Thompson
Jackie Warner
Deb Kitchenmaster
Roy William
Eric Betts
Mae Lewis
Tim Lambert

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

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

Contents

Publisher's Point 3

All Things Soldier 4

Special Feature 5

Calendar Of Events 6

What Makes Ronnie Roll 8

From The Vets' Museum 10

Slinkard on Success 11

Clean Green And Beautiful 12

Cooking With Anna 13

Cover Stories 15 & 17

Lifelong Learning 18

View From The Bridge 19

Horse Whisperer 20

Mental Health Minute 21

Alternative Approach 22

Special Feature 24



Publisher's Point

An Unexpected 'Atta Girl

Wednesday, November 17, 2021 is a day that will go down in Athens history as well as my own. As described in *What Makes Ronnie Roll*, the legendary Lee Greenwood came to our town to be part of a wonderful project that would provide a home for a wounded warrior. He also came to sing, and yes, it was his signature song, "God Bless The USA/ Proud To Be An American." For those of you who may not know the story behind the song, Lee's dad served during WWII, and because his mom had to work three jobs, Lee went to live with his grandparents. He was raised to be proud and patriotic, and that never left him. It was a song that was written one night on a bus during a tour in the year 1983, but it essentially took 4 decades to write. It became an anthem for all Americans, irrespective of color, and has been described by more than one Nashville songwriter as "perfect."

As someone who used to NOT be proud to be an American, I still remember the first time I heard it and actually believed it. I had become a believer and was working in the '80s at the Sheraton in Seattle, and an African-American man performed it at a conference I was working. It was indeed moving, but nothing comes close to hearing Lee do it live. That happened for the first time in my life at Panoply in Huntsville in 2008. I had been home about a year from having spent three years in Iraq as a Morale, Welfare, and Recreation DoD contractor.

My friend Leonel White had just lost her husband John, a 'Nam vet, to colon cancer and invited me to go with her to hear several artists, including Lee Greenwood. Lee closed out the show, and honestly, I don't know where the small American flag like you give kids at a parade came from, but I proudly waved it slowly in time to the music and wept as he sang. I never expected to meet Lee face to face, but on this perfect Athens fall day smack dab in the middle of the Season of Gratitude, I did.

The groundbreaking ceremony had been lovely—kids from Lindsay Lane Academy were there; the mayor spoke briefly; there were honor guards, military folk, civilians, and SFC Scotty Barkalow, US Army (Ret) for whom the special house was being built. I was squished between camera people from all of our local network affiliates, and felt like Frodo in the midst of a forest of Elves valiantly attempting to catch a decent set of shots of the proceedings from my trusty iPhone 7.

Then Lee stepped up to speak and to sing, and asked us to join him. He was probably about 15 feet away, and I started to sing my heart out. His eyes met mine, and it soon became, as the sayin' goes, "all over but the cryin'." I sang until I sobbed and was a hot mess over the fact that from the bottom of my heart I am indeed "proud to be an American," and was actually getting a chance to sing the song with its creator. Still choked up, I got a chance



Lee Greenwood singing his signature song, "God Bless the USA" just off Lindsay Ln So. in Athens



to speak with Lee afterwards and told him, "There was a time when I was not proud to be an American, and your song helped me to get back." He smiled and began to talk about the fact that "this is not the first time America has been torn apart. We were during the Civil War, and Vietnam, and we will get back together again." I briefly told him my story, about once upon a time being a protestor and much later going to Iraq to say thank you to our soldiers. He held my hand and said, "Atta girl, you keep going." I choked out my thanks once again, and it was time for him to take selfies with others

present and who had been patiently waiting. For my part, I feel like a ginormous "plateful of grateful" because I am an American, and one who is allowed to follow hard after my Maker without fear. And, my fond hope is that your Thanksgiving Day fills you to the full with the same humbling, indescribable gratitude.

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



SEALs Are Serious About Medical Freedom

by Ali Elizabeth Turner



While the U.S. Navy doubles down with promised and severe consequences if its service members do not comply with COVID-19 vaccination mandates, several U.S. legislators are coming to the defense of sailors in general, and SEALs in particular.

Missouri's former governor, Eric Greitens, a Republican, said, "This is wrong for national security. The only people who will benefit from destroying the combat capacity of Naval Special Operations are the Taliban, Russia, China, and other adversaries around the world. This is also wrong at a human level."

U.S. Congressman

Thomas Massie, R-Ky., warned of a possible mass exodus from the military this summer when the issue of mandatory vaccinations first became public. He said in July that several Special Warfare service members had told him that resignations would come if the vaccine was mandated.

This is not the first time that resistance to vaccines has been embraced. "According to the GAO and congressional testimony, there were similar results (departures) when the military mandated the anthrax vaccine," said Massie. The congressman introduced legislation that would "prohibit any requirement

that a member of the Armed Forces receive a vaccination against COVID-19."

This week, several Republican senators introduced legislation that would prohibit the Department of Defense from issuing service members a dishonorable discharge for refusing to be vaccinated. Among them were U.S. Sens. Roger Marshall, R-Kan.; Ted Cruz, R-Texas; James Lankford, R-Okla.; and Tommy Tuberville, R-Ala.

Senator Marshall stated, "As a physician and veteran who is confident that the vaccine has saved countless lives, I believe vaccinating our servicemembers against COVID-19

is an important effort; however, whether or not to receive the vaccine should be a personal choice between an individual and their doctor. Servicemembers who refuse to get vaccinated, and are subsequently separated from the service, should not receive anything other than an honorable discharge. There is no question about it: American heroes should not be treated as felons because of their personal medical choices."

Senator Ted Cruz echoed Senator Marshall's sentiments by saying, "It's an insult to our servicemen and women who have served with honor to

dishonorably discharge them for refusing the COVID vaccine. It is the same way we dishonorably discharge those convicted of serious crimes such as treason, desertion, sexual assault, and murder. Forcing all service members, including pregnant women and those who have already had COVID-19, to receive the vaccine is just one more example of President Biden and his administration putting politics ahead of science."

Earlier this month, 35 SEALs filed a lawsuit against the Biden Administration for what they feel is religious discrimination. The suit states in part that multiple plaintiffs "prior to learning about the production or testing of the COVID-19 vaccines using aborted fetal cell lines, were unaware that such cell lines were used in the production or testing of any medications or vaccines," but that they have "since committed to refusing to take any medication that is thus developed or tested."

Whether you agree or not with their actions, respect needs to be given to these Special Warfare members for putting their entire career on the line for their beliefs. It will be interesting to see how this plays out, and may we pray for all involved.



May We Talk About The Pool?

by Ali Elizabeth Turner

Recently, members of the Athens-Limestone Wellness Center received a letter informing them that the pools would be closed permanently as of the end of this year, and this has created no small amount of understandable stir. Letters of protest have landed on the desks of all the major news organizations, and a comb-back book full of requests, petitions and testimonies was prepared entitled, *Information and Requests Concerning Pools at Wellness Center Athens-Limestone Hospital*.

The purpose of this special feature is to ask questions and look for solutions, not to create

division. It is hoped that the Board of Huntsville Hospital will at the very least issue a “stay of execution” while the situation is examined by the community and a way can be found to keep the pools open that works for everyone.

It has been stated that the pools need between \$250,000 and \$300,000 of repairs and are woefully underused. Regular attendees of the Wellness Center feel that the number of pool users is being under reported. While the Athens-Limestone Hospital writes off millions of dollars of bad debt each year due to people not paying their hospital bills, it seems that as a preventative measure the money

that would not have to be spent because of the therapeutic aspects of the pools could serve to justify keeping it open. I have read the letters and testimonies of people who are dependent upon the pool for exercise and therapy, are unable to drive to Madison or elsewhere to receive comparable therapy or exercise possibilities. They are cogent, reasonable, and ring true.

Two questions emerge: Why was the pool allowed to get to a place of disrepair. What can we as a community do to save it? Everyone understands that the pool is essentially private property and belongs to the Huntsville Hospital system. It is not inherently the purview

of the Limestone County Commission or the City of Athens to intervene. That being said, it would seem that there would be financial options that are viable that could be utilized to keep the pool open. Corporations may have money that needs to be moved before December 31. Grants could be explored and pursued. Perhaps some type of crowd sourcing could be utilized. Could swimming lessons be offered more aggressively to help offset the cost of repairs and maintenance? Would local banks and financial institutions be willing to pool together for a low-interest loan or to form some kind of co-op? What manner of good stewardship needs

to emerge to solve the problem?

The Wellness Center was opened in the late ‘90s because it had been proven that prevention costs way less than medical treatment, a center such as the one we have serves to strengthen communities, and people who have very specific health demands are not able to have their needs met with any other venue, near or far. We need to be civil, we need to offer possible solutions and not just complain, and we need to be persistent about looking for a way to “preserve the pools.” Surely in this season of giving such a way can be found.



Calendar of Events

"A Southern Christmas" Festival of Trees

November 19-21 and 26-28

Donnell House. 601 South Clinton Street in Athens. 3:00PM-5:00PM. Admission: \$5.00 per person No reservation required.
For more information: 256-509-3940.

Merchant's Alley Tree Lighting

November 19

107 North Jefferson Street in Athens. 5:30PM for the flipping of the switch.

35th Annual Christmas Open House

November 19 - 20

Downtown Athens AL. Activities for the family, shopping, dining, and more. For more information: www.TourAthens.com/Christmas

Merry Market on Marion

November 19 - 20

With local small businesses and entrepreneurs helping you to shop small - shop local. Friday 4:00PM-8:00PM; Saturday 11:00AM-8:00PM; Sunday 12:00PM-4:00PM

The Malones & Friends:

I'll Be Home For Christmas Concert

November 19 & 20

On the east side steps of the Limestone County Courthouse, 150 South Marion Street in Athens. Come enjoy your favorite Christmas songs on Friday at 6:30PM and Saturday at 4:00PM during this free concert.

Turkey Shoot

November 20

With Oak Grove-Thach Fire & Rescue at the Station. 27712 AL-251 at McKee Road in Athens. 9:00AM-2:00PM. Turkey - \$3.00 per shot or \$5.00 for 2. Ham - \$5.00 per shot. Hot Cocoa and coffee provided. Win a turkey or ham for your Thanksgiving dinner and meet your local volunteer firefighters.

Holiday Open House & Silent Auction

November 20

Limestone Child Advocacy Center. 104 East Washington Street in Athens. 10:00AM-6:00PM.

Skating on the Square

November 19 & 20

150 Marion Street in Athens. Each day from 12:00PM-4:00PM lace up some skates and enjoy the ice rink on the square. \$5.00 per person.

