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 E-MAIL: info@athensnowal.com
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See Our Listings Inside this edition...
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Special Feature



Vote For Henry Fudge For Limestone County School Board, District 1...
Henry Fudge has always been involved with kids, whether it was being a dad, teaching science, coaching sports, or pastoring a church...
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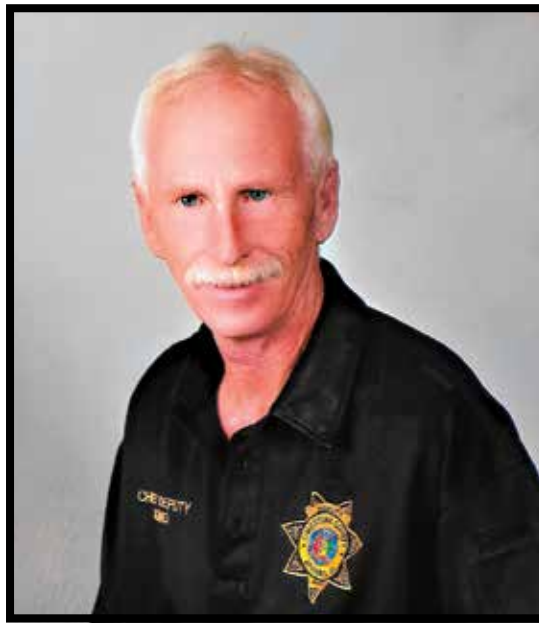


Randy King For Limestone County Sheriff: Experience Matters

By Ali Elizabeth Turner

Randy King is an Athens native, graduated from Clements High School in 1982, and for three years worked in sheet metal. In 1986 he began to work for the Limestone County Sheriff's Of-

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Special Feature

Josh Winn And Loan Depot: The Blend Of Technology And Personal Service...
Josh Winn is an Athens native, an Athens High School graduate, and is a member of the family that started Catfish Cabin...
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Special Feature



22nd Annual Wacky Quacky Ducky Derby - \$2,000 Grand Prize...
At 4 p.m. on Saturday, October 8, hundreds of specially designed rubber ducks will race down the spillway at...
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Athens State University To Host The 16th Annual Athens Storytelling Festival

By Ali Elizabeth Turner

A little over sixteen years ago, a group of Athenians had the chance to experience the heartwarming joy of the nearly lost art of storytelling at the National Storytelling Festival in Jonesborough, TN. They then decided to start a festival here in Athens,

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Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

- D. A. Slinkard
- Lisa Philippart
- Anna Hamilton
- Eric Betts
- Lynne Hart
- Joel Allen
- Roy Williams
- Danny Moon
- Jerry Barksdale
- Phil Williams
- Benjamin Bradley
- Yvonne Dempsey
- Tina Morrison

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

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Publisher's Point

Goal-Setting? Gulp...

I have found out something about myself recently that was extremely uncomfortable to face. Here it is: I have spent my whole adult life doing my best to avoid setting goals because I was afraid to. Now, mind you, it is not that I have been, as my husband Steve loves to say, "Sitting on the couch watching soaps and eating bon bons." I have been busy; I have accomplished things that can be quantified, such as publishing over 250 versions of *Athens Now*, writing a book about my adventures in Iraq, composing songs and music, running two schools in two countries, being part of a best-in-class global whole food business, completing over twenty 5K races in the past six years, and having a radio

program.

My point here is not to brag. I am scandalously blessed, I know I am, and I give all the glory to the One who made me. My point is to soberly look at the fact that I more than likely could have accomplished so much more if I hadn't been so terrified of goal-setting. What happened to me? Why was the prospect of goal-setting so daunting? Simple, and not. Fear of failure, and fear of success. "Oh, come on, knock it off with the Dr. Phil fest," you might say, and I wouldn't blame you. I just know that I have struggled and scrapped with reconciling two opposing states, and I have found out that's actually quite common and definitely human.

I have had to grapple with what would happen to me if I actually was not just successful, but wildly successful? Who would I be? What if I became materialistic? What if I became haughty or arrogant, worse than I already am? What if, as the scriptures say, I became one of those ones who "gained the whole world and lost [my] soul?" Or being one that is rebuked for the utter blindness that can come from being "rich and increased with goods"? For the sake of this discussion, I am not defining success as being financially affluent, per se, because I truly believe that being successful is doing what you were made to do, and I am happy to report that I am, in fact, doing just that. The money is not the issue. But, what

if *Athens Now* became synonymous globally with excellence in publishing? Could I handle it? Would I just become flat impossible to live with or be around?

Truth is, I have been trying to keep myself safe on all fronts by holding back. I have bought into the lie that if I set goals like "successful people do," and I don't meet those goals, then I couldn't bear the disappointment in myself. And, that is just not true. It is not a smart thing to hide one's talents in a napkin or bury them in the ground, and I am choosing to not do that anymore.

So, and I can't believe that I am telling you this, I am doing an experiment during the month of October, to be completed on my 69th birthday, which will be November 1. I am going to set goals all month long, work hard to accomplish them, and see what happens. I have got to believe that if I succeed, I'll be okay, and if I fail, I'll be ok. Why? Because I am loved by the Good Shepherd, and He has promised to restore my soul. Here goes...

Ali Elizabeth Turner

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



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Stolen Valor, Stolen Honor, Courtesy Of POTUS

by Ali Elizabeth Turner



I really, really don't like being lied to. I don't like it when it affects the people I love, and when it's a group of people to whom I owe my life and the freedom to publish this newspaper, I get especially hacked. In two other *All Things Soldier* articles, I talked about a woman who pretended to have served in Afghanistan, pretended to be a wounded warrior, pretended to have been sexually assaulted by a senior officer, and who had swindled the military out of hundreds of thousands of dollars in benefits. I wrote a second article when she was caught, convicted, and sentenced. Sadly, history is replete with people who have done this. Most of the time it is men who do it, and in days gone by, before our lives were discoverable through a few well-placed keystrokes, it was easier to get away with it.

Lying about having been wounded in battle is one thing. Lying about having served at all is another, and lying about being accepted to a prestigious military academy is just weird. However, this usually happens with "regular Joes" who, for one reason or another need to tell tales to impress others, and as of 2005 and 2013, it became a crime as a result of the Stolen Valor Act. Now, technically the lie to which I am referring had to do with having been accepted to the U.S. Naval Academy in Annapolis and declining the appointment, not having served in the Navy in the first place. However, what makes this "tall tale" so egregious is who told it, where, and to whom.

It was told by none other than the CNC, better known

as the Commander in Chief to graduates of the US Naval Academy at their graduation ceremony. Here is what Joe Biden said to the 2022 graduating class:

"I was told the class of '72 is here. I was appointed to the academy in 1965 by a senator who I was running against in 1972 — never planned it that way. I wasn't old enough to be sworn in. I was only 29 years old when I was running," Biden said. The president added later that *"I didn't come to the academy because I wanted to be a football star. And you had a guy named [Roger] Staubach and [Joe] Bellino here. So, I went to Delaware."*

None of this is true, except the fact that football greats Roger Staubach and Joe Bellino were graduates. There is

no record of Joe Biden ever having been accepted to the Academy. There is no record of any senator having been involved in trying to get the young-but-post-grad Joe into Annapolis. It gets worse. Joe graduated from the University of Delaware and went to law school at the University of Syracuse. The Naval Academy is strictly an undergrad school. It does not offer any advanced degrees, either Master's or Ph.Ds. Joe Biden got his bachelor's degree from the University of Delaware in 1965, and his law degree from Syracuse in 1968.

Even the White House press secretary, Karine Jean-Pierre, had trouble with it. She obfuscated by saying that "she did not hear that part of the speech." Upon being further pressed upon

by a reporter for clarification, she actually said, "I hear you. I need to read it myself and just go back and see what you're talking about, exactly. I can't speak to it right now."

Another speech given at Annapolis and delivered in 2010 is ludicrous, especially as it pertains to football.

"In 1960, I was a pretty good football player at the University of Delaware, and I was one of the guys that applied to come to this great academy," Biden said 12 years ago. *"And a fellow named J. Caleb Boggs considered me, and I thought I was going to be a pretty good ballplayer. And then I found out you had two guys in the backfield back in those days, Admiral, and I realized I wasn't going to get a chance to play at all. You had a guy named*

Staubach, and a guy named Bellino, so I went to the University of Delaware."

Newsflash: Bellino graduated from the Naval Academy and was drafted into the NFL in 1961. There is no way on the face of God's green earth that Bellino could have kept Biden out of the Naval Academy, even if he had wanted to. Joe Bellino was born in 1938, and Joe Biden was born in 1942.

Can you imagine if any other United States president had done this once, let alone twice? Why is there nothing but crickets for us to hear on the matter? Oh, I don't know, maybe it's somehow okay to expect young Navy lieutenants to obey not the Commander in Chief, but the Conundrum in Chief. In any case, it's above my pay grade.



Vote For Henry Fudge For Limestone County School Board, District 1

by Ali Elizabeth Turner

Henry Fudge has always been involved with kids, whether it was being a dad, teaching science, coaching sports, or pastoring a church. He has taught in the private and public school sector, and has coached several sports including volleyball and basketball. His father, Bennie Lee was one of the founders of Athens Bible School, which was the first place Henry taught and coached, and he has also spent the last 55 years perfecting the art and science of swine husbandry.

Henry received his education degree from Athens State University, and loves to teach science to middle schoolers. "There is something about that age group," he told me. "They are still young enough to 'not know everything' and old enough to ask great questions. I love all kids, but they are my favorite age group," he added. The day we chatted about his run for Limestone County School Board, District 1, he was on his way to finish and hand in all of the paperwork needed to get recertified as a substitute teacher. He knows that the best way to be able to serve students and their families is to be "boots on the ground" in the classroom, in the halls, and on the courts. Henry is a spry 76, full of experience, wisdom, and humor, and he is deeply concerned about students of all ages. He has preached for 55 years and pastored a church that was about half-white and half-black. He also has been through the "school of hard knocks," having

lost his 16-year old son in a car accident, riding the rollercoaster of being an entrepreneur, and having a heart attack over 11 years ago. One of his most valuable life lessons is that it does not pay to "worry your way through anything." While his faith certainly has kept him through the toughest storms of life, he has learned that managing stress and having a healthy lifestyle are invaluable. He now looks forward to being back in the classroom and serving the families of Limestone County as a

school board member.

Henry understands how much students need their parents in order to be successful, and told me that when he was teaching full time, it took about two weeks to tell who only had one parent in the home. One of the things he wants to do if elected is to find ways to get dads and moms back in schools to help in the places their kids are the most vulnerable, and that is not physically. "The county schools are in pretty good shape when it comes to be-

ing able to keep kids safe, but that is not what concerns me. It's the kinds of things they are being taught and not taught. Alabama is in real trouble when it comes to education, but it's not too late to do something about it. Just a few years ago, Florida was about where we are now, and now they are up here," he gestured in an upward manner before a luncheon of Republican women.

How did Florida do it? A lot of it had to do with using common sense. First of

all, they eliminated Common Core curriculum. Another thing they did was to change the one giant annual assessment, which was held at the end of the school year, and break it up into three smaller tests conducted in the fall, winter, and spring, which took less time, and gave opportunity for improvement while school was still in session. Testing took 75% less time, which freed up more time to teach; it gave schools and teachers two more chances to get the school out of failing status, parents were more involved, and overall, it was much less stressful for everyone. One elementary school went from a D rating to a C rating in one year, and has continued to improve. And, it needs to be understood that this school was in an economically depressed area, considered to be scholastically challenged, and they did it during COVID. These are some of the ideas Henry would like to see implemented in Limestone County if elected.

When it comes to what Henry Fudge pledges, here is what he says:

"As a Christian, husband, proud grand and great-grandfather, teacher and coach, I know children are the future of our community. I will defend our values and fight for our children if elected to the Limestone County School Board!"

If this is what you are looking for in a member of the Limestone County Public School Board, then Henry Fudge would appreciate your vote on November 8.

HENRY FUDGE
Board Of Education

BUILDING FAMILY. FAITH. FREEDOM.

As a Christian, Husband, Proud Grand and Great Grandfather, Teacher, and Coach, I know children are the future of our community.

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- ✓ **FOCUS ON LIMESTONE COUNTY VALUES.** STAND AGAINST CRT, TRANSGENDER EDUCATION AND FAILED COMMON CORE.
- ✓ **STUDENT SAFETY.** SUPPORT TRAINING FOR SCHOOL RESOURCE OFFICERS, TEACHERS AND FACULTY.
- ✓ **RELIGIOUS FREEDOM.** SUPPORT THE FREEDOM OF CHOICE FOR STUDENTS, TEACHERS AND COACHES WHO WISH TO PRAY AND RECOGNIZE THEIR FAITH.
- ✓ **SUPPORT AND FREE OUR TEACHERS.** ADVOCATE FOR LOCAL CONTROL INSTEAD OF DICTATES FROM MONTGOMERY AND WASHINGTON DC.
- ✓ **MEDICAL FREEDOM.** YOUR CHILD SHOULD NEVER BE FORCED TO TAKE ANY MEDICATION.
- ✓ **CREATE STUDENT OPPORTUNITIES.** SUPPORT CAREER-TECH AND COLLEGE PROGRAMS.

A REPUBLICAN FOR DISTRICT 1
Please contact me anytime: (256) 652-7440

Pd For by Henry Fudge 13181 Sugar Plum Lane, Madison AL 35756

Calendar of Events

55th Annual Tennessee Valley Old Time Fiddlers Convention October 7 - 8

Mark your calendars for the 55th Annual Tennessee Valley Old Time Fiddlers Convention, presented by Aetos Systems, Inc! This annual event, where the Alabama State Fiddle Champion is crowned (along with the top winner in over a dozen other categories being crowned Alabama State Champions) brings some 200 contestants and an estimated 10,000 folk music fans to the grounds of historic Athens State University in Athens, Alabama the first full weekend of October each year. In addition to the annual competitions, the 2022 musical entertainment lineup includes: Friday, October 7: Balsam Range
Saturday, October 8: Rhonda Vincent & The Rage
Also at the Convention, area craftsmen display their arts and crafts at the annual arts and crafts fair held in conjunction with the musical competition, offering unique and custom-made souvenirs. Bring your appetite and visit our food court area, offering everything from a quick snack to an entire meal.

Fall Open House October 8

9:00am - 6:00pm. Serendipity Antiques & Interiors will have great Sales and Free Coffee and Snacks at their Fall Open House event. 22335 US-72 Suite B, Athens, AL 35613 (256) 232-9060

Interfaith Panel Discussion and Symposium November 10

The Center for Religion Leadership and Culture at Athens State University will host its annual Interfaith Panel Discussion and Symposium on Thursday November 10 at 6:30 PM in Founders

Senior Lunch Matinee Series Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2022. All remaining 2022 public events will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdayevents.com
FB: www.facebook.com/YesterdaysEventCenter

Hall Chapel. There will be three scholar representatives from the three Abrahamic traditions: Islam, Christianity, and Judaism. The topic which will be discussed is "How hospitality is viewed, explained, and practiced within the traditions." This will be an educational service to the academic community and public to help us get to know our neighbors of different cultural-religious backgrounds. Refreshments will be served. It is a free event to the public. All are invited.

Butterflies Of Limestone County And Their Host Plants October 11

11:00am - 12:00pm. Limestone Master Gardeners are offering a free presentation on "Butterflies of Limestone County and their Host Plants" at the Athens-Limestone Public Library. There will be gift certificates for the upcoming plant sale on October 15th. 603 S. Jefferson St. in Athens.

The Ardmore Car & Truck Show October 15

10:00 am - 3:00 pm John Barnes Park, Ardmore Ridge Rd, Ardmore, TN 38449. The largest car show in North Alabama and Southern Tennessee drawing unique cars and trucks from all over the southeast. There are usually over a thousand cars to see, so come on down early! It's rain or shine!

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

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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.



Josh Winn And Loan Depot: *The Blend Of Technology And Personal Service*

by Ali Elizabeth Turner

Josh Winn is an Athens native, an Athens High School graduate, and is a member of the family that started Catfish Cabin. He grew up working in the iconic restaurant, and told me, “I did it all,” which of course means everything from bussing and waiting tables, to cooking, to cashing out, to cleaning, to many and everything involved in running the place. Josh was planning on getting his Doctor of Pharmacy (PharmD) degree, and then an accident occurred that changed the direction of his life. Two friends were killed, and he promised one of their families that he would finish his education and make his life count. He chose to get a degree from Alabama in management/marketing instead of PharmD and graduated in 2006. He found that he loved marketing and numbers, then went to work with Wachovia. He was a credit manager, handled small loans, learned about mortgage, and endured the merger with Wells Fargo in 2008. He eventually became a retail branch manager.

Josh then oversaw and managed four PNC Bank branches in Tuscaloosa, but it was his time in Birmingham as a 30-year-old working for Ralph Lauren and managing a large young work staff that prepared him for the radical change in the American mortgage industry as it transitioned online. He joined Loan Depot, which is the largest provider of mortgage closures in the country. Josh has had to learn to merge what on the surface appear to be two disparate approaches to making a huge investment -- buying a home. He explained to me that because younger clients “buy everything online, including houses, they don’t really want someone all that much involved. Contrast that with many other people who



Josh (l) and realtor Brooke Rozell, Capstone Realty (far right) on the day James and Tracy Mierisch closed on their house



Team Reed at the Martha Joe Leonard Memorial Golf Tournament: Josh Winn, Jansen Burgess, kneeling Jason Reed of Reed Chiropractic and Spain Reese. Jansen won a Chevy truck from Jimmy Smith for his hole in one



The Winn Family Josh, his wife Morgan and son Cooper

want and expect a high level of personal customer service, and you have Loan Depot. We are kind of a hybrid—1/2 tech, 1/2 old-fashioned service.”

I have found over the years that the best mortgage loan officers are the ones who are committed to educating their clients about the buying process from start to finish and are the ones that generally get the most repeat business. That being said, how do you educate a client who may not understand that they need much education? By having online tutorials, and that is one of the things that makes Josh’s website shine.

Josh’s Loan Depot website, which is www.loandepot.com/loan-officers/joshwinn, has a section known as “the Knowledge Café,” which covers such varied topics as what lenders are looking for in a buyer, how

to decode all the unfamiliar terms and shorthand that show up in the paperwork, things to consider when buying a historical home or a vacation home, understanding the appraisal process, navigating multi-generational home buying/remodeling, and much more. There is an educational video that discusses all the approaches to financing a home. There is also a calculator for figuring out how much a mortgage or refinance

is going to cost. On Josh’s site there are also tutorial tabs for purchasing, their legal department, investing, refinancing, and more.

And, if you are not someone who wants to figure that website stuff out by yourself, you have Josh to help you buy a home “the old-fashioned way,” and walk you through the process every step of the way. Josh is fierce with resolution when he says, “You can’t replace

good service.”

It is apparent that Josh genuinely loves what he is doing, and when I asked him why I should come to him if I am looking to buy a house, here is what he told me: “I am trustworthy. In my heart I will do what’s right. I will fight for my customers.”

It is important to Josh for people to have an idea of who he is and what makes him tick as a husband, father, businessman, and believer. He greatly enjoys being autonomous in the planning and execution of his sales goals and strategies, and he likes that his job allows him to assist people in ways they might not be able to themselves. When he isn’t working, Josh enjoys spending time with his wife and their son who was born this year. His hobbies include golfing, hiking, finding waterfalls, snow skiing, studying history, and playing with his three dogs and two cats.

Whether you are a young, first-time home buyer, or have owned several homes and want to safely explore the hybrid mortgage option with a professional who has your best interests in mind, then you need to contact Josh Winn today and let him help you the Loan Depot way.

Josh Winn
NMLS# 219148
Loan Consultant

(256) 214-2573 cell
(833) 761-1477 fax

joshwinn@loandepot.com
<https://www.loandepot.com/joshwinn>

507 Drake Ave SW
Huntsville, Alabama 35801




JOSH WINN
NMLS #219148
Loan Consultant

507 Drake Ave SW, Suite B
Huntsville, AL 35801

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

(256) 214-2573
(833) 761-1477

Enter Eddie Alley, And More

by Ali Elizabeth Turner



On Saturday, October 1, Athens lawyer Eddie Alley was sworn in by Judge Chad Wise as our newest City of Athens Municipal Judge in the Athens City Courtroom. He was attended by his wife, daughters, other relatives, Athens City Council members, several judges and attorneys, Athens Police Chief Johnson, Mayor Ronnie and other well-wishers, including me. I first met Eddie when I started working for Athens Now, and had written articles for him when he ran for office. While he did not win at the time, somehow I knew that there would come a day when he would in fact be on the bench, and I would always refer to him as “your Honor” when I would see him. He would

chuckle, but on this Saturday, he grinned. It had finally happened, and everyone was glad.

Mayor Ronnie wanted to spend space in this edition welcoