

October 6 - October 19, 2023

Athens Now

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The 17th Annual Athens Storytelling Festival Is Almost Here!

By Ali Elizabeth Turner

Over 17 years ago, a group of folks from Athens gathered up and headed out to the National Storytelling Festival held each year in Jonesboro, TN, and had such a

good time that they decided to start a festival for Athens-Limestone County. Blood, sweat, tears, COVID, and supply-chain issues with a tent have tried to "trample on Tellers," but this has solidly become one of the best parts of our Ath-
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Publisher's Point

The Blind

Where were you when *Duck Dynasty* invaded your space? I was smack dab in the middle of learning how to produce *Athens Now*, and the wisdom, love, and antics of the Robertson family were refreshing and encouraging. When Alan Robertson came to Athens as the keynote speaker at a Women's Resource Center dinner, I showed him a picture of my husband Steve, who honestly could be a body double for Uncle Si. In fact, from the stage, Alan quipped, "Uncle Si has been seen running around loose in Athens. I know, because someone showed me his picture tonight." He then explained that it was a guy who looked so much like Si Robertson that it was spooky. I agreed, and back in the day Steve actually would have people in truck stop parking

lots ask for his (meaning Uncle Si's) autograph.

Duck Dynasty "merch" was in every big box variety store, birthday cards had a picture of Phil and his boys which had sayings like, "The beards have spoken," and then, predictably, after about five years they faded away some. However, I am pleased to report that Phil (and Miss Kay) are back in full force in the form of a new feature film entitled, *The Blind*. It is the raw, unvarnished story of how, as Miss Kay says in the movie to a much younger Si, "When he drinks, he is the devil." Phil Robertson is very open about the fact that he was a mean, violent drunk, a drug addict, had a child out of wedlock, and became a general loser. He gives God the glory for the changes in his life, and his son, Wil-

lie, who is one of the producers of the film, said recently in an interview: "If we can show this and show how you were and show how your family was and how you had really messed everything up through sin... and show that you can be redeemed, I think at that thought [Phil's] like 'Well, if it helps someone...be open to the gospel and receptive.'"

And that's just what they did. They did not hold back on anything—Phil's violence, kicking Miss Kay and the boys out into the night in a drunken rage, and what it took for Phil to completely surrender to God. Ironically, the people who play the parts of Phil and Miss Kay back in the '60s are from Britain, but you would never know it. They completely pull off their roles in a most convincing man-

ner.

The scenery is stunning, the story is compelling, and the impact that Phil and his family have had continues unabated, even though the highly successful reality show is no more. This is a family of uncommon candor, and on a recent episode of *Unashamed*, which is Phil's podcast, they introduce the daughter/sister they never knew they had, and she makes it very clear that from the first moment she met them, she felt like she belonged. Her name is, interestingly, Phyllis, and she calls Miss Kay her "special mom." The family has welcomed her with open arms, and while that is not the subject of the movie, it is refreshing to see redemptive love walking around with a duck call in one hand.

The Blind is showing in local theatres and is doing well at the box office. It looks like former turmoil of Phil's life causes it to rightfully earn the PG-13 rating it holds, but it is beautiful proof that "with God, all things are possible." Go see it.

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The Miracles Of The Yom Kippur War

by Ali Elizabeth Turner



October 6 marks the 50th anniversary of the Yom Kippur War, a three-week set of battles from which Israel emerged triumphant through a series of documented miracles, just as in Bible days of old. The attempt to destroy Israel and the Jewish people certainly is nothing new—for millennia several nations have tried and failed, and this time was no exception. In 1973, Egypt and Syria joined forces and thought it would be a good idea to attack on Yom Kippur, the Day of Atonement. It is the highest holy day amongst the Jewish people, and the assumption was that it would be impossible to rally enough IDF troops for a spirited defense.

As usual, the “deck was stacked” against Israel. Prime Minister Golda Meier had received bad intel, in part from the CIA, which claimed that the “saber rattling” being observed of

Syrian troop movement near the border the actual day before was not to be taken seriously. In reality, Egypt and Syria, still stung by their completely humiliating defeat in the 1967 Six Day War, were hell-bent on trying to get back what they lost in the Golan. Interestingly, many Israelis feel that the first miracle in 1973 was that Jordan decided not to participate, which meant this time that Israel only had a two-front war, and not a three-front war.

Miracle number two: the ironic use on the part of God Almighty of Richard Nixon to save the Jewish people through a most unpopular airlift. This was just ten months before Nixon left office due to the Watergate scandal. What is little known is that when he was a young boy, his mother, Hannah effectively prophesied over her son and said, according to Nixon, “I could almost hear my



mother’s voice. She would tell me stories and read to me from the Old Testament, the heroes of the Bible. And one afternoon, she said, ‘Richard, someday you’re going to be in a position where you can help save the Jewish people. And when that day comes, you must do everything in your power.’” So, when Golda Meier

called in the middle of the night begging for help, he defied his cabinet, just as Harry Truman did in 1948, and airlifted in supplies which helped replenish the IDF. For the rest of her life, Golda referred to Nixon as “my president,” and of him she said, “For generations to come, all will be told of the miracle of the immense planes from the United States bringing in the materiel that meant life to our people.”

Miracle number three: the storm that exposed a minefield. Literally pinned down in the middle of a minefield, IDF soldiers were slowly crawling on their bellies, using bayonets as minesweepers. An IDF soldier prayed that God would spare them, and then what I am sure was a most unwelcome wind storm arose. It was so fierce that they had to lay face down until it was over. When the wind died down, every mine that had been planted was exposed, and they were able to escape unharmed.

Miracle number four, and

my favorite: the band of angels. Lt. Col. Avigdor Kahalani was outnumbered ten-to-one, and he and his troops took out 150 Syrian tanks before the greater miracle occurred. This one only came to light years later, when declassified records of an interrogation of a Syrian officer revealed the following answer to the question of “why did you stop?”

“I’d like to see you cross the Syrian mountain line if you saw an entire row of white angels, standing on the mountain line, and a white hand descending from heaven motioning you to STOP! I stopped,”

he said. What IDF soldiers did not know was why this line of tanks first stopped, and then fled. Now they do, and Kahalani to this day is a hero in Israel.

The stories are abundant, and many are documented. Proof once again that God has a plan, and He will do what He will do. Let’s trust Him as never before.

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The Grace Project

by Donna Clark



Hard times are exactly that...hard. Difficult, disturbing, stressful. What is the benefit of those hard times that we all have, and most likely will again experience in our lives? What good is there in the suffering? Research has actually found that up to 70 percent of people experience positive psychological growth from difficult times, such as a deeper sense of self and purpose, a greater appreciation for life and loved ones, and an increased capacity for altruism, empathy and desire to act for the greater good. That's exactly what was revealed to me as I listened to the back story of The Grace Project.

Lauren Baker shared about when she and her husband Joseph encountered a financial tightness in their budget and the stress that it placed upon their lives. They had just become parents, and Lauren had quit her job to be a stay-at-home mom. Joseph had a second income to supplement, and for a period of time, their life was financially comfortable. The difficulty came when Joseph lost the second income. That loss not only affected them financially but for Lauren, it was a spiritual hurt that would have to be reckoned with. The loss seemed unfair, and at times blame for the situation was placed on God. She shared how she was angry with Him for the loss of income but yet prayed that He would help them to weather this storm. Watching every penny become very important. Shopping for sales and using coupons

was a must. Not having a few dollars in the checking account to eat out was disappointing. Going from comfortable to uncomfortable had become the new way of life.

Lauren's desire for a small table for her home, and not having the funds to purchase one, prompted her husband to learn basic woodworking. When the table was completed, she posted a picture of it on social media and requests began coming in for table orders. Their little business of building small furniture items, in a detached garage with no heat or air conditioning, became a source of a financial supplement for them. Her prayers continued that God would help them. And He did just that. She stated that she kept a journal of those answered prayers. Lauren noted 33 times that He had proved Himself faithful -- through financial gifts from individuals who knew nothing of their struggle to small amounts refunded to them for no explanation to a reward for a free meal at a fast-food restaurant. The provision came in small portions, but they came, and through those timely blessings Lauren and Joseph found God trustworthy.

Now, several years later, having survived that difficult season, Lauren felt impressed to do something to help others who might be where her family was just a few years prior. She knows the struggle because she's lived it. With today's economy, everyone is feeling the pinch, but it's worse for

some than others. Her intent was to erect a food pantry, stocked with simple items, to help anyone who was facing a need. Whether it might be just a few items to make it to the next paycheck or several items to put a meal on a table, the pantry was to be available to anyone in need.

With Lauren's husband being a youth pastor, they are aware of needs in the Elkmont community that others may never know of. She shared her dream with Joseph, and using the knowledge he gained while building small furniture items, he built the pantry to her specifications. It would be named The Grace Project. Her hope was to place the pantry in an area that would be easily seen and accessible. After meeting with the principal of Elkmont High School, she received the go-ahead to place the pantry on the school grounds at a location easily seen by teachers, students, and parents alike. Several local businesses contributed and the pantry was stocked. She keeps a check on the pantry every few days and reports that she is seeing items being taken; its purpose is being fulfilled.

There are several scriptures in God's word that tells us that difficult times will come into our lives and that we're not even to be surprised when they do. However, when the hard times come, His word also tells us that He is faithful and He will never leave us. When harm is done to us, God can make some-



thing good from it. I believe all these have come full circle in the lives of Lauren and Joseph. They are now taking what they have learned from those difficulties and using the lesson to bless others. She talked of the magnitude of this task, keeping the pantry stocked for those in need, but she felt this was exactly what God was calling her to do. That step of faith remains, a continuing reliance on God. Her hope is that those in the community who are able to give to others will do just that. At any time, items can be dropped off at the pantry or at the Gin House Restaurant in Elkmont. Lauren would love to give you more information on needed items and answer

any questions you have. Her desire is that others will embrace the opportunity to give to those less fortunate and to join her in this endeavor. If you'd be interested in helping, she can be reached at graceprojectelkmont@gmail.com.

A scan of God's word tells us that his heart is for the poor and needy and their cry is extremely important to Him. The verse she refers to as God's blessing over this project is from Mark 6:42 where Jesus fed the thousands. "They all ate and were satisfied." From the book of Matthew I'd like to add my own to hers, "So in everything, do to others what you would have them do to you."

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.

Berea Baptist Welcomes Lauren Talley October 8

Berea Baptist Church in Athens is hosting Lauren Talley on Sunday October 8 at 10AM for a great worship time. Located at 16779 Lucas Ferry Rd, Athens, 35611. Free Admission, love offering. Contact Gary Wilson, 256-497-9763.

Sportsplex Charity Car Show October 14

Thanks to the Limestone County Mustang Club (of which Eli was a member), EBP has been the beneficiary of the Athens Sportsplex Charity Car Show in the past. The show is hosted and run by members of the Mustang Club. Traditionally, it is a "Show and Shine" event with cash prize drawings and 50/50 tickets. It attracts hundreds of vehicles with a variety of unique and interesting makes and models. All proceeds go to the charity being featured. Registration is the day of the event and is typically \$10. Vendors are welcome and should contact Joseph Scott. Food is provided by the concession stand at the Sportsplex. <https://www.elisblockparty.org/car-shows-and-cruises>

Merchants Alley Happy Hour Music Series October 20

5:30-7pm. Free to the public. Merchants Alley 107 N. Jefferson St. Athens, AL. Athens Main Street recently renovated a blighted alley in the center of downtown Athens. Opened in October of 2021, the renovation was a vibrant and fun spot filled with seven works of art celebrating music and musicians

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.

in our community. The Friday free concerts were wildly successful in 2022. We were thrilled with the variety of musical genres that we were able to book. From pop to country to soul to classical, there was something for everyone and our patron demographic reflected the inclusion we hoped to achieve. We engaged 27 diverse local musical acts. From individual musicians up to 10-person bands, these acts included guitars, banjos, keyboards, violins, drums, dulcimers, even a harpist. We are looking forward to 2023 and bringing more talented local artists to Merchants Alley. For more information on AMS, visit their website at www.AthensMainStreet.org.

Master Gardeners Fall Plant Sale October 21

Limestone County Master Gardeners Fall Plant Sale. 8am to 12pm. Greenhouse behind Athens Middle School. Perennials and shrubs available. 10" potted Mums \$12.00. Website: <https://mastergardeners-limestonecountyalabama.org>.
Facebook: Master Gardeners of Limestone County, Alabama

Kansas Another Fork In The Road 50th Anniversary Tour October 26

7:30pm - 9:00pm. VBC Mark C. Smith Concert Hall. 700 Monroe St SW, Huntsville, AL.

Fall Chicken Stew October 28

Athens VFW Auxiliary 4785. 18615 Jefferson St, Athens, AL. \$10 per quart, \$30 per gallon. Pre-orders accepted. Pre-order pick up at 1pm. Walk in serving at 2pm. Call Nina at 562-879-2557. We are very thankful for your support of our veterans.

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.yesterdaysevents.com
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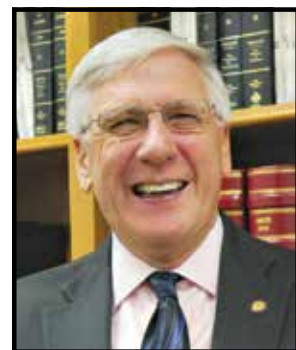
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What Makes Ronnie Roll

I Can See Clearly Now

by Ali Elizabeth Turner



One of my favorite parts of my publication week production responsibilities is when we are doing this column and Mayor Ronnie comes flying in the office on Monday morning, phone in hand, ready to show us some new and remarkable footage that almost always showcases a local event. This is even more the case during college football season or NCAA basketball season. This week I was treated to two of them; the first was an official video of Jimmy Cliff's version of "I Can See Clearly Now," which he and Sandra had used to celebrate the success of her first cataract surgery. They drove around while she said with child-like wonder, "I can see!" or "I wish you could see this!" or "That is so clear!" (You can fill in the blanks.) They changed the lyr-

ics to "I can see clearly now the clouds are gone," and you should take a look at the video. It is truly inspirational," and as he showed it to me, he said, "What they can do these days is a miracle..." May Sandra's second surgery finish off "the clouds" completely.

We then moved to the second video, which was of Devin Simmons singing on the square for the Athens Main Street Thursday Night Talent Show competition. The number of contestants has been narrowed down to six, and young Devin reminded me of Percy Sledge of the Shoals who wrote and performed the classic "When A Man Loves A Woman" while he was working as an orderly at a hospital in the Shoals six decades ago. Devin has pipes, for sure,

and was a part of the Mayor's Youth Commission for two years. Devin has also sung the National Anthem for the Trash Pandas. If Devin wins this talent competition, he will be awarded a thousand-dollar prize.

It is budget season, and Mayor Ronnie is one of those rare birds who actually enjoys the process of number crunching and doing budgets. He is energized by hearing what different departments want to accomplish, and finding ways to make projects that will better our quality of life in Athens-Limestone County. He wanted to make sure that the people of Athens know that the budget is a literal open book, and that any part of it can be explored.



Photo credit: Enewsjournal.com

The last thing we talked about was the 100th birthday celebration of

Katherine Horton, the daughter of legendary Athens jurist Judge James Horton, who set aside the conviction of the Scottsboro Boys ninety years ago; thus saving their lives. Not everyone knows that he and his family were threatened, and when I think of a ten-year-old little girl being in danger because her father did the right thing, I am even happier that after we prayed, the mayor went to the Goldton facility where Miss Katherine lives, celebrated her birthday, and gave her a key to the city. Once again it was time for Ronnie to roll, and once again I was glad that I live in Athens, Alabama.

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You Break It You Buy It

by Phil Williams



This past week, Alabama's own U.S. Senator Katie Britt made waves by arguing brilliantly that the southern border does not lead to the American dream, saying that "It's the American nightmare!" Well put.

In the same week, liberal Congresswoman Ayanna Presley (D-MA) shocked CNN's Jake Tapper by insisting that the southern border is secure while also claiming a humanitarian crisis exists as illegal immigrants flood across the nearly non-existent line. Tapper seemed incredulous as he asked, "But if you have millions of undocumented migrants coming into the country, how is the border secure?" Her deflection was to say that "this is not a new crisis."

There are two doctrines that come to mind here. One is unwritten and the other is black-letter law.

The first is simply the old rule of the retail store: "You break it, you buy it." That's why my dad told me as a knot-head kid to keep my hands in my pockets when we went into a store filled with breakables.

But there's a legal version of the "You break it, you buy it" retail rule. In the practice of law, it is common to find a suit for injuries that were proximately caused by the negligent or reckless acts of another person. Sometimes those cases are the only way that

a person can be "made whole." But what happens when the injured person was simply more susceptible to being hurt? What if the person has a physical disability, or a special condition, and their injuries are made worse simply because they were more prone to being hurt than another similarly situated person? Can a person be sued for injuries made worse by a preexisting condition? Yes, they can.

The longstanding rule is called the "eggshell plaintiff doctrine." It basically stands for the premise that if someone has a skull that can crack as easily as an egg, even if the average person wouldn't have suffered the same injuries, the fact could remain that a negligent person is still liable for hurting them. The courts have said that when it comes to injured persons, "You have to take them as you found them."

Defendants will try to point the finger at the fragile state of the injured person and say that no one could have foreseen such injuries. But if it is shown to the court's satisfaction that the defendant caused the injury, then it doesn't matter if the injured person was toting an eggshell noggin. In injury law you take them as you find them.

The eggshell plaintiff doctrine is the legal version of "You break it, you buy it."

What we are watching right now on the U.S. southern border is a classic example of trying to blame an injury on a pre-existing condition. By breaking our already fragile southern border, the Biden administration is causing massive injury to our country, our way of life, our economy, and our national security.

In August alone, 232,972 people were encountered illegally entering the U.S. Projections for 2023 lead to the expectation that we will exceed 3 million illegal immigrants in one year.

Some reports indicate that since Biden took office, over eight million illegal immigrants have entered the U.S. That's more than one-and-a-half times the entire population of the State of Alabama!

In Eagle Pass, Texas, thousands cross the border every single day and have overrun the small town whose actual population is only 29,000. The mayor of Eagle Pass said, "I believe 100% [Biden] does bear some responsibility for this crisis," he said. "I haven't heard from anybody in the administration. The president hasn't put out a statement, the vice president, I haven't heard from anybody."

But the Biden administration swears it's not their fault. It's a longstanding problem, they say. The border had issues before we got here,

they say. Well, I've got news Mr. President: it may be an eggshell plaintiff but the injuries were made worse by you. You broke it, so you buy it.

But deflection continues. Recently, in a speech to the Congressional Hispanic Caucus, Biden blamed Republicans for the growing numbers of illegals crossing the border. He said, "MAGA Republicans spent four years gutting the immigration system under my predecessor. They continue to undermine our border security today. We need our colleagues to act." Does he remember that he is the Chief Executive right now?

White House spin doctor and breaker of glass ceilings Karine Jean-Pierre insisted again that President Biden is doing "everything" he can to combat the surge of migrants at the southern border and accused Republicans of not doing enough. "We have taken steps without the help of Republicans in Congress to do everything that we can to deal with this issue," she told reporters at the White House.

None of their blaming of an illusory past gives them a bye on this issue. Remember that eggshell plaintiff doctrine: "You take them as you found them." The rule of retail: "You break it you buy it."

It does not matter one whit whether or not the border was perfect or

fragile when Biden took office. The fact is that Biden is the one who is in the position to either help or hurt, and he has chosen to hurt.

The United States is the injured party. Our southern border is our eggshell skull. The Biden administration's actions are the proximate cause of countless injuries to our society as a whole. The fact that we may have already had some problems does not absolve Biden of liability for making our problems worse.

Mr. President, you break it, you buy it.

Phil Williams is a former state senator, retired Army colonel and combat veteran, and a practicing attorney. He has served with the leadership of the Alabama Policy Institute and currently hosts the conservative news/talkshow Rightside Radio M-F 2-5 p.m. on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM - Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to www.rightsideradio.org. The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to Commentary@1819News.com.



Slinkard On Success

Whatever It Takes

by D. A. Slinkard

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



It is hard to believe the end of 2023 is quickly approaching, and 2024 will be here before you know it. I remember speaking with my father-in-law, Dennis Urhahn, about how quickly life goes by. He commented about how often we wish away our life before it happens, and it all makes sense. He pointed out that as kids, we wished we were teenagers, we wished we were sixteen so we could drive around town. Then we wished we were eighteen and considered adults, and then it was twenty-one.

Next is wishing we could retire, and then when we reach retirement age, we go back to wishing we were young. Now, this does not happen to everyone, but I would say this occurs with most people. We always think that life will be better when X happens or when I am X years old because I will be able to do this.

The truth is we cannot sit around waiting for life to happen to us or for us because life does not work like that. We lie to ourselves that when we reach a certain age, we will start doing the things we know we should be doing, but the truth is we do not have the necessary discipline to do so. We go about wishing for things to happen in our life. We get so caught up in our dreams that we fail

to realize how to make those dreams turn into reality.

I want you to think about any invention that man has ever created, and I want to point out that it started as a wish. Someone out there wished there was an invention to solve XYZ's problem, but instead of just wishing about it, they went out and made it happen. We have to take advantage of every step of our lives, and in doing so, we must stop wishing away our lives. We need to take the time to realize what we want, and what steps we need to take to achieve it, give ourselves a timeframe for it, and then start taking massive action to fulfill our wish.

Going through these steps is how we are going to turn those wishes into

reality. I understand that going from wishing life would happen to making life happen is difficult for many people, but we need to reflect upon how others achieve tremendous success. I do not believe they are successful because they are luckier than other people. I have found that the harder I work, the luckier I get. It is about hard work. I hear jealous people say another person's success is because of their last name. Well, if having the "right" last name is going to bring you success, then why not head down to the courthouse and legally change yours? Sounds silly to do so, right? Yet we have people make that excuse every day because they do not have the "right" last name.

Probably my favorite excuse for others' success is because of who they know. Why is this a problem? How many times do we reach our limits, and need others to help us get better? Parents do this with their kids all the time, and we need to understand that using our resources to help obtain success is not necessarily bad. Whatever there is in life that you want to achieve success in, it comes down to one simple step you must take. It is not about wishing for success or hoping for success...not at all.

The one step we must take is to decide. We must make a conscious effort proclaiming exactly what it is we will do. When we get stuck on our wishes, it is because we have not fully com-

mitted to our dreams. With anyone who has success in life, you will find a certain belief level in their own ability. Anyone stuck on the sidelines of their wishes is someone who is not committed 100% to the task at hand.

You must decide you are going to be a success. You must decide you are not willing to accept failure as an option. You must decide you will do "whatever it takes" (W.I.T.) to obtain success. Most importantly, you must decide you are going to leave the wishing and hoping for those who will not succeed while you do what you must to achieve your success. This year is almost over, and the new year is about to start; what will you do about it?

A large, stylized graphic of the title "WHATEVER IT TAKES". The words are in a very bold, blocky, sans-serif font. "WHATEVER" is on the top line, and "IT TAKES" is on the line below. The text is centered within a thick, black, arched frame that resembles a stylized arch or a thick underline. There are horizontal lines above and below the text, also in a thick, black, blocky style.



Clean, Green And Beautiful

It's Wacky Quacky Time!

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

It's that time of the year again...we are excited to be racing the 23rd annual Wacky Quacky Ducky Derby! The ducks are in prime racing condition and are ready for the action! In case you haven't heard of our race before, this is our biggest fundraiser of the year where we race special rubber ducks down the spillway at Athens Big Spring Memorial. We "adopt" our ducks out to race for chances to win some amazing prizes generously donated by local businesses. All proceeds are used to help Keep Athens-Limestone Beautiful to

continue to help ALL of Limestone County!

We assign each duck a racing number and divide them into four different heat races. We use sandbags to stop the water flow while we get all the ducks behind the start line. Once all the ducks are ready, we remove the sandbags allowing a rush of water to flow! The ducks ride the wave and race down the spillway to the finish line. The top winners of each heat race (the number is determined by the number of prizes) go on to the main race. Then we get all the ducks at the start line and release the water again, this time



there are fewer ducks, and the race is cutthroat! These ducks are caught in the order in which they finish and assigned the corresponding prize.

This year, we have an AMAZING new sponsor for the \$1000 GRAND PRIZE- BT's Towing, Tire, and Truck Repair! We are so grateful to Barry Tate for his generosity and support! We have so many other amazing prizes as well. A \$500 cash prize from Trustmark Bank; a gift certificate for a one night stay at the Shoals Marriott AND dinner for two at 360 Grille; a round of golf for four people plus a golf cart from Canebrake Golf Club; a \$250 gift card from Osborne's Jewelry; a \$250 cash prize from Morell Engineering; a photo session from Dana Baker Photography; five \$100 cash prizes from Dunn Building Supply, First National Bank, Athens Pharmacy, Morell Engineering, and Village

Veterinary Clinic; four Flex Tickets from Theater Huntsville; a Hobb's Jewelry gift card; a gift certificate from Newman Massage and Wellness; a two-year subscription from Alabama Magazine; and two more sets of two Flex Tickets from Theater Huntsville. And we can never forget those LAZY duck prizes for each duck that finishes last in their heat race for a burger and fries from Dub's Burgers!

You do not have to be present to win; we will call, email, and reach out through Facebook to notify the winners. But we would love for you to come enjoy the races with us! Bring your chairs or blankets, snacks, and even your four-legged friends and enjoy the day with us.

The races will begin around 4 p.m. And we may want to cross our fingers for a day of good weather!

So stop by the KALB office at 125 East Street, adopt online through our website (kalbcares.com), or stop by our booth at the Fiddler's Convention on Friday and until 1 p.m. on Saturday to adopt a racing duck for \$5 each, or grab a Papa Murphy's Quack Pack (6 ducks for \$25) and get a coupon for 25% off of your order of \$20 or more. Don't miss out on a chance to win great prizes while donating to Keep Athens-Limestone Beautiful!



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Cooking with Anna

A Change Can Come

by Anna Hamilton

In our world, change is inevitable. However, sometimes, we want things to change in our lives, things to be different, but we don't know how to make things happen. We have no clue even where to begin. So, we end up just being still, just thinking about what could be, what possibly could happen. We end up doing nothing and expecting something to change. But I have a secret, nothing changes if nothing changes.

Expecting something different to happen in your life while doing nothing differently is how I lived a lot of my life. I would dream of being a different person but never really put effort into changing. I wanted to be that person who loved going to

the gym, but I never went to the gym. How can you love something you are never willing to do? I didn't have the courage to actually make that change until earlier this year, and you know what, I now love going to the gym.

Our spiritual life can become in need of change too, yet we still can be scared to take that step to make the necessary changes. This Sunday, we had a baptism, and it was a wonderful reminder

continued on page 23

BBQ Chicken and Broccoli Cauliflower Rice Casserole

Ingredients:

2 Tbsp olive oil

Salt and pepper to taste

1 tsp garlic powder

1 lb. chicken tenders

2 Tbsp butter

1 red onion, sliced thin

2 heads broccoli, cut into florets

4 cups riced cauliflower

1 cup BBQ sauce (we use a low-sugar or a sugar-free option)

½ cup cheddar cheese, shredded



Directions:

Preheat oven to 375 degrees.

Heat olive oil over medium heat in a skillet. Season both sides of chicken with salt, pepper, and garlic powder. Add chicken to pan and cook 7-10 minutes on each side until lightly browned and cooked through. Remove from pan and set aside.

In the same pan, heat butter over medium low. Add onions and a pinch of salt. Cook, stirring occasionally until onions are caramelized, about 10-15 minutes.

Cut chicken into bite sized pieces, add to pan with onions along with broccoli florets, cauliflower rice and BBQ sauce. Cover and cook 5-7 minutes until broccoli is tender.

Stir in cheddar cheese. Transfer mixture to a casserole dish and cook in preheated oven for 20-25 minutes until cheese is bubbly and melted.

Motivation Vs. Discipline

by Nick Niedzwiecki - Owner, CrossFit Athens



Picture this -- Tomorrow is the day, you're waking up early and you're going to work out. The alarm clock rings; it's 4:30 a.m., you get up, make your coffee, and head out to the door to work out. You did it, you found the motivation to accomplish the task you set out to do the day before; now do it again tomorrow. The next day comes, the alarm rings again, 4:30 a.m., this time you hit the snooze for just

10 more minutes because you're sore from the workout the day before and the pillow is comfy. You still manage to get up and get in your workout. Now, day 3 rolls around. Once again the alarm clock's ringing; this time you hit the off button. Next thing you know, there are birds singing, you missed your workout today, your motivation is gone.

That's the issue with motivation, it isn't tangible.

It's virtually impossible to measure because motivation is a feeling, and it is ever fleeting. The days you're feeling excited it's easy to find motivation and wake up but it most likely won't be there tomorrow. What should you find to help when your motivation runs out? Discipline

Discipline is what keeps you going when the day's motivation isn't there as the alarm clock starts blar-

ing. Discipline gets you out of the bed, regardless of your feelings, for your morning workout - rain, shine, cold, hot, happy, sad, strong, or weak. Discipline does not care.

Discipline is a skill, one you have to constantly work on. Self-discipline can help you make a change. It can keep you on track when times get tough. It is used as a guide to help you accomplish your goals in life. Self-

discipline is not exact, it can be flexible and ever changing; there is room for growth and development. This can be applied to any aspect of your life that you want to make better.

This does require effort and daily habits are one of the best ways to practice and create self-discipline. Here are a few ways to practice and develop more discipline:

A constant routine. Setting your day up for success can be as simple as establishing a routine. 4:30 a.m. wake up, 4:45 leave house, 5:00-6:00 workout, 6:15 back home. This is now the routine you follow every day. Some days are great, some are mediocre and some are downright bad. But this is your routine, no matter what. You're now developing discipline.

Start with reasonable levels of discipline. Change happens in small actions done every day for a long time. This is not something that is ever done; you are now developing lifelong positive habits that will alter your life. If working out more is your goal, start with 2 days a week, then 3 days, then 4 days, and next thing you know you're consistently hitting 5 workout days a week.

Discipline is the difference maker in getting you to your healthier life.

Need help finding discipline? Reach out to CrossFit Athens at info@crossfitathens.com and we can help you develop the discipline you need!



A Fresh Eye On Athens

by Stephanie Reynolds, Athens-Limestone Tourism Association



It is with great pleasure we welcome Miss Stephanie to our writing staff, and are looking forward to what we hope will be years of her humor and love for our area!

How does one even begin to introduce oneself in print?

"Hello, Athens!" -- Eh, generic

"My fellow Athenians" -- Entirely too presidential (but putting it in my pocket for later. You never know.)

"Hajimamashite...Hola... annyeonghaseyo...hafa adai!..." -- Hmm... fun or pretentious?

Hey! I know! Maybe I should write a poem! --Yeah. No.

I sigh and take a sip of too-hot coffee from a handmade copper tumbler.

"Maybe," I think hopefully, "That, itself, was enough of an intro, and I can just move on. People know the first sentence is the hardest. It's like the first workout or the first date—everything is slightly awkward and official. But once you get past the 'first,' you can go forever. Or till you hit your word count."

I'm Stephanie. I just started working for the fabulous Athens-Limestone Tourism Association. I have met fabulous people and ate fabulous cake (twice!) in just the first week I was here.

(Why, yes, I do own a thesaurus; it's on my phone. Why do you ask?)

How might I describe myself? Hmm...I think "interested" is pretty fitting. I love to learn and teach. I love to help and explore. I like to

think and do. I like to try to relate to everyone in some way. There really is very little I am not willing to try.

And I really love to see what makes other people light up. When someone is in their zone and starts talking in animated rushes, that is one of my absolute favorite things. If you want someone to geek out with you, I'm your gal.

Some of the things that make me all happy include: teaching (anybody, anything), sitting in quiet thought, swimming, archery, philosophy, Haribo gummy bears, researching anything at all, k-dramas, crocheting, airports, ducks, trail running, rucking (walking with a weighted backpack), cosplay, video games, theology, reading, public speaking, pets, Ani-ramen days (where we have a bunch of folk over to watch anime, win prizes, and eat ramen), YouTube wormholes, sci-fi, fishing, home improvement, emergency management, personal challenge, poetry... honestly, there is very little that I don't have at least a passing interest in.

I have one degree in psychology, two dogs, three cats, and an assortment of chickens, ducks, peafowl, and homing pigeons. I homeschooled our 2 incredible children, which was positively delightful. We ran our house like a little Renaissance enclave where everyone had their studies and art and research and projects. I also worked in emergency management, mostly doing plan writing, which I love.

I am a third-generation military wife. My grandfather,

father-in-law, uncle, father, cousin, aunt, brother, husband, and other grandfather all served. I like to say "National security is our family business."

Being military, I never lived anywhere longer than three years and a week until we moved to Alaska in 1999. We spent almost 14 years there until my wonderful husband retired, and we knew we needed to come down south to thaw. I LOVE heat and humidity. August in the South is like getting to be in a high class nature sauna, dripping with flowers and fruit and green—but for FREE! I love it.

Quickly we settled on Alabama, then Athens, which brings me to this article...

See, we've lived here for 10 years, yet often I hear




about some local place or event I haven't been to. Not only is that embarrassing as a resident of this wonderful county, but also a little humbling for a budding tourism professional.


It might be the same for some of you. I remember a quote from one of my fa-

vorite books: "If you visit (a place) for a week, you will see some of the things you want to. If you visit for a month, you will see all the things you want to. But if you live there, you never see anything at all."

So let's change that, you and me. Let's look at Athens and Limestone County with a fresh eye. I'm going to start visiting local events, organizations, areas, and report back to you. YOU can help me by recommending any organization, artisan group, event, nature place, meeting, etc. that you think is a hidden gem. Stop by and say hello or email them to me at stephanie@visita-thensal.com.


(Huh. This reminds me of the time I learned how to firewalk...)



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The 17th Annual Athens Storytelling Festival Is Almost Here!

by Ali Elizabeth Turner

continued from page 1

ens Festival Season.

We are happy to report that the 17th Annual Athens Storytelling Festival will be held once again under the big tent on the campus of Athens State University, and the dates are October 24-28.

This year there are some new faces as well as the ones that over the years have made Storytelling Festival feel like a family reunion. Leading the charge as always is the venerable Donald Davis, who is the elder statesman of the group. Donald grew up in Appalachia, where stories have always had their rightful place in shaping the culture. He spent 25 years as a Methodist minister, would use stories in his sermons (just like Jesus did!), and has earned the highest awards in the National Storytelling world.

Donald is giving a true gift to the teachers of our area in that he is hosting a Monday night event that will equip educators to better use stories in the classroom. If you are a teacher in either the Athens Public Schools or the Limestone County Schools, you owe

it to your own professional development (for which you will get official PD credit), as well as to the kids, to “sit at the feet of the master.” There will be a free supper as well, and the whole shebang will be in Sandridge Hall on the ASU campus. For more information, contact Leah Oakley at leah.oakley@acs-k12.org. If you are a teacher of any grade level, or, if you are an education major attending Athens State University, this is going to be well worth your time. You need to hurry, though, because space is limited and they need a headcount ASAP.

Storytelling Festival veteran Bil Lepp (yes, that’s Bil with only one “l”) is back again, and his specialty is finding humor in just about anything. He has published six books for children, several audio collections, and his family-friendly fare has even been heard on the stage at Comedy Central in Los Angeles. He has awards as long as your arm (well that may be an exaggeration, but still...) along with Josh Goforth, who is originally from “next door” in Madison County. Josh knows his way well around about 10 instruments, is multi-

award winning, and is one mean fiddle player in addition to being a ‘teller.

Carol Cain is going to do her signature “Rosie the Riveter” sketch, complete with polka-dotted bandana and denim work clothes.

Carol has been doing the “Rosie” piece for the past 28 years at the Little White House in Warm Springs, Georgia, and elsewhere. Carol is featured on Donald Davis’s video workshop on storytelling, which was broadcast by BYU


as well as on Georgia Public Television.

Randy Evensen will be back, and is glad of it. He spent 35 years teaching first and second graders and for the last eight years has told stories in the Utah County public

CONNECTING TEACHERS AND STUDENTS THROUGH STORIES

OCT 23 MONDAY 20 23

with **DONALD DAVIS**



6:00 pm DINNER
ASU BALLROOM

7:00-8:15 pm WORKSHOP
ASU McCANDLESS HALL

Complimentary dinner catered by **café 1822**



Athens Storytelling Festival invites you to a Professional Development workshop for all Limestone County and Athens City School teachers and Athens State University Education students on October 23, 2023. Join us for a fabulous (and FREE!) dinner at Cafe 1822 in the Athens State University Ballroom, then move to McCandless Hall for a thought-provoking workshop entitled “Connecting Teachers and Students through Stories” conducted by legendary storyteller Donald Davis.

Professional Development credit hours are offered.

To register or receive more information, please contact:
Leah Oakley leah.oakley@acs-k12.org
Annessa Jenkins Annessa.Jenkins@lcsk12.org

SPOTS ARE LIMITED SO REGISTER TODAY!


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school system. Randy has been a part of several festivals, but his favorite venue is being around the campfire telling stories to his grandkids.

Adam Booth is a traditional musician as well as a storyteller with a career that has taken him all over the U.S. and to Banff, Alberta, Canada. He was voted the 2022 West Virginia Folk Artist of the Year, and will be ‘telling three times on Friday as well as two times on Saturday.

Three on a String, who have (finally and deservedly) been inducted into the Country Music Hall of Fame, will perform on Thursday night. In addition, at that performance, the finalists from among the student tellers will tell their tales, and a winner will be chosen. In 2021, Three on a String celebrated their fifty years together as a group, and hail from Alabama the Beautiful. They have been with us many times, and we are “pleased as punch” that they are back.

And, now for the School Days portion of Storytelling Festival, which will be held Monday through Thursday, and headed up by British ‘teller Simon Brooks. Simon started telling in 1991, and has been

in the States since 2003. He brings rich British and Welsh lore to his tales, and has performed extensively here and across the pond. He is someone who provides all of his own sound effects, all of his own voices, and has unending energy -- perfect for kids.

School Days is near and dear to the hearts of the ‘tellers, because we are the only festival in the country that sees to it that school kids of every type and stripe get to attend for free. We thank our state legislators -- State Senators Tim Melson, Tom Butler, Arthur Orr, and our State Representatives Danny Crawford, Ben Harrison, Andy Whitt, Phillip Rigsby and Larry Stutts for making this possible. For me, watching the students shriek with delight and being captivated the whole time they are under the tent is the best part of the week.

Whatever you do, take some time to, as the ‘tellers put it so well, “laugh ‘til you cry and cry ‘til you laugh” by attending the 17th Annual Athens Storytelling Festival. It will be good for every part of you and yours.

For tickets and more information, go to www.athensstorytellingfestival.com.



The Power Of "And" And The Tyranny Of "Or"

by Eric Betts, Udemy Instructor in Religion, Leadership and Ethics



You heard the question millions of times as a child growing up. Undoubtedly, you have asked this of your children and those who surround you in your family. The question is: "What do you want to be when you grow up?" This is indeed an important question, but sometimes the way it is asked, the assumption is that you need to pick one or another.

Randal D. Pinkett is a renowned entrepreneur, who is the CEO of BCT Partners, a multimillion-dollar consulting firm specializing in information technology and public policy. Randal A. Robinson is a respected professional in the world of commercial real estate, and the Vice president of NJ Community Capital. He has extensive experience in finance, development, and strategic planning. Together, they have authored books on the subject of leadership strategies. In their book, *Black Faces in High Places*, they refer to a concept called the power of 'and,' which is helpful for professionals, communicators, and entrepreneurs to consider.

In their influential philosophy, Randal D. Pinkett and Randall A. Robinson pontificate about the power of 'and', an inspiring ideal that champions the belief in achieving excellence across multiple spheres of life. They argue against the common and disempowering notion they term as the tyranny of 'or' which forces individuals to choose between diverse areas of interest. They believe that

one can indeed become a world-renowned scientist, a noted professor, and even the president of a university, without compromising on any role.

The power of 'and' is more feasible today, bolstered by an increasingly interconnected world where we can tap into a wealth of knowledge, resources, and opportunities. The Internet and digital technologies have dissolved traditional boundaries, enabling people to explore multiple areas of interest simultaneously and excel in them. Online educational platforms, for instance, offer a diverse range of courses, allowing one to be a scientist, a writer, and an entrepreneur at the same time. The power of 'and' fosters a holistic development, encouraging people to pursue their varied passions, thereby allowing them to live their purpose more authentically. It liber-

ates one from the confines of single-stream specialization, cultivating versatile individuals who can adapt to the dynamics of a rapidly changing world.

The power of 'and' is not just about expanding one's horizons; it is also about finding greater fulfillment in life. It may appear overwhelming or draining to juggle multiple interests or roles. However, in today's technologically advanced and interconnected society, managing multiple interests has become less laborious and more fulfilling. Thanks to the digital revolution, resources, tools, and platforms are readily available to facilitate multitasking effectively. Digital calendars, project management tools, virtual collaboration platforms, and a plethora of other technologies streamline the management of diverse roles, making it less time-consuming and more

efficient. Furthermore, research has found that engaging in diverse interests enhances cognitive flexibility, creativity, and emotional fulfillment, leading to a higher satisfaction and quality of life. Embracing the power of 'and' is thus not a drain on our resources and time, but rather a path to experiencing a more fulfilling, multi-dimensional life.

However, they caution against spreading one's efforts too thin by attempting to excel in numerous areas simultaneously. They emphasize that excellence needs to be achieved in one specific area before expanding into others. To illustrate their point, they cite the example of Queen Latifah, who initially established herself as an excellent rapper. Using the knowledge and skills acquired in the music industry, she then successfully expanded her

repertoire to include singing, modeling, acting, and producing. According to Pinkett and Robinson, once an individual comprehends what it takes to achieve excellence in one field, it becomes easier to apply the same principles to different areas.


In conclusion, it is entirely possible, and indeed fulfilling, to wear multiple hats and excel in them. The challenge lies in understanding the balance and not spreading oneself too thin. So, the question now is: How will you navigate your journey to become a master of many skills? Are you ready to embrace the power of 'and' and explore your multifaceted interests? This journey is not just about juggling roles but about learning, growing, and ultimately finding satisfaction in the diversity of life's experiences.



Man Trip To Shiloh Battlefield

by Jerry R. Barksdale

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



It was our sixth “man trip,” this one to Shiloh Battlefield near Savannah, Tennessee. In two bloody days – April 6-7, 1862 – over 24,000 men fell dead and wounded, not from fighting a foreign Army but Americans killing Americans. “The ground was strewn with the dead of the enemy and our own, mangled in every conceivable way,” wrote Captain Samuel Latta, CSA, 13th Tennessee Infantry.

Today the killing field is serene, peaceful and beautiful.

Retired Athens cop and Alabama Veterans Museum president Jerry Crabtree drove and served as our official wisecracker and rumor monger. Visiting a historical place of great tragedy didn't prevent us from having fun. As always, women weren't allowed on the trip. We didn't have time to engage in petty gossip. We talked serious gossip...useful gossip...maybe even life-saving gossip. For example, Crabtree pointed to the house of a prominent church-going woman near Elkmont. “They say she carried “The Judge” in her purse,” he said. That's a combination – shotgun and .45 pistol that will disable a tank. What if we had invited her on our trip and she became angry because we wouldn't stop at a shoe store? Instead of reaching in her purse for lipstick, she produced The Judge... BANG – BANG! Our caskets couldn't be opened. A man will shoot a neighbor because his dog craps in his yard and that's understandable. A woman is liable to shoot you just because she's having a bad hair day. Fair

warning.

Museum board member Bill Ward, a retired mathematician, appointed himself navigator and backseat driver. I sure hope he could cipher his figures better than he navigated and backseat drove. However, he did test our knowledge of distance.

“How far is over yonder?” Bill asked.

It's a question that no Yankee can answer and every Southerner knows the answer. “It's just a little bit from here.”

Ewell Smith, Museum board member, former Athens volunteer fireman and retired business manager at ASU, told us the harrowing story of how Athens Fire Chief Mutt Bumpus saved Brownsferry from a possible melt down in 1975. Bumpus told TVA engineers how to extinguish the fire, “Spray water on it.” Because he was a small town fire chief with the nickname “Mutt”, they ignored his advice. When the TVA “Brain Trust” finally ran out of options they turned to Mutt. He sprayed water on the fire and it was extinguished.

Lt. Col. Joe Rogers (Ret. Army) from Athens, is a Vietnam combat veteran and recipient of a Purple Heart and two Bronze Stars. He recently retired from Calhoun College as an economics professor. You might think he's a typical egghead, constantly jabbering about economic charts, interest rates, and the stock market, who can't tie his shoes laces (I've known professors like that). Not the case with Joe. I wrote a three-part story about Joe's combat experience in Vietnam, titled “Where Hell was Green” (Nov. 2015, [www.jerrybarks-](http://www.jerrybarksdale.com)

[dale.com](http://www.jerrybarksdale.com)). I knew that he had lost his best friend during a bloody battle and Joe gathered up his scattered body parts.

I rounded out our group, and because I take three Lasix pills a day, was given the front passenger seat so I could jump out and dash behind a tree for an emergency pee.

We departed the Veterans Museum at 7:30 a.m. and headed north on AL 127 to Pulaski. Crabtree said it was the scenic route. He was correct. No place is more picturesque than Giles County, Tennessee. We took Hwy 64 over to Lawrenceburg, former home of Davy Crockett. His motto for living is still good today. “Be always sure you're right then go ahead.” Then over to Waynesboro, birth place of Western gun fighter Clay Allison. He was so crazy that he was kicked out of the Confederate Army. Later he rode with General Nathan Bedford Forrest. It's said that he killed many men. Following the Civil War, he went west. Wayne County is beautiful country, hardwood forests, empty spaces and excellent roads.

At Savannah, a sign on the edge of town proclaimed: “Catfish Capitol of the World.” I didn't know the catfish had their own country, much less a capital. Savannah's also home to the Tennessee River Museum that looked interesting. May need to visit it in the future.

Shiloh is 7 miles south of Savannah on Tennessee 22. The trip took 2 hours and was fine all the way. We began our tour by watching a 45-minute movie about the battle. The

theater was filled with 7th and 8th graders from Tupelo, Mississippi. What a bummer, I thought. A houseful of noisy kids. Was I wrong! The lights went down, and they grew silent. The film was instructional and realistic with actual guns firing, men groaning, and dying. Joe was seated next to me. I wondered how he would react to the battle scene. The lights came on and the kids cheered. Joe was quiet and teared up. “Two words I always heard was “Mama and God,” he said. I put my arm around his shoulder and gave him a squeeze.

Two great armies, one from the South under the command of General Albert Sidney Johnston and the other under the command of Gen. U.S. Grant, met near a small log church – called Shiloh – to determine with iron and flack, who would control the Tennessee River and nearby railroad, and ultimately the Western theater of war.

The Confederates carried the first day. Gen. Johnston, age 59, was shot behind his knee and bled out. I've read, but can't locate my source, that General Johnston's corpse was pickled in a barrel of whiskey and shipped to New Orleans, then on to Texas where he was buried in Austin. Gen. G. T. Beauregard failed to follow up on the victory. The next day, he was forced to retreat to Corinth, Mississippi.

We toured the battlefield by car (a map is provided marking 20 stops). I noticed that the Yankee monuments are large and plentiful, the reason being is that when the Battlefield Monument Commission

began in 1893, Southern states were too poor to purchase large monuments.

Afterwards, we ate at nearby Hagy's Catfish Hotel on the bank of the Tennessee River. It's been in business for 80 years and the food is excellent. I asked our waitress if catfish actually overnighted there. No they don't. I ordered the small catfish filets, each about the size of a shoe sole, along with hush puppies, slaw, and baked potato. Never had better food and at such a reasonable price.

Our return trip was on Hwy 69S to Florence. We discussed important events that occurred in Athens when we were kids. Do you know that cowboy actor Lash LaRue personally appeared at the Ritz Theater? Ewell went to see him and bought a bullwhip for a souvenir. He never learned to use it and ended up whipping himself.

“Who was Gabby Hayes?” someone asked. “Roy Rogers's sidekick.” Correct.

I stumped them. “Who was Gene Autry's sidekick?” I asked. No one knew the correct answer. “Frog Millhouse,” I said. “And who was his sidekick?” No answer. “Tadpole.”

Roy Rogers also put in a personal appearance at the Ritz and when it was over, he went to a nearby pool hall and shot pool with, as Mama called them, “no account, good for nothing lazy bums,” who hung out there.

As they say, knowledge is power. It was an educational and interesting trip. I recommend you take your family, especially your children, and enjoy a day of good living.

Taking Your Service Dog To Church

by Joel Allen



Hello, folks! Years ago when Zues was with me, I attended a local church and would put his vest on him before taking him in for worship. Zues was my first Service Dog for Diabetic Alert and I always kept him close. Many people saw us at church and always seemed amazed at how well Zues behaved. If no one saw him, they would never know he was there at all. He always sat next to me on the floor and seemed to watch and listen to the congregation singing hymns. Zues always stayed calm even when church was dismissed. Of course, every now and again we met someone who feared dogs in

the church. But Zues always had a calmness about him, and sometimes when those who feared dogs met him, I believe he changed their mindset with how he was. We never know the lives we touch.

Over the years I have been told of people who were refused access to church with their service dog. I used to believe that those of us with an SD could not be refused access to such areas until the ADA made it clear... okay, let us talk shop for a bit. The Americans with Disabilities Act (ADA) states: "Religious institutions and organizations are specifically exempt from the ADA.

However, there may be State laws that apply to religious organizations."

Why am I bringing this subject up? Well, this past weekend Houston, my Great Dane service dog, and I went to church. Because of what the ADA says, I asked the preacher if I could bring him and I explained what he is used for. The preacher gave me permission, and Sunday we were in church singing hymns while Houston lay at my feet. The preacher even told the congregation we were there. Everyone seemed to love this and were very interested in Houston. LOL...Houston was very good but when church was over he

was ready to leave! The preacher came and met with Houston and commented on how calm he was. This made me think of Zues and all those times we went to church together. We did have a great time, Houston and I. In the future, I hope to do this again.

As I have stated above through the quote of the ADA, churches do not have to allow a service dog. If anyone has an SD they use, they should seek permission before attending church. Something that I do and would recommend is that while asking for permission from the church leader, one should also explain what the service dog is

used for. Be specific, and if anyone feels that their privacy might be exposed, they should ask the church leader not to disclose their disability. With that being said, I would not want to be part of a church that would refuse access to an SD. Also be mindful of those in church who have allergies. Please be kind and try to keep your SD away from those who are allergic. If we practice good diplomacy when we are visiting a church, then those who might come with an SD in the future may also enjoy these same privileges. That's right! Having your SD at church is a privilege, not a right, so never forget that!

What can someone do if they are refused access with their service dog? Nothing really unless they sue, of course, and the likelihood of the court hearing the case is probably zero given the ADA law is clear about this subject. I always think of the saying, "Separation of Church and State".

With that folks, I hope everyone has a safe September. Until next month...

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

Joel Allen
256-651-2211



The Myth Of Anger As A Negative Emotion

by Lisa Philippart,
Licensed Professional Counselor



“Anger can be good if it’s an energy that motivates you toward action...to right the thing that is angering you.”

- Martin Sheen

In my previous article, we discussed the mechanics of anger. This article will focus on the myth of anger as a negative emotion, and common ways anger leads to feeling good, not bad. We mistakenly classify anger as a negative emotion because people who are angry often do negative things. But if you think about it, it’s silly to define a thing by the quality of the thing that follows it. Here’s an example: anger isn’t a negative emotion just because after feeling criticized and angry, you lash out disrespectfully at a family member over

Thanksgiving dinner. Your behavior of lashing out was in fact wrong and disrespectful. But the emotion that preceded it was a natural response to a perceived injustice your family member was supporting. Furthermore, because we as a society want to discourage aggressive behavior, we’ve labeled the emotion that often precedes it as negative...implying that the emotion itself is bad or wrong.

There’s a second reason we tend to think of anger as a negative emotion: because anger often precedes bad behavior, we assume the feeling and experience of anger is aversive or unpleasant. Most people will tell you that joy and excitement feel pleasant while sadness and guilt feel unpleasant. And most people will toss anger into

the second category of unpleasant emotions. At least that’s what they’d tell you after the fact... turns out, in the moment, the experience of anger is actually far from unpleasant. In fact, it’s often pleasurable. Let’s look at some common ways anger leads to feeling good, not bad:

1. Anger makes you feel in control. When you watch the news and feel terrified and helpless at the state of the world, getting angry at some person or group gives you the illusion of control, like you are really doing something and making a difference. In fact, the entire news industry is simply selling people their own anger and outrage.
2. Anger makes you feel like the sympathetic victim. Ruminating endlessly on how you’ve been wronged by other

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people creates a compelling story in your head that you are the victim... the person who has been unfairly slighted, and hopefully will have justice done to them eventually.

3. Anger makes you feel morally superior. Every time you criticize someone or something, the unsaid implication is that you’re better. For example, “He’s such an idiot... (but I’m pretty smart). Her sense of fashion is atrocious... (but I’m incredibly discerning).”

4. Anger distracts you from more painful emotions. One big reason so many people are so angry all the time is that getting themselves angry is the way they’ve learned to avoid or “take care of” other painful emotions. This is especially true of men in most cultures for whom anger is an “appropriate” emotion while fear, sadness, or guilt are not. Because anger is quite strong, ego-boosting, and comes on fast, it makes a great tool for temporarily avoiding another painful feeling. This process can become habitual (even addictive) such that for some people, generating anger is their default response to any painful feeling. This is actually such a common phenomenon that anger has been called the “great antidepressant.”

I’ll finish up my series on anger next time with the flavors of anger.

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



The Alternative Approach

Believe It Or Not

by Roy Williams



Let me start this article with this statement, "Just because you believe something is true does not necessarily mean that it is." The powers that be, which include the national media, the deep state, politicians, FDA, CDC, NIH, the government educational system, big pharma, the medical profession, FBI, CIA, and, yes, even organized religion use repetition to program the masses with information that is not true. Joseph Goebbels stated: "If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State."

Make note: The truth is the greatest enemy of the State. Over the last few decades many companies and three letter organizations have become so powerful, so wealthy, and so dependent on the masses believing their narrative, that they now find them-

selves trying to defend the lies they have programed the public to believe.

With the new media outlets such as, Rumble, YouTube, and especially, Truth Social, they are finding themselves in a defensive mode. But, instead of admitting the lies, they are continuing to spread the misinformation. Thankfully, the masses are feeling the pain of believing and accepting their lies. Our borders are wide open, interest rates are soaring, prices for food and energy are going higher and higher, the cost of medicine is unsustainable, thousands of our children are misled by the "woke" misinformation, and even our government is out of control.

This example comes to mind as I am preparing this article. When I was a young boy, science had become the hope of the future. The public schools I attended told us that if we just gave them enough time and money the medical and pharmaceutical industry would cure all disease. Here we are fifty years later, and no one can show me one disease they have cured in sixty years. As a result, I and many others no longer believe they have our best interest in mind. It has become evident that the big lie only serves to make us dependent on their drugs



and surgeries, while at the same time making them and their stock holders so rich that they now control the entire industry.

At the same time, we discover that many cures have been identified, tested and proven to reverse disease, but those remarkable results never see the light of day because it goes totally against their narrative. Remember, they are dependent on keeping us in the dark, by never allowing the truth to come out. Their biggest fear is that we eventually uncover their lies and hold them accountable.

Until that day arrives, take responsibility of your own health by becoming informed. Before taking a prescription, look it up in the Physicians Desk Reference, check what possible side effects it may cause, ask your doctor how long it will take to reverse the disorder you are suffering from, and be sure to ask how long the drug has been

on the market, how much it costs, and if there an older drug that costs less.

And last but definitely important to remember, there are all-natural alternatives that work as well or better than the drugs, without causing any side effects. Of course, you shouldn't ask your medical doctor for that information because the average physician receives only three to six hours of nutritional studies during the 12 to 18 years it takes them to become licensed. And there, is another one of the lies they are dependent on you believing. Even though their own medical reports prove that nutritional supplements definitively support overall body health, they will tell you that supplements are a waste of money and the only real solutions will come from the medical industry.

With over 30 years of nutritional studies and thousands of customers with their own medial reports proving

that they no longer need to be on many prescriptions such as blood pressure, blood sugar, steroidal, cholesterol, and pain medications, I am here to tell you that you do have choices. Please remember, they cannot show you one single cure for any disease in over sixty years, even though we, the taxpayers, have invested untold billions of dollars and over sixty years of time waiting.

Please consider going by Herbs & More in Athens or NHC Herbs in Killen to learn what all-natural, safe and inexpensive supplements may support your health. You may wish to ask us what we would do if we were diagnosed with your disorder or just to maintain your overall health. Remember, we do not charge for our time.

*Your friend in health,
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A Change Can Come

by Anna Hamilton

of nothing changes if nothing changes. By the world's standards, the man who was baptized is past a time in his life at age 43 to truly change. But with the grace God gives his children, there is never a wrong time to change. Seeing something so beautiful as one making a spiritual commitment can spur your heart to continue to change for the better. The outward showing of faith and courage it takes to make the decision to be baptized into Christ is a beautiful example of positive change.

The Bible gives us countless examples of people who have made the hard decision to change their lives. The story of Nicodemus can be found in John 3:1-21. Nicodemus was a Pharisee and a member of the Sanhedrin. He wanted to know the truth and came to Jesus to learn more about Him. Nicodemus initially doubted that Jesus could be the Messiah, but eventually he made a change. Nicodemus put his faith in Christ and became one of His most loyal followers.

The story of Abraham is one of great changes. In Genesis 17, God tells Abraham that he will become the father of the Jewish nation. He tells Abraham to leave his homeland and travel to a land that God will give him. Without hesitation, Abraham makes a great change and walks with faith and God. Abraham's story teaches us the importance of obedience and when we follow God, He will bless us.

It is never too late to change, never. In Luke 23:39-43, Jesus is being crucified and finds Himself hanging next to a criminal, a thief. At first, the thief mocked Jesus, just like the people in the crowd. But soon he realized that Jesus was different. He realized that Jesus truly was the Son of God. He asked Jesus to remember him when He came into His kingdom. Jesus immediately forgave him and told the thief that

he would be with Him in paradise that day. The thief on the cross teaches us that it is NEVER too late to repent and receive forgiveness.

I have a lot of things in my life that I would like to change and in time, I hope to be as courageous as possible and be able to make the changes. I am a true work in progress. When I look back on my life, I am amazed at all the things the Lord has been gracious enough to hold my hand through and help me make changes.

This week's recipe is a delicious, one pot dish that is perfect for those busy fall evenings. It is a family favorite and sure to please even your pickiest eater. As always, feel free to make changes to make this recipe your own. I sure hope you'll love it as much as we do.

"Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." 2 Corinthians 5:17-21

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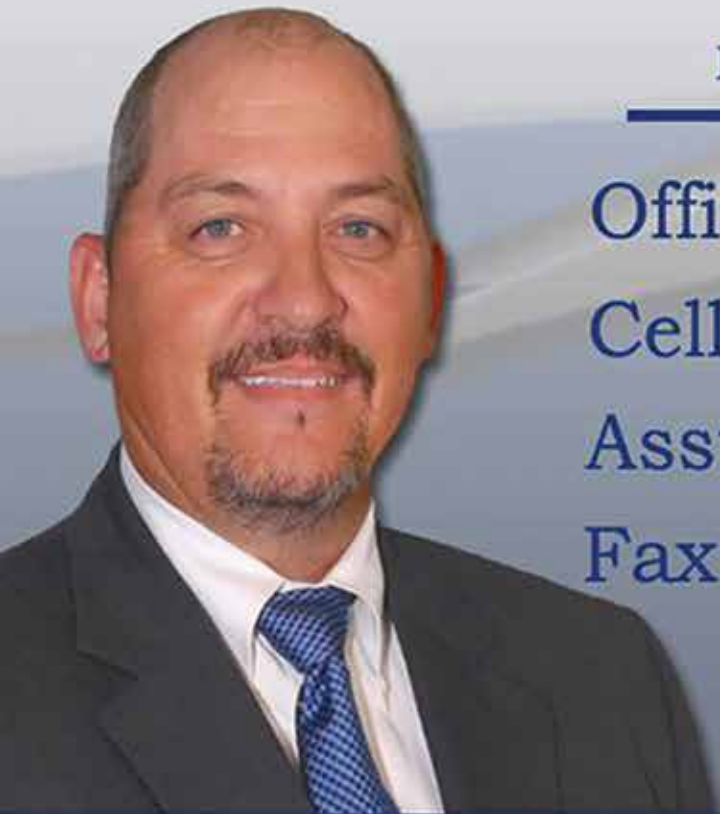
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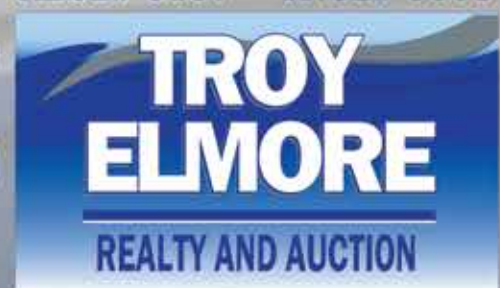
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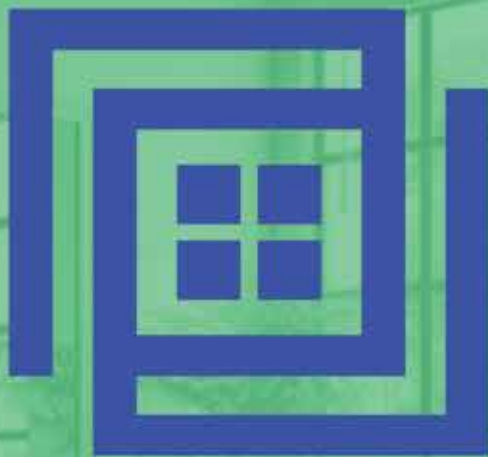
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if we have the courage to pursue them."*

-Walt Disney

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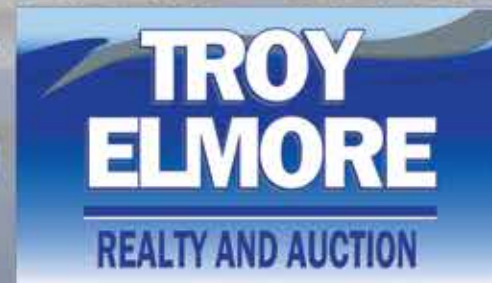
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