Bama Blues Catfish Trail Tournament

November 27

Joe Wheeler State Park. 4403 McLean Drive in Rogersville at the 1st Creek Boat Ramp. Registration starts at 6:00AM, no lines in the water until 7:00AM. \$10.00 trail fee per boat plus registration fee. Maximum 3 people per boat; unlimited rod; boats inspected prior to the event; no pre-event fishing on waters except for bait; live weigh-in; 3 fish limit - only 2 can exceed 34"; Blue, Channel and Flathead Catfish; other rules and restrictions apply; see thebamablues.com. For more information: bamabluescatfishtrail@gmail.com

Athens North Pole Stroll

December 1-3

Big Spring Memorial Park. 100 North Beatty Street in Athens. Open until Midnight. Bring the family and stroll among the beautifully and creatively decorated trees that twinkle to life as the sun goes down. Santa's coming to town on TBA for photos and wish list too! Free. Tree sponsorships available starting September 2021 but earlier inquiries welcome, sponsorship deadline Nov 18. Info: 256-232-5411

Athens-Limestone Christmas Parade

"I'll Be Home For Christmas"

December 2

Starting at the Athens Middle School, 100 U.S. Highway 31N in Athens. 6:00PM. The parade route will begin at Athens Middle School, go west on Hobbs Street, south on Jefferson Street, east on Market Street, south on Marion Street, west on Washington Street, south on Jefferson Street, and ending at the Hometown Shopping Center. Participants and attendees are encouraged to follow all local and state health guidelines during the parade.

For more information: 256-232-2600

Limestone County Commission Tree Lighting

December 2

On the westside steps of the Limestone County Courthouse. 300 West Washington Street in Athens. Starting at 5:00PM with tree lighting ceremony, live music and more. Stay for the Athens-Limestone Parade that starts at 6:00PM and passes through downtown. Wander east to Big Spring Memorial Park and enjoy the trees of the Athens North Pole Stroll afterward.

Ardmore Tinsel Trail Tree Lighting Service

December 3

Ardmore Avenue near Bryant House/Ardmore Town Hall & Museum. 26494 1st Street in Ardmore, AL. Come join the commemoration at the annual tree lighting recognizing local families, businesses, churches, organizations, and memories of past loved one starting at 5:30PM. Information: greaterardmorechamber.com/tinsel-trail



RIVER CITY

ROOFING SOLUTIONS INC.

256-274-8530
WWW.RIVERCITYROOFINGSOLUTIONS.COM

WWW.ARROWSDRIVINGSCHOOL.COM
256-618-8789 | arrowsdrivingschool@gmail.com
SERVING HUNTSVILLE | MADISON | ATHENS | DECATUR

Jim Farej
Owner/Inspector
License # AL HI-4466

Office: 901.493.7854
inspect.nwal@npiinspect.com
https://npiweb.com/nwalabama

NATIONAL PROPERTY INSPECTIONS
Independently Owned & Operated

New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

Athens Auto Tire & Wrecker Service

24 Hr. Road & Wrecker Service

306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537

Grant Gilbert
Owner

Gilbert's Jeeps
Sales • Service • Accessories
www.webejeeping.com

6494 Hwy 72 West
Athens, AL 35611

Cell: (256) 777-2436
Office: (256) 729-1980

PREMIER STRUCTURES INC.
GENERAL CONTRACTOR
2311 S. Hine Street
232-2092
EST. 1986

IBERIA BANK
MORTGAGE

Teresa Hagood
Assistant V.P. Mortgage Lending
NMLS #245180

Office: 256-519-4362 | Cell: 256-227-7727
Email: Teresa.Hagood@iberiabank.com
www.loansbyteresa.com
53 Hughes Road | Madison, AL 35758

BRADFORD'S
Pawn & Gun

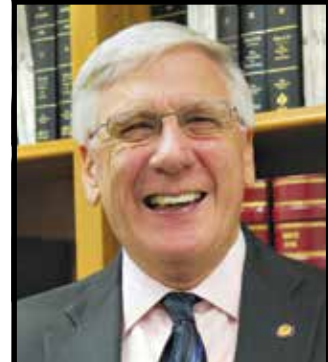
314 S Marion St
Athens, AL

256-233-0016
www.bradfordsgunandpawn.com

What Makes Ronnie Roll

Grateful For Groundbreaking

by Ali Elizabeth Turner



We met on Wednesday, better known as Publication Day, which was a stretch for both of us. Mayor Ronnie was to be at several events which could be considered historical as they pertain to the wild uptick of growth that we are experiencing in Athens-Limestone County, and I was “coming around the back stretch” as it pertains to putting this edition of *Athens Now* to bed.

The first thing we discussed was how wonderful the Veterans Day celebration at the Veterans Museum had been. PeggyLee Wright, a retired Blackhawk pilot-turned entrepreneur gave a superb speech, and it was just so good to have several hundred people in the same room honoring our veterans. Athens State University provided a delicious lunch, and the ASU Community Band played stirring patriotic music excellently.

We moved on to the topic of the groundbreaking ceremony for the Buc-ee’s store being constructed over the Brownsferry/ I-65 exchange. For the past year, careful engineering has been followed in order to make it possible for the store and parking lot to exist, traffic to flow east and west on the Huntsville-Brownsferry Road, and to ensure that nearly 200 year-old remains that were discovered while excavating were handled with proper carefulness. Now it was time to officially celebrate the beginning of construction on the actual store, and the mayor was going to be on hand to start the process.

However, before that event something special was going to occur at the new Breland Construction project on Lindsay Lane South. Many of you

will remember that legendary musical artist Lee Greenwood, the singer-songwriter of the moving patriotic anthem “*God Bless The USA*” had a tribute concert given in his honor back in October at the Von Braun Center. More than 40 artists came to participate in the event. Mayor Ronnie and Sandra got to attend, and he told me it was an unforgettable evening. What was less known is that Lee Greenwood and Louis and Patti Breland of Breland Homes, along with Pro Bass Shops are partnering to build two homes for wounded warriors through the Helping a Hero.org Wounded Hero Home Program. The Athens recipient of a custom-built home is SFC Scott Barkalow, USA (Ret), and his specially designed accessible home will stand on the ground upon which Lee Greenwood sang on Wednesday morning at 11 a.m.

Mayor Ronnie showed me a picture of SFC Barkalow the night they announced at the concert that he had been selected to have a home built for him and his wife. Barkalow removed his prosthetic leg and held it high over his head in triumph. He had been one of the first into Afghanistan in 2002, and lost his leg there. All these years later, a grateful nation through corporate donors is able to bless him for his service, and the Helping A Hero Home Project has a goal of building at least 100 of these homes for our precious vets.

“Then I have Youth Commission,” the mayor told me, and there was nothing left to do but pray for strength and wisdom for all the “groundbreakin’s goin’ on.” So we did, fervently, and then it was time for Ronnie to roll.

BRELAND HOMES

★ You are invited to a ★
GROUNDBREAKING CEREMONY

Honoring the service and sacrifice of
SFC Scott Barkalow, USA (Ret)

Wednesday, November 17, 2021 at 11:00 AM
Athens, AL | Nature’s Cove West Subdivision
Upon RSVP a map will be provided with detailed directions to the lot.
Wear Red, White and Blue and follow the signs once you arrive at the subdivision.

★★★★★★ **SPECIAL GUESTS** ★★★★★★

Louis and Patti Breland
Breland Homes

Lee Greenwood
“God Bless the USA”

Meredith Iler
Founder, Helping a Hero Home Program

This home is the first of two Helping a Hero homes awarded at The All Star Salute to Lee Greenwood held at Von Braun Center on October 12, 2021.

RSVP to patriots@helpingahero.org



Putting The Wraps On Fall Sports

by Tim Lambert

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

Baseball scholarship signees include Athens High's Cooper Cochran (UT-Martin), Tucker Stockman (Southern Miss), Sam Sandy (Bevill State) and Braeden Harrison (Wallace State), and James Clemens's Noah Berry (Samford). Athens's Anna Carder (Southern Illinois), Katie and Emily Simon, (Auburn Montgomery), and Brynn South (Motlow State) signed to play softball along with James Clemens's Dakota Daniel (Alabama A&M). Carter Pettey (Tennessee Southern) and Kylie Rinke (UAH) were golf and track and field signees respectively.

Results highlights

Football:

Ardmore turned back Mae Jemison (15-12) and West Limestone (7-3) before falling in playoff round one to Alexandria (52-6). Clements defeated Danville (28-16), Elkmont (47-22), and Hatton (54-30), but lost in playoff round one to Winfield 62-14. East Limestone had their season ended by Center Point 66-36 in the first round of the playoffs. James Clemens completed a 10-0 regular season, beating Sparkman (21-15) and Albertville (62-20), then was stopped in playoff round one by Oak Mountain (38-35). Tanner topped Waterloo (42-16) and got to round two of the playoffs, turning back Lamar County (35-27) and losing to Mars Hill (47-20).

Volleyball:

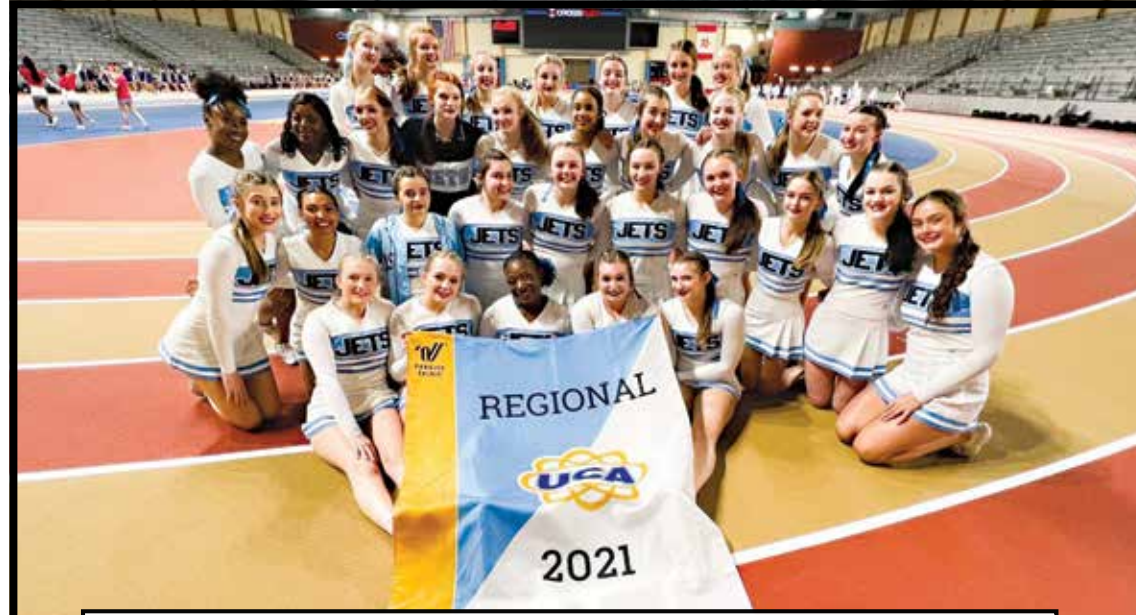
Athens Bible School defeated Whitesburg Christian, Falkville, and Red Bay; Addison ended their run in round two of the sub-region-

al tournament. Athens High made it to the state quarterfinals, posting wins over Buckhorn, Shades Valley, Fort Payne, and Homewood before elimination at the hands of St. Paul's. East Limestone had wins over Mae Jemison, Ardmore, St. Clair County, Madison Academy, Ramsay, Brewer, Sylacauga, and Providence Christian and stumbled in the state finals against Bayside Academy. Elkmont topped Clements, but Ohatchee ended their season in the sub-regional; Ardmore was also eliminated by Alexandria. James Clemens knocked off Austin and Bob Jones, but lost to Grissom in the super-regional. Lindsay Lane turned back Meek, Covenant Christian, and Sweet Water before their year was ended by Donoho in the state semifinals.

Cross country:

Elkmont's Alex Kuntz finished at the top spot in the St. Bernard Oktoberfest Invitational.

James Clemens's Luke Alverson came in third in the boys' gold division at the Jets' own Last Chance Twilight Meet Under the Lights. Kylie Gero won the girls' gold race. Jayden Walton and Matthew Holder finished first and second in the silver boys' division with Claire Colo posting a second place in girls' silver. In sectional cross-country meets, James Clemens's boys' and girls' teams both came in second in Class 7A--Luke Alverson and Kylie Gero were each third place individual finishers. The Athens High girls and boys finished third and fourth in 6A. Lindsay Lane,



The James Clemens cheer team won Large Varsity and Game Day divisions at the Magic City Regionals. Athens Middle School came in first in Large Junior High. Athens High placed second in Super Varsity and fourth in Large Varsity Game Day. (courtesy photo)

ABS, and Tanner were third, fourth, and fifth in 1A-2A -- the Trojans' Jack Bradford posted a first place. West Limestone's girls were fifth in 4A while the Wildcats came in seventh. Ardmore's boys were third in 5A, led by Carter Richardson's third place; the Lady Tigers' Addison Tiemann also finished third. Elkmont's Alex Kuntz's first place led the Red Devils to second place in 3A; the Clements boys came in fifth with the Lady Colts at fourth. At the state meet, the James Clemens boys and girls both finished fourth in Class 7A, Ardmore's boys were fourth in 5A with Addison Tiemann coming in fourth as an individual for the Lady Tigers. Elkmont's Alex Kuntz placed fourth individually in 3A boys.

Basketball:

ABS VB 70, Whitesburg Christian 59
Ardmore VG 54, Oakwood Academy 21

Clements VB 68, Lindsay Lane 62

Clements VG 42, Lindsay Lane 32

Clements VB 54, Whitesburg Christian 48

Clements VG 48, Whitesburg Christian 19

Clements VB 69, East Limestone 65

East Limestone VG 40, Clements 36

East Limestone VB 75, Elkmont 59

East Limestone VG 58, Elkmont 46

Elkmont VG 56, Pennington 40

Elkmont VB 57, Rogers 44

Elkmont VB 43, Wilson 41

Elkmont VG 66, Wilson 61 (OT)

James Clemens VB 63, Mae Jemison 52

James Clemens VG 65, Mae Jemison 44

James Clemens VB 63, Athens 60

James Clemens VG 48, Athens 47

Lindsay Lane VG 57, Section 46

Tanner VG 63, Decatur 51

West Limestone VG 73, Decatur Heritage 69

Bowling:

East Limestone defeated Randolph, Westminster. James Clemens swept Columbia.





From the Alabama Veterans' Museum

Meet Department of the Army Civilian (DAC) Deborah Ann McLemore!

by Sandra Thompson, Director, Alabama Veterans' Museum

Deborah was born in 1966 in Columbus, GA, while her father (Col Mel McLemore) and family were stationed at Ft. Benning Army Base. Being the typical "Army brat" she grew up traveling throughout Europe and the U.S., places that included FT. Rucker, AL; Germany; Maxwell Air Force Base, AL.; McDill Air Force Base, FL.; and FT. Meade, MD.

Deborah says she was inspired by her father and other Army civilians to serve as a Department of the Army Civilian (DAC) in support of our uniformed service members who defend our nation. Her first primary job was a two-year internship as an Item Manager for the PATRIOT Missile System. Upon competitive application and acceptance to the Army Material Command Internship, she was placed in the SEL Supply Management Program, then located at Red

River Army Depot, Texas, TX. She completed her first year of in-resident academic studies there. Following the successful completion of the academic phase, she was transferred to the former Army Missile Command (MICOM) located at Redstone Arsenal in Huntsville where she trained as a secondary Item Manager for the PATRIOT Missile System.

When asked to recall some of her most memorable moments growing up, Deborah said, "My most memorable travels as a young Army brat was during the time our family was stationed in Heilbronn and Heidelberg, Germany, from 1974 to 1978. It was a very educational experience at the right age to learn and appreciate the history associated with WWI and WWII, and the role of the U.S. Army past and present in that region of the world. Part of this valuable education included visiting the concentration

camps that had a profound impact on my personal interests and ambitions as I got older. Equally memorable travels include learning to snow ski in the Alps of Switzerland and visiting iconic castles such as the Neuschwanstein in Bavaria, the castle copied by Disney World. Collectively, our time in Europe was by far the most memorable and enjoyable experiences growing up in the military."

Deborah also said, "My most memorable travels as an Army civilian have been in direct support of three separate Army Base Realignment and Closure (BRAC) directives, a congressionally authorized process to reorganize Department of Defense posts, camps, and stations for cost savings and increased efficiencies in support of the military. Among my most memorable BRAC support assignments include a three-month extended tour of duty to the former Presidio military post at San



Francisco, California in 1993. As a freshly graduated intern, I was assigned the duty to transfer the U.S. Army logistics Intelligence capabilities to the newly formed Logistics Support Activity (LOGSA) located at Redstone Arsenal, AL. The assignment required me to learn from ground up all functional and technical processes for identifying and tracking assets across the DoD supply pipeline, from warehouse to coastal port to airport to supply points, for Army units located worldwide. This was considered a critical BRAC transfer of major Army logistics functions with very few impacted employees

moving from California to Alabama. I've had numerous other memorable assignments and travels associated with other BRAC transfers from the East coast region involving classified force structure management of the entire U.S. Army Force worldwide."

Beyond her Army civilian occupation as a logistician and program manager for aviation and missile weapon systems, Deborah maintains an active involvement in professional and volunteer associations, these include the Association of the United States Army (AUSA), the Army Aviation Association of America (AAAA), and the International Society of Logistics (SOLE). Her volunteer activities include the annual Athens Veterans Day parade, which is hosted by the Alabama Veterans Museum. Deborah feels it is a privilege to support such activities in recognition of our military veterans as she comes from a large military family which includes her father, COL (Ret.) Mel McLemore; fully supported by her mother, Wanda Crow McLemore (aka PEARL for Army Aviation Digest); her sister CW4 (Ret.) Stormy Ripley, and brother-in-law SFC (Ret.) Jim Ripley.

Deborah is grateful for all that her three children Christina (23), Brandon (21), and Catherine (20) along with Athens and surrounding communities do to support and recognize our service members both past and present!

BRAD STOVALL'S
AUTO BODY

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

Behind Tanner Post Office • 233-5140

Slinkard On Success

Changing Our Perspective

by D. A. Slinkard

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



Life is about perspective. I believe this statement to be true for all people. How your life turns out is what you make it to be. Yet, too often, people relish in making excuses as to why they are not able to achieve certain results. In fact, I would say we, as a society, have made it way too easy to make excuses as to why we cannot accomplish success. We want things to be convenient, we do not want things to be hard. I had a father who was born in 1918, and the perspective I had growing up is that success takes hard work.

This philosophy does not work in the world we live in today. Because too many people are trying to become the next Tik Tok sensation or Instagram star, many people have lost focus on the discipline of hard work. Look at our country today and you see staffing shortages throughout the entire United States. There are jobs out there, but people are too lazy to want to go to work. Why? Simple – we have made it way too easy to make excuse and we want things to be convenient; we do not want things to be hard. Hard life equals going to work for your wages, convenient life is having the government provide everything for you. Our mentality is wrong.

Sometimes, life needs to be hard for us to grow as an individual. Things being easy does not make us better, it makes us more prone to give up when things actually get tough.

Now, just because something is hard does not mean that we should just roll over and give up; yet too many people are doing this daily. If you were to go back in history and look at the generations before us, can you imagine what our world would be like if they had given up when life got hard?

The advancements we have made in this country would not be anywhere close to what we have achieved. The United States of America would not be the powerful country it has been, yet sadly, we are on the verge of losing our country. Why? Again it is simply that we have made it way too easy to make excuses, and we want things to be convenient; we do not want things to be hard.

It is time for our reality check to take place because we are staring the demise of our country eye-to-eye. I never thought I would see our country go down as quickly as what it has in the past few years, but folks, we need to change our perspective. We need to go back to the mentality of what worked before. We need to get back to the basis of hard work. We need to get back to the basis of a faith and belief in God. Fact -- we have tried to take God out of our country and in doing so we have practically lost our country.

We cannot change what has happened in the past, the only thing we can do is change what happens today and tomorrow. We need the rallying cry to begin immediately for our world to change. If we want to see



this change happen, it must first begin with us. We cannot expect others to make the change before we do because that would be going back to the ideology of what has gotten us to this point. We have made it way too easy to make excuses and we want things to be convenient, we do not want things to be hard.

We need to change our mentality of how we live our lives, how we run our government, and what is socially acceptable. If we were to step back and take a different approach, I do believe we would see a change in our society. What would happen if the government was not the sole pro-

vider for so many people? There is no incentive for anyone to get off government assistance and thus politicians continuously get elected to office. There was a time it was an embarrassment to be on government assistance, but now it is seemingly glorified. All of this has happened because we made it too easy to make excuses and we want things to be convenient, we do not want things to be hard. We need to take the perspective of no longer allowing excuses to dictate our lives. When we change our perspective, we will change our lives.

All Aarons Travel

931-309-6167

www.AllAaronsTravel.com
allaaronstravel@gmail.com



Rita Aaron,
Owner

Clean, Green And Beautiful

Reflections Of A Retiree

by Lynne Hart - Former Executive Coordinator - Keep Athens-Limestone Beautiful



It is so hard to believe it has been over a year since I retired from one of the best non-profit organizations in Limestone County! The time has flown.

As some of you are aware, the past year has been spent taking care of my mother who moved in with me from Ohio 2 1/2 years ago. The timing of my retirement was perfect because mom's health took a turn around Christmas of last year. It has been a difficult, challenging, but absolutely beautiful experience caring for my mother at home until her recent death on her 96th birthday. I spoiled my mother and she deserved it. Anyone who had the pleasure of meeting my mother enjoyed her spunk and sense of humor. I miss her dearly but can honestly say I have no regrets.

So, now with time on my hands, I find myself filling in at the Recycling Center and KALB office while they are a bit short-handed. It is bittersweet, but truly good to be back. So for a little while, you may hear my voice on the other end of the phone if you happen to call!

I may have been busy, but I never took my eyes off of this organization which I truly love. The KALB Commission couldn't have found a better direc-

tor than Leigh Patterson. Leigh and I have kept in contact mostly because working with her was one of my greatest blessings, and she is one of my dearest friends. I left KALB with absolutely no doubt that Leigh would flourish in her new role and grow the organization with fresh insight and new ideas.

Since I left the organization in 2020, Leigh continued my quest to provide Household Hazardous Waste Collections to Limestone County residents. This was one of my greatest challenges. Thanks to important partnerships with the Limestone County Commission, the City of Athens, Solid Waste Disposal Authority of Huntsville, and others there have now been two of them with a promise of more to come!

I have seen articles and Facebook posts about the many new litter cleanups that have taken place throughout Limestone County. New volunteers and so many more businesses and organizations have come on board to help with these events. I couldn't be more proud of our community!

In the short 15 months since Leigh has become director, fundraisers have grown, gardens have been planted, household hazardous



waste continues to be at the forefront of concern, and awareness of litter and recycling continues to grow.

Yes, there is much work to be done. There always will be as long as there are people who do not understand or who just don't care about the environment. Nonetheless, awareness has increased in every one of my 21 years with KALB, and Leigh is continuing the work to involve individuals, businesses, and organizations in an effort to share information and increase understanding.

If you don't know

Leigh, get to know her and jump on her bandwagon to make Athens and Limestone County one of the cleanest, most environmentally friendly places in Alabama. If you are looking for a great organization with which to volunteer your time, please check out Keep Athens-

Limestone Beautiful. I promise you will have a great time with very good people. You'll be appreciated and your time will be put to good use.

I can rest easy in my retirement knowing Leigh has a tight hold on the KALB reins.



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



Cooking with Anna

Thankful, Grateful, Blessed

by Anna Hamilton

Most of us this time of year are focused on thankfulness. If you are like me, your social media feed

is crowded every day with people posting something they are thankful for in their life. While it is nice to see so many thankful posts, I also wonder if they are thankful the entire year or just during the month of November.

Imagine for a moment if just the people on your social media feed were as vocal about how thankful they are for their blessings all year long! I imagine that the effects of everyone being focused on their blessings would have a trickle-down effect on how everyone acted towards one another. Can't you imagine how wonderful the world would be?

The Bible is full of verses on being thankful. One of the more notable stories about the importance of thankfulness is in Luke 17:11-19. It tells the story of Jesus healing ten men of leprosy. All ten men approached Jesus begging to be healed. Jesus showed the men mercy and healed them of the leprosy. Out of the ten healed, only one man chose to return to Jesus and show his thankfulness. "One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan. Jesus asked, 'Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?' Then he said to him, 'Rise

and go; your faith has made you well.'" Luke 17: 15-19

I've often wondered what happened to the other 9 men. I'm sure they were thankful for being healed as well, but they chose not to return to Jesus to thank him for being healed. On down the road, it may have crossed their mind to turn around and express their thankfulness, but the Bible does not mention these men again. I hope they were thankful for the incredible gift they were given.

How many times in our life have we been "healed" of the afflictions in our life? Not merely physical afflictions, but also spiritual ones, financial struggles, hard times in our marriages, the disappointments in life...Have we thrown ourselves at Jesus' feet and thanked him for healing our broken lives?

Showing thanks for blessings is of utmost importance. When you begin to show your appreciation and thankfulness, a peace will come over you and you will begin to find even more to be thankful for. Being thankful will rub off on the others around you as well. Seeing you aware of all your blessings forces others to look at their own life and thankfulness will abound.

This week's recipe takes the flavors of Thanksgiving and lets you enjoy them in a healthy way. The best part of this Thanksgiving recipe is that you can enjoy it all year long!

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18

Turkey and Sweet Potato Skillet

Ingredients:

- 2 Tbsp olive oil
- 1 lb. ground turkey or ground chicken
- 2 cups sweet potato, peeled and cut into cubes
- 3 garlic cloves, minced
- ½ cup yellow onion, diced
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp chili powder
- ½ tsp paprika
- Salt and Pepper to taste
- 1 cup shredded mozzarella cheese, optional

Directions:

Heat olive oil in a medium skillet. Add ground turkey and break into small pieces. Add the chopped sweet potatoes and cook until ground turkey is no longer pink.



Add minced garlic, chopped onion, and spices. Cook another 10 minutes or until sweet potato is tender and cooked through. Sprinkle top with mozzarella cheese and enjoy!

Feel free to add whatever kind of cheese your family likes the best. I also add spinach or kale right before the cheese. The extra pop of green makes this dish super delicious.

Celebrating

34 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



A T H E N S , A L
WOMEN'S
RESOURCE CENTER

256-233-5775 • 24-Hr Hotline

727 Market Street W, Ste. D in Athens

www.savallifeathens.org

Athens Alehouse & Cellar: Cozy & Classy

by Ali Elizabeth Turner

continued from page 1

bama, which is where Lori was raised. They have four children: Gwyn, 15; twins Reverie (who is older than her brother by one minute) and Killian, 7; and 6-month old Ledger. After leaving the Army, for the first 18 months of the twins' lives, Ken was at home full time being a dad. Then he had the chance to learn the ins and outs of the brewing industry at a microbrewery in Madison. For years he had a dream of owning his own place and his own brewery, and for about 5 years had looked at several shops on the Square in Athens. When the Razor's Edge Barber Shop became available, the Hills took a giant leap, and the result is a classy, cozy gathering place that still has the barber poles proudly hanging outside where they have always been. "We wouldn't THINK of getting rid of them," said Ken.

My first time to Athens Alehouse & Wine Cellar was in October when they did the Athens version of Oktoberfest. The line was down the street as well as to the back of the store, and Ken and Lori have been most heartened by the welcome they have received from our community. Lori is actually an Athens native and went to Athens High. She also has a degree in Business Management from Athens State University, and has spent her career as a procurement specialist for several defense corporations. Currently, she is able to work from home for Dynetics while juggling being a mom and a business owner, and the whole family helps. I have seen the



kids use the label machine under their dad's watchful eye, Gwyn clear tables, and Ledger is known to bounce happily in a bouncer. Athens Alehouse & Wine Cellar is indeed a family enterprise.

Before Ken and Lori opened the Alehouse, which is located at 111 Washington Street in Athens, they explored, experimented and tweaked recipes, and tried them out on their friends. They really knew they were on the right track when they went to Tuscaloosa with a cooler full of their product, and a well-known ale. They conducted a blind taste test "challenge" along the lines of the famous

one conducted years ago by the two major soda companies in America, and hands down, theirs won. In the spring of 2022, they will be introducing their microbrew beers. The flagship product will be a golden ale.

The Hills have spent the last week getting ready for the Christmas Open House which starts this weekend, and they have a number of special items ready to kick off the holidays. There will be a "tap takeover," which is when just one brewery, in this case Duclaw, is the only thing available on tap. Numbers of holiday beer and wine choices will be on hand to

sample and purchase. There will be representatives of various wineries present for the festivities. Wings will be available on Saturday, and the flavors will be mango habanero, Jack Daniels BBQ, and traditional buffalo. Crisp celery will round out your choice of blue cheese or ranch for dipping.

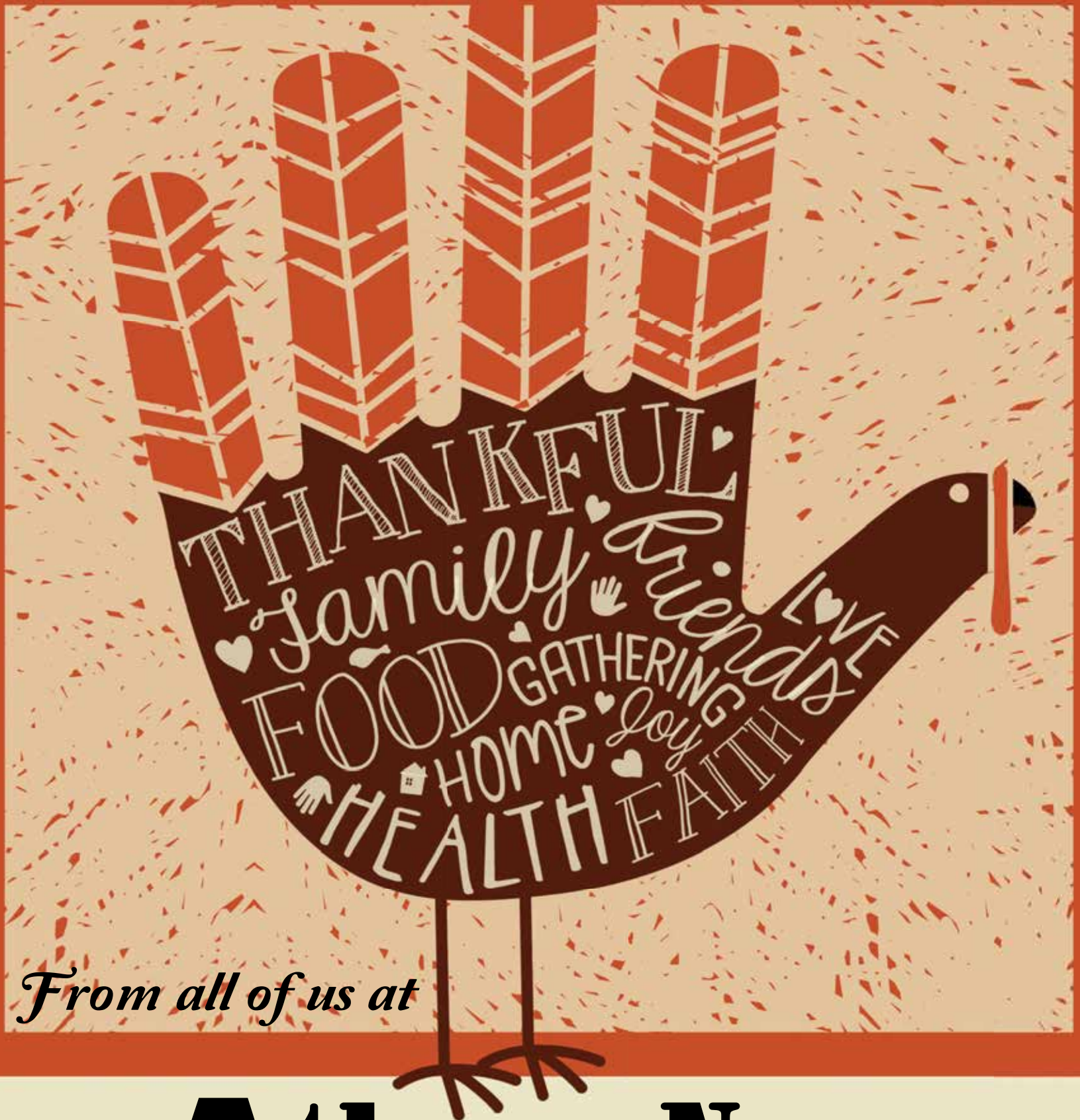
Lori has assembled a number of items to create build-your-own gift baskets. They will range in price depending on what you select, and will contain beer or wine, Athens Alehouse & Wine Cellar glasses, chocolates paired for specific wines, aerator pourers, wine wipes for

teeth, cheese straws, jerky bacon, and coozies. They will be gift wrapped by Lori and ready for you to pick up early next week. Lori is also preparing a brunch for Sunday that will be served on an olive wood board. The brunch menu includes chicken and waffles, assorted quiches, shrimp and grits cakes, funnel cake fries, bacon, and fresh fruits. The price will be \$24 dollars. Mimosas and Tokyo Marys, which are Bloody Marys made with sake wine) will be available for \$5. Two days before Thanksgiving, Lori is going to host a class on making wine cocktails for the holidays, and the cost for the class is \$35.

Athens Alehouse & Cellar is now in the Beer Trail of North Alabama tourism brochure. They are available for special events, and I had the privilege of attending one that was hosted by Restore Pavillion and catered by Chef Shae of Huntsville. Lovely food, a festive and tasteful atmosphere, and a perfect kickoff for the holiday season. Come out for the Christmas Open House weekend, and I am quite sure you'll be back.



Happy Thanksgiving!



From all of us at

Athens Now
information & inspiration

Cabinet Express Of Athens: *Adding Staff And Services*

by Ali Elizabeth Turner

continued from page 1

changed and real estate development became dominant in our market, I moved into the construction industry. In 2017, I began buying and remodeling houses to resell. As I was rehabbing houses, I saw a need for quality cabinets at a great price, and that is how Cabinet Express was born.”

I know from several conversations with Keith that doing things right, irrespective of personal cost, is one of his core values and how he does things. Since

2020, Keith’s company has focused on bringing beautiful, affordable all-wood cabinets to developers, DIYers, and investors at a reasonable price and with a quick turn-around time. The cabinets have a custom look, but not a custom price. They have stayed busy, in spite of the uncertainty of the times, and they have added new services and a new staff member.

We are all aware that there are more than 100 ships stuck off the coast of California that are carrying all manner of goods needed by American consumers, inclu-

ding cabinets. As a result, both contractors and people handling their own remodel are being told that the earliest that they can expect to take delivery of their cabinets will be in April of 2022. That’s not acceptable for the fastest-growing county in the state of Alabama, and because the five distribution centers for the brands of cabinets carried by Cabinet Express are not on the west coast, they can turn around the order in three to six weeks, depending on what has been selected. “Builders are thrilled that they are not going to have to wait for six to eight months,” said Keith, and added, “They are also glad that the prices have basically stayed the same.” Having the prices essentially stay the same for cabinets that are all-wood, comparable to custom-made, which use no pressboard and can support the weight of granite or cement countertops, is a tremendous blessing.

Full remodeling of kitchen and baths is the newest service now available at Cabinet Express. It used to be that they would do complete kitchens in brand new houses, supply cabinets for the do-it-yourselfer, and do installs for homes that had already been remodeled, but the demand has increased



Angelia Barnett, the newest addition to the Cabinet Express team, shown here with her granddaughter

for total kitchen and bath remodeling services, and Cabinet Express has stepped up to meet that need. “For example, we were recently contacted by several clients of the Baby Boomer generation who had installed garden tubs in the ‘90s, and have since realized that they never use the tub. So, we will take out the tub and replace it with a large, modern walk-in shower,” said Keith.

Cabinet Express will also do “medical remodels” for both the bath and kitchen. They include wheelchair accessibility, all manner of shelves, cubby holes and cabinets that can be easily used from wheelchair height in both the kitchen and the bath. All cabinets and drawers feature soft close, which means they just glide open and shut and

continued on page 23



Cabinet Express
1620 Lindsay Lane S,
Athens, AL 35613
256-298-7878
Hours:
10 a.m.-4 p.m., Mon-Fri
and by appointment
cabinetexpressonline.com
Facebook:
Cabinet Express Online



Learning As A Lifestyle

Great Leadership Requires Great Timing

by Eric Betts

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

Visionary leaders are needed in a time where change is demanded. The change that is required at this time of transition requires bold and fearless leadership. Developing a vision is the easy part. The difficult part is to lead others within an organization to buy into the vision. Human nature is often resistant to change due to fear of the unknown and coming out of their individual comfort zones. Practical change rarely occurs suddenly, but through gradual investment of time. The wheels of change roll slowly but eventually gain momentum over time.

One of the traits of successful leadership is the ability to make needed changes and adjustments at the proper time. Many good ideas die away and fail because of bad timing. Additionally, good timing involves more than getting others to buy in but also to understand the moods, the seasons, and the context of the situation. John Maxwell, renowned author, wrote about the 7 characteristics of leaders who succeed due to the exercise of good timing. The seven characteristics are

as follows: understanding, maturity, confidence, decisiveness, experience, intuition, and preparation.

First, leaders who have good understanding as it relates to timing, have thorough mastery of the circumstances. They must have a firm grasp of the situation and its context, and familiarity with the problems that need to be addressed and those who will be called upon to address them. Unless understanding and mastery have not occurred one cannot be certain that the timing is right.

Secondly, leaders who have maturity as leaders can separate their emotions and personal ambitions aside for the good of the organization. It is often the case that fear of personal loss or a desire to manipulate situations for professional gain will cause a leader not to have the clarity of timing. When personal gain or advantage is taken out of the way, then the good of the organization can be clearly focused upon. Rising above greed and avarice is the maturity that is needed to get the timing right.

Thirdly, leaders must be seen as believing in their



plan and its execution. This is the confidence trait. They must have assurance that their plan will bring positive results. This assurance by the leader cannot be underestimated; it impacts those who are being led. If leaders do not seem fully convinced, it is extremely difficult to persuade others. Confidence must be gained before leading a group into action. The timing is not good until the leader is able to speak with confidence and thus gain the confidence of others.

Fourthly, decisiveness is also key to timing. Indecisiveness in leadership creates indecisiveness in others. The trait of decisiveness is closely related to confidence. Decisiveness means that action is taken without second guessing. Without decisive and unwavering action, plans will unravel and others in the organization will feel lost and confused in the process.

Additionally, experience is a major factor in suc-

cessful timing. A leader must question whether they have the personal and professional history to act knowing the pros and cons of what may or may not unfold. Maxwell suggests that if a leader does not have the personal background or biography as it relates to the action needed, they must solicit the wisdom of those who do. Relying upon the experience of others require humility and self-awareness on the part of the leader. Experience is indispensable when it comes to proper timing.

Moreover, good timing requires leaders with intuition. This means that they must feel the pulse of the organization and understand the mood of the organization. They must be able to rely upon more than data, facts, research, and information. Intuition, in this sense, is the ability to trust one's gut or instincts. It is the ability to see beyond the surface of things and to act without proof or evidence. Sometimes

proof, facts, and research will suggest that the timing is right, but one's inner intuition may say, "Not now." Then again, intuition may say, "Now is the time," despite the experts and polling saying, "Not yet." Many successful organizations fulfilled their vision because they questioned the research and trusted their intuition.

Finally, preparation is an essential ingredient to timing. Preparation means that the proper building blocks, training, and discussions have occurred in order to act. Preparation takes time. The leaders must ask the question, "Have I properly prepared the organization for the actions which are about to be taken." If not, then the timing is not right.

Leaders must have the knowledge of not just how to perform an action and what it takes to perform it, but just as important is knowing when.

HAZEL GREEN CHIROPRACTIC
Dr. JOHN BOYLE

13971 Highway 231/431
Hazel Green, AL 35750

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



The View From The Bridge

A Wall Of Water On Both Sides... When The Only Way Out Is Through

by Jackie Warner

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

The Promise: "And also that nation, whom they shall serve, will I judge: and afterward they shall come out with great substance."

Genesis 15:14 KJV

The waters were a wall unto them on their right hand, and on their left. Some of you know or have heard of how the Israelites were pursued by Pharaoh, and God provided a way of deliverance parting the Red Sea for them to escape.

"And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. And the Egyptians pursued and went in after them to the midst of the sea, even all Pharaoh's horses, his chariots, and his horsemen. And it came to pass, that in the morning watch the LORD looked unto the host of the Egyptians through the pillar of fire and of the cloud, and troubled the host of the Egyptians, and took off their chariot wheels, that they drave them heavily: so that the Egyptians said, Let us flee from the face of Israel; for the LORD fighteth for them against the Egyptians. And the LORD said unto Moses, Stretch

out thine hand over the sea, that the waters may come again upon the Egyptians, upon their chariots, and upon their horsemen. And Moses stretched forth his hand over the sea, and the sea returned to his strength when the morning appeared; and the Egyptians fled against it; and the LORD overthrew the Egyptians in the midst of the sea. And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them. But the children of Israel

walked upon dry land in the midst of the sea; and the waters were a wall unto them on their right hand, and on their left. Thus the LORD saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore." Exodus 14:21-30, KJV

Let's pause for a moment and understand that God didn't remove the Red Sea. He parted it. He provided a way through in the midst of all they were facing with Pharaoh's army closing in. God doesn't always remove our problems or circumstances, but He will always

make a way through.

As you read through the Bible, you will see how this act of deliverance is referenced throughout the Bible and is a comfort for us today knowing that He provides, and His mercy endures forever. In my distress, I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears Psalms 18:6

"By **faith** they passed through the Red Sea as by dry land: which the Egyptians assaying to do were drowned." Hebrews 11:29, KJV

"To him which divided the

Red Sea into parts: for his mercy endureth for ever: And made Israel to pass through the midst of it: for his mercy endureth for ever: But overthrew Pharaoh and his host in the Red sea: for his mercy endureth for ever." Psalms 136:13-15, KJV

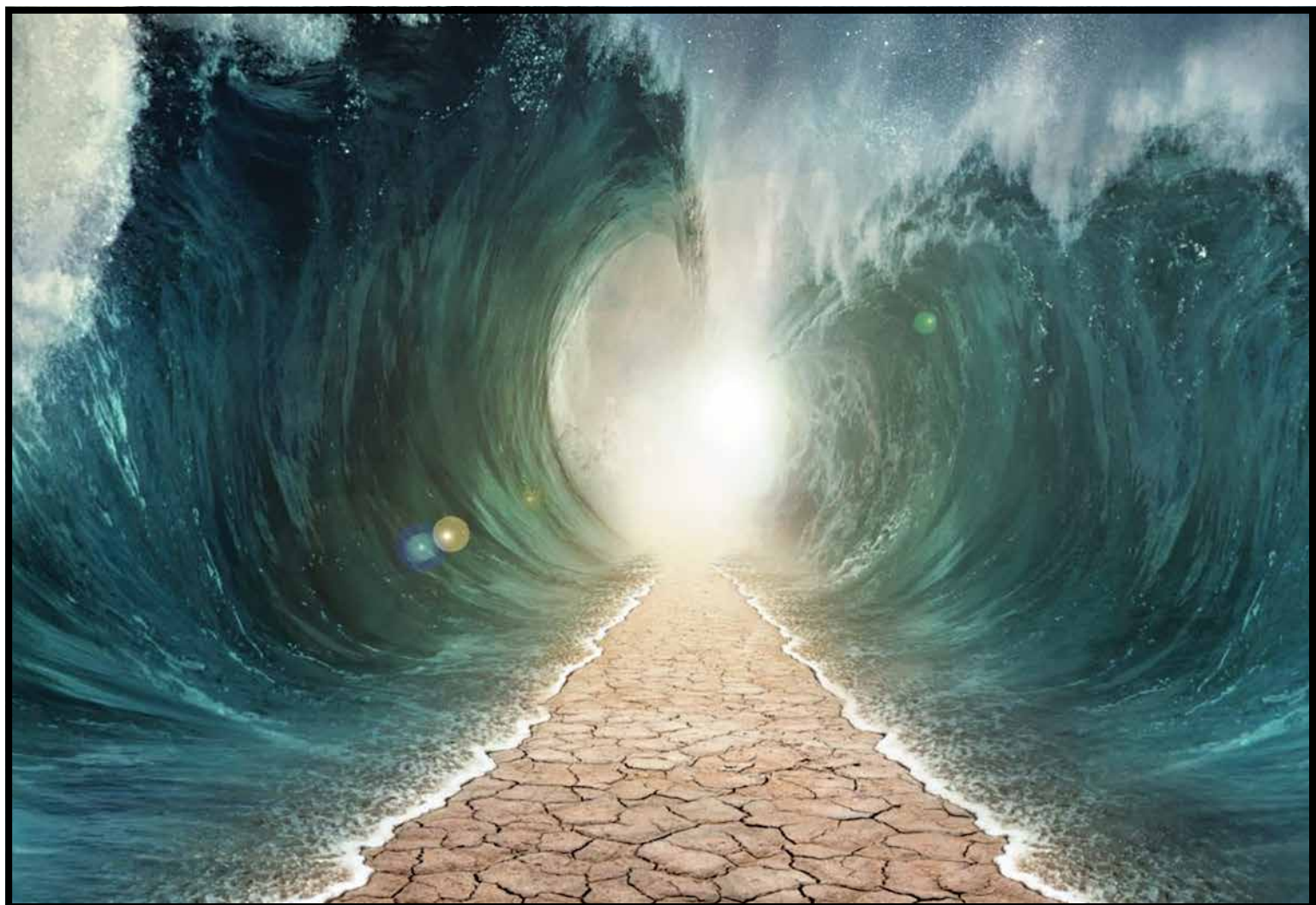
*Until Next Time,
Be Sincere, Kind and Intentional*

Email: thebridge.us@gmail.com

Check out upcoming events:

Website:

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



Gratefully Courageous

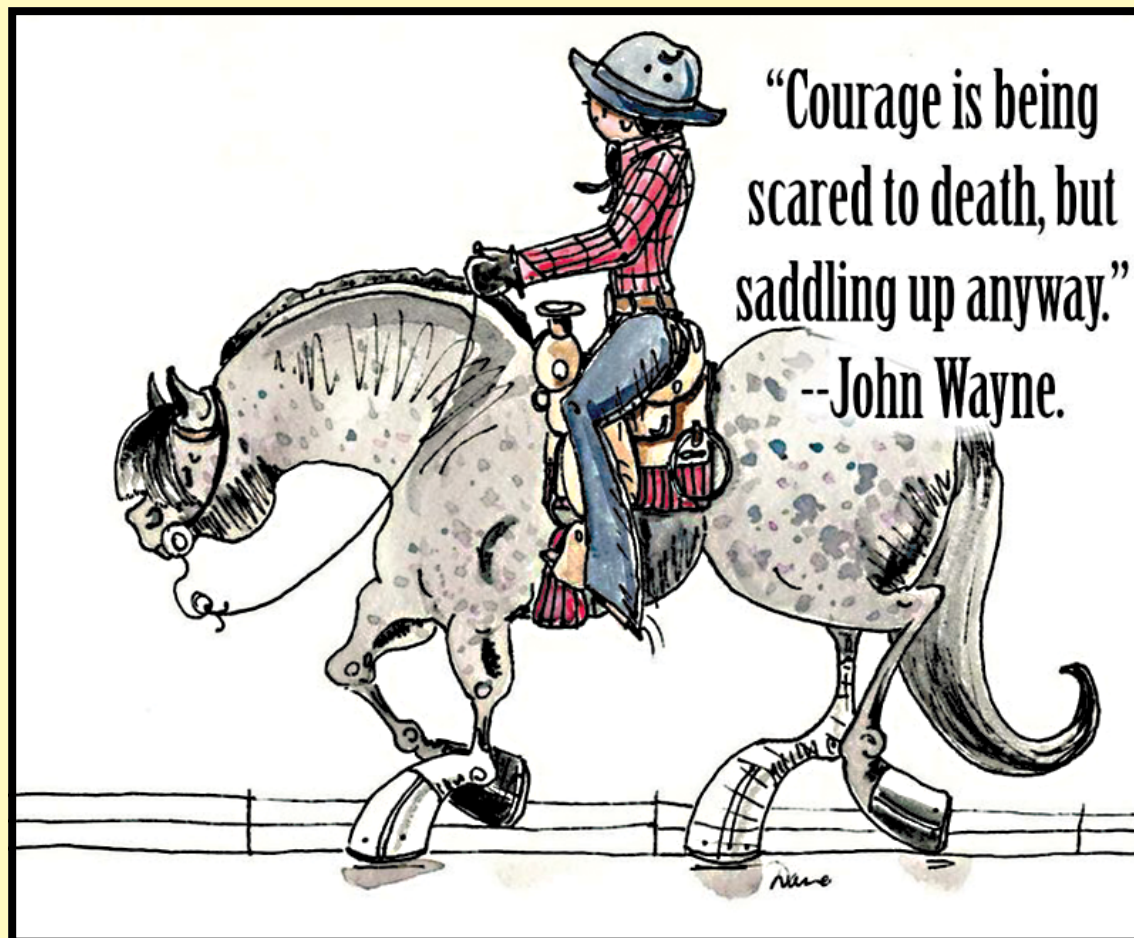
by Deb Kitchenmaster



This month, I want to talk with you about courage. You know -- bravery, nerve and guts. Are we going to need courage in the month of November? Yes. I think so. Let's consider two sources -- God and the horse.

God is having a conversation with a man whose name is Job. God lets him know that he does not understand the ways of God. God talks to Job about the lion, the raven, the ostrich, and the deer. God is talking about His magnificence that is beautifully displayed in His creation. Then God asks, "Do you give the horse its strength or clothe its neck with a flowing mane? Do you make it leap like a locust, striking terror with its proud snorting? It paws fiercely, rejoicing in its strength, and charges into the fray. It laughs at fear, afraid of nothing"... If you remember the movie SECRETARIAT, it starts with this very Scripture. Heart and courage seem to go hand and hand. Courage is contagious.

Just this very week at 6:00 in the morning, awakened by pounding at her door, a county clerk answered her door to find FBI agents with a warrant, guns, and dressed in militant attire. They confiscated all her electronics during the three hours they were in her home. Her name is Tina Peters from the state of Colorado. Previously,



Tina was approached by several people who were concerned about the outcome of the 2020 elections. They simply wanted her to look into this. She said she would and she did. Because she did her job, she has come under attack by the Colorado Secretary of State and others from her state. Tina has NOT committed

a crime. Older women in relationship with her were visited that same morning; one's front door was actually damaged because of a ramming instrument. The lie is to create fear within the hearts of people. Courage is needed! Tina will not be intimidated. Mother bears are under

attack for standing and using their voices against curriculum being used in their child's education. They are defending their children! As the result of opposing a curriculum intended to make their child dependant on their government rather than teaching life skills, they are stamped with DOMESTIC TERROIST label. This takes courage.

Where did "My body, my choice," go? This takes courage also. In the midst of all these courageous opportunities, stay open to life. Let that courageous part of you step forward and make a commitment to keep your heart open, no matter what the consequences.

Here is a foundation that

is solid. "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." "Be on your guard; stand firm in the faith; be courageous; be strong."

This November I am grateful for the horses in my life, for health, and for family/friends. I am grateful for courage that is contagious and for each opportunity that requires it.

It takes courage to get on your first horse. It takes courage to put in the application for that position. It takes courage to have that medical procedure done. Courage. Courage. I ask that courage would be ignited within each person that reads this and that this November, courage would be your friend and not your enemy.

Hang around people that are courageous. Ride when you can. Keep your heart open to Life, Light, and Truth.

*Your NEIGHbor,
Deb Kitchenmaster
Corral Connections
256-426-7947*

*Animal B.E.S.T. practitioner
horsinaround188@gmail.com*

Mental Health Minute

Suspicious Personality Disorders

by Lisa Philippart,
Licensed Professional Counselor



“I don’t think people understand how stressful it is to explain what’s going on in your head when you don’t even understand it yourself.”

- Anonymous

Note: Please do not use this information to self-diagnose. Consult a professional.

Currently most psychiatrists tend to use a system of diagnosis which identifies ten types of personality disorders. These disorders are grouped into three categories: suspicious, emotional and impulsive, and anxious. Each personality disorder has its own set of diagnostic criteria. To get a specific diagnosis, you must meet some of the criteria, and the minimum amount you need to meet is different for different types. If you meet criteria for more than one type this may be called mixed personality disorder. It is also possible to get a diagnosis without meeting the full criteria for a specific type. This is known as personality disorder not otherwise specified. Understanding what it means to experience a personality disorder is constantly evolving. Assigning a personality disorder can be a controversial diagnosis. The important thing to remember is that the feelings and behaviors associated with personality disorders are very difficult to live with.

However you understand your diagnosis, and whatever terms you prefer to use, you deserve understanding and support.

In this article, we will take a look at the three types of disorders that fall under the suspicious category. These are paranoid, schizoid, and schizotypal personality disorders. The thoughts, feelings, and experiences associated with **paranoid personality disorder** may cause you to find it hard to confide in people, even your friends and family. You may find it difficult to trust other people, believing they will use you or take advantage of you. Because of this high level of constant mistrust, you may have problems relaxing. Your system is on constant high alert, which can be exhausting. You may also read threats and danger (which others don’t see) into everyday situations. Innocent remarks or casual looks from others are viewed with suspicion. If this has become a problem for you and is interfering with your activities of daily living, you may fit the criteria for paranoid personality disorder.

Many people with **schizoid personality disorder** are able to function fairly well. Unlike schizophrenia or schizoaffective disorder, you would not usually have psychotic symptoms. However, as a result of the thoughts and feelings associated with this diagnosis, you may find difficulty in forming close relationships



ships with other people, choosing to live your life without interference from others. With this type of personality disorder you may prefer to be alone with your own thoughts and fantasies, and unable to experience pleasure from usually enjoyable activities. You may have difficulty relating to or are emotionally cold towards others. You may be seen as a loner or dismissive of others. Aloof, cold, detached are words often used to describe someone with this type of personality disorder.

Everyone has his/her own peculiarities or awkward behaviors. But if your patterns of thinking and behaving make relating to others difficult, you may meet the criteria for **schizotypal personality disorder**. While those with schizotypal personality disorder may experience brief psychotic episodes, they are

not as frequent or intense as those struggling with schizophrenia; and with this personality disorder, they can usually be made aware of the difference between their distorted ideas and reality. Characteristics and symptoms include presenting with distorted thoughts or perceptions. This makes it challenging to find and make close relationships. You may think and express yourself in ways that others find odd, peculiar, or eccentric, using unusual words or phrases, which make relating to others difficult. You may also believe that you can read minds or that you have some kind of super-

natural or special powers, such as a “sixth sense.” Because of your difficulty in connecting with others, you may feel anxious and tense with those who do not think as you do. Social situations are extremely stressful. In my next article, we will take a look at the emotional and impulsive category of personality disorders.

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.

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





The Alternative Approach

Thyroid Care

by Roy Williams

Why are so many people suffering from weight gain, fatigue, dry hair, constipation, mental foginess, aching joints, and poor circulation? Of course, all of those afflictions will not fall into one specific category, but a very large number will fall into one and that is **iodine deficiency**.

Iodine is one of those minerals that we need every day and most of us never get it into our diet at all. There was a time when it was considered a "cure all", but is now being ignored in favor of prescription drugs. As a result, rates of cancer are skyrocketing, obesity is epidemic, and our energy levels have plunged.

Iodine is one of nature's most amazing minerals that has been largely forgotten in today's society. Before the widespread use of synthetic drugs, iodine was recommended for almost everything including, wound healing, bacterial infections, viruses, and cancer prevention.

The problem is that dietary iodine intake in many parts of the country is very low. Most of us have always thought that we got enough iodine from our table salt. That may have been true until the medical establish-



ment all but insisted that we stop salting our food. Even if we were to continue to salt our food to taste, the amount of iodine ingested would only be enough to keep you from developing a goiter (enlarged thyroid gland).

An even greater reduction of iodine came when a paper written by two researchers completely changed the way we use iodine. The poorly documented paper gave the impression that iodine use was not only archaic and unnecessary, but could even be dangerous, citing hyperthyroidism as a side effect. Almost overnight, the use of iodine in medicine was stopped.

With the advent of modern medicine in the 1940s and 50s, the drug companies realized that iodine was so effective for many disorders that it was reducing their patients need for prescription drugs. In other words, it was eating into their profits.

As a result, they stopped recommending it altogether. Most food manufacturers have stopped using iodine in their food processing as well. We now have ever increasing numbers of people suffering from obesity; food cravings; skin disorders; prostate, ovarian and thyroid cancers; chronic fatigue; migraine headaches; low libido; brain fog; dry skin; and brittle hair.

Fortunately, not everyone has forgotten what this amazing mineral can do for overall health. Researchers suggest that boosting iodine consumption could improve thyroid health, lower incidence of breast and prostate cancer and fibrocystic disease of the breast, and promote overall

well-being.

Now let's talk about minimum daily requirements, which are set far too low at only 150 micrograms (mcg) per day. That is enough to prevent goiter, but not near enough for truly beneficial health effects. You do not have to worry about getting more iodine than you need. Japan is a perfect example. Their average consumption is 12 milligrams a day, which is 12,000 micrograms or 50 times more than the average American is recommended.

Let me remind you about the RDA (recommended daily allowance) established by the FDA. On almost every vitamin and mineral it is so low that I often refer to it as the recommended death allowance. Because, if that is all you consume, you will die way before you reach your genetic potential.

Dr. David Brownstein, M.D., is an author and iodine expert who has treated thousands of patients in his clinic. He

states, "As I started to use larger amounts of iodine (12.5-50 mg/day) to achieve whole body sufficiency, I began to see positive results in my patients. Goiters and nodules of the thyroid shrank. Cysts of the ovaries became smaller and began to disappear, patients reported increased energy and metabolism was increase as evidenced by my patients having new success in losing weight. Libido improved in both men and women. People suffering from brain fog reported a clearing of the foginess. Patients reported having vivid dreams and sleeping better. Most importantly, those with chronic illnesses that were having a difficult time improving began to notice many of their symptoms resolving."

We strongly recommend you consider a Terry Naturally product called Thyroid Care. What makes this product superior to all the others we have is that it covers three types of iodine -- potassium iodide, sodium iodide, and molecular iodine. Thyroid Care has helped more people with thyroid issues than any other iodine product we have ever carried.

To learn more, go by Herbs & More in Athens or NHC Herb Shop in Killen or call 256-757-0660. You may also choose to go to our website www.nhcherbs.com. Bring this paper in for a 15% discount off your first bottle of Thyroid Care. Trust me, you will be glad you did.

Your Friend in Health,
Roy P Williams

Herbs & More
www.newtritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

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

Cabinet Express Of Athens: *Adding Staff And Services*

by Ali Elizabeth Turner

continued from page 15

never get stuck. Angelia said, "We can do everything from floor to ceiling, and our cabinets have a lifetime warranty." Cabinet Express offers financing for customers through Synchrony Bank.

As far as new staff is concerned, Cabinet Express is pleased to announce that Angelia Barnett has joined their sales and design team. Keith put out an ad on Indeed.com, Angelia answered, and I am happy to say that she has become a personal friend as well as a fellow Business Network International member. An-

gelia has nearly 30 years of experience as an entrepreneur in the design field. She did wallpaper, painting, and faux wall treatments (for example, the ones that are made to look like the weathered wall of an old Italian villa, barn wood, concrete, or exposed brick). She also did interior staging "before staging was cool." Angelia has an associate's degree in interior design from UAH, and is all about "form and function," the foundation of most design and architectural thought of the late 19th and early 20th centuries that is still used today. She also has a great sense of humor, and the three of us laughed

out loud about the fact that wallpaper is making a comeback, but not the kind that has mallard ducks marching around the top of the wall of your den in the form of a border!

I asked both Keith and Angela why I should choose Cabinet Express for my bath or kitchen remodeling project, and here's what they told me:

Keith - "Time. Cabinet Express is able to move quickly in order to get to and finish projects quickly. We have added more suppliers of quality cabinets, and we have built relationships with



them that are solid."

Angelia - "Relationships. I am doing what I absolutely love. Having the chance to do what you love is the very best."

Stop by the Cabinet Express

showroom today for a free, no-obligation, computer-generated design and estimate, or make an appointment to first dream, design, and decide and do so for a reasonable price.

Tennessee Valley Spotlight

**Mondays at 10am
1080 AM WKAC**

Let's Talk About Divorce

by Mae Lewis

Last week, I caught up with an old friend. He told me that his wife of 20 years had left him to pursue other interests, but that he wasn't about to divorce her because that would be wrong. "If anyone is going to file for divorce, it has to be her," he said. While his devotion to his wife is admirable, he is miserable, caring for their children while his wife runs around with other men.

It's no secret that almost 50 percent of all marriages in the United States will end in divorce. A recent study shows that there is a divorce every 13 seconds in America.

Churches are full of people who have been affected by a divorce. Yet the church treats divorce as "the unpardonable sin." Another dear friend of mine is currently in an abusive marriage because she is concerned about what God will think. Her husband has terrified her into staying by holding her salvation over her head.

When I divorced, many of my church friends stopped talking to me. The circumstances that led me to choose divorce were the most painful in my life. Unfortunately, I did not find healing or support in the church. Instead, I was ostracized and shamed by church leaders, even long after my divorce. When I sought a job in a church, I prepared for the litany of questions I would have about my divorce and the reasons for it. (I was confident that my reasons were entirely

backed by Scripture, yet, I felt that I had to stand trial by the elders for my decisions.)

As a Christian, I understand the sanctity of marriage – it is the very premise of the faith: In the Old Testament, God "married" the nation of Israel, and treated her as his bride. In the New Testament, Christ (the groom) has chosen to love and marry the bride (the church). All of Scripture is permeated with allusions to marriage, love, and the unity of souls that takes place in marriage. The spiritual example of God's love is the same love that should be reflected in earthly marriage. As such, marriage is treated as the highest calling in practical living, but very little care or concern is given if that standard is not met.

Many people quote Mala-

chi 2:16 (although translations differ) as God saying, "I hate divorce."

But in Jeremiah 3:8, we discover that God himself is divorced. Israel had been unfaithful to him, and he divorced her. "I gave faithless Israel her certificate of divorce and sent her away because of all her adulteries."

God himself broke the marriage covenant in the face of unfaithfulness. God hates divorce because he himself has experienced the pain and brokenness of a failed marriage.

I have heard countless times of a church member who has sought marriage counseling from their pastor when their spouse has been unfaithful, only to be told that divorce isn't permissible. If a congregant does make the decision to divorce, they risk being ostracized, con-

demned, or treated with indifference.

I think there are two things worth noting here: 1) If God himself is divorced, then surely we do ourselves (and our Christian brothers and sisters) a disservice by presenting divorce as an unpardonable sin. Divorce is a horrible experience, even under the best of circumstances, and we only add to the hurt, confusion, and shame of those who are divorced. Furthermore, we do not help the church's mission of bringing hope and healing through the Gospel. 2) If God himself understands the pain and brokenness of divorce, then those who find themselves walking through that pain can rest assured that God HEARS them, SEES them, and desires to HEAL them. The message of the church should be one of hope and heal-

ing, not shame and judgment. Those experiencing the pain of divorce need to know that they are closer to God, not further away. Psalm 34:18 says, "The Lord is near to the brokenhearted and saves the crushed in spirit." The message is that God UNDERSTANDS our pain, intimately, and he is not angry with us because we have "failed" him.

Divorce is always the result of sin, but divorce is not always sinful. It is a heartbreaking experience, and many people have left their faith due to the shame of divorce. The church has an amazing opportunity to minister to and heal people who have had to walk this path. Let's send the message that restoration, healing, and life after divorce can be found within the church.

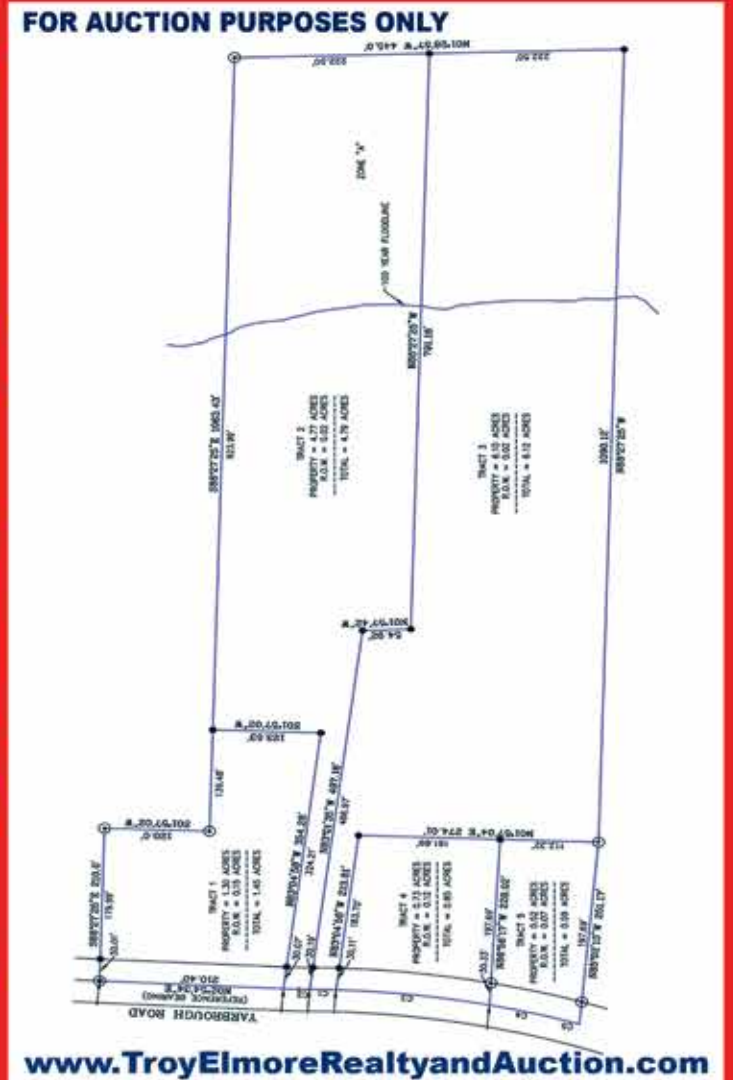


ATTENTION INVESTORS!

AUCTION SAT. NOV. 27TH - 10 AM

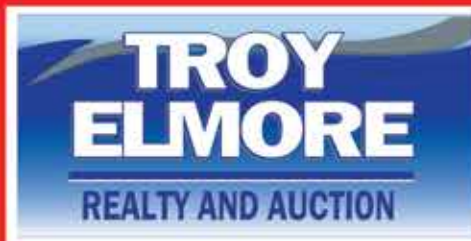


Call Troy Elmore 256-777-3710



2 HOUSES ON 13.8 +/- ACRES
SELLING IN 5 TRACTS / COMBOS / AS A WHOLE
BARN / POND / CREEK / STORM SHELTER
Visit Us Online for More Pics & Info!

20980 YARBROUGH RD ATHENS, AL 35613



Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before **DEC. 31st 2021**. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

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

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials.

Troy Elmore ALSL#5137

THINKING ABOUT SELLING?

Don't limit your exposure!

We have locations in Alabama & Tennessee

We are members of multiple real estate boards



CALL TODAY!



Athens, Alabama **256-232-9604**

List With Us!

We can put your property in:

Valley MLS

(Huntsville & Surrounding Areas)

Navica MLS

(The Shoals Areas)

Realtracs MLS

(Tennessee)

PLUS: ZILLOW, TRULIA, REALTOR.COM, HOMES.COM, AND SO MUCH MORE!

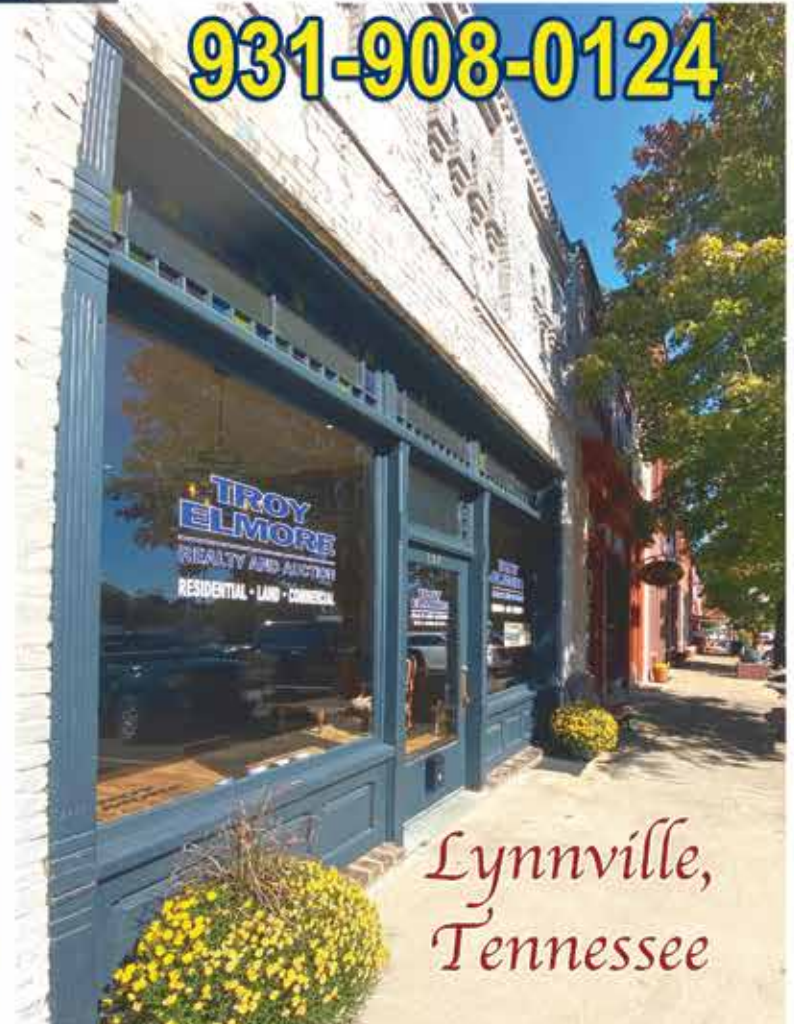
We are the **ONLY** real estate company that will feature your property in **ATHENS NOW**.

Troy Elmore has serviced this area for 16+ years and has a group of experienced, hard working agents to help facilitate all of your real estate needs, including residential, commercial and land.

LET US BRING OUR LEADS TO YOUR PROPERTY!



931-908-0124



Lynnville, Tennessee

Buying or Selling?



**TROY
ELMORE**

REALTY AND AUCTION

**Lorretta
Black**

256-290-4400



Office:

256-232-9604

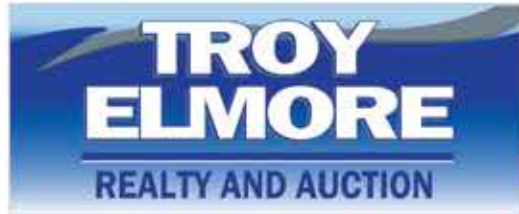
NorthALRealtor.com

SUDOKU

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

"What if today,
we were just
grateful
for everything?"

~ Charlie Brown



ANSWER KEY:

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



BUYING OR SELLING?

Vance Dutton

Realtor®

256-614-5308

TROY ELMORE

REALTY AND AUCTION

121 Cloverleaf Drive Athens, AL 35611

Licensed in
TENNESSEE & ALABAMA



**TROY
ELMORE**

REALTY AND AUCTION

*Carol
Green*

256-771-8724



256-232-9604

www.TroyElmoreRealtyandAuction.com





AUCTION!

OUR PAST SUCCESSES SPEAK FOR THEMSELVES



256-777-3710



**HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!**

Experience Matters!

**TROY
ELMORE**

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

LICENSED IN AL & TN!



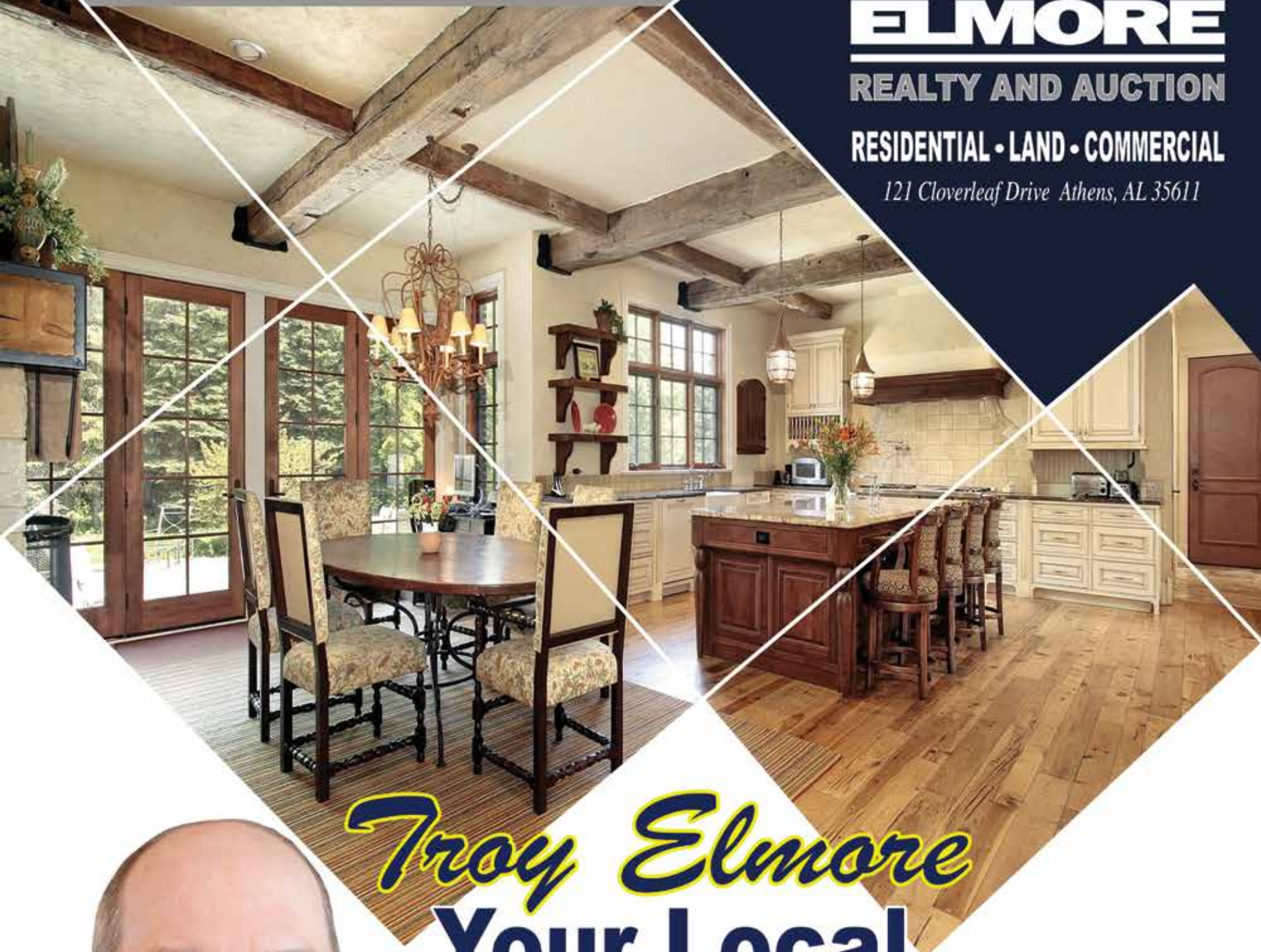
ALSL# 5137 TNSL# 6503

Licensed in Alabama & Tennessee!

**TROY
ELMORE**
REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

121 Cloverleaf Drive Athens, AL 35611



Troy Elmore

**Your Local
Real Estate Expert**

Serving Athens for 20 years.

256-777-3710

www.TroyElmore.com

trelmore@aol.com

Call **TODAY** for a **FREE CONSULTATION!**



ATTENTION INVESTORS!

AUCTION

**SAT. DEC. 4th
10:00 AM**

LARGE HOME ON 38.84 +/- ACRES
9 TRACTS - Basement / 2 Fireplaces / Detached Garage / Pond

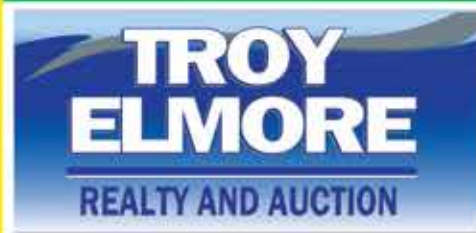


SELLING BY TRACT - COMBOS - AS A WHOLE



23151 Fain Rd Elkmont, AL 35620

Selling by tract, combos and as a whole.



Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before **DEC. 31st 2021**. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

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

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials. Homes built prior to 1978 are subject to have lead based paint. Troy Elmore ALSL#5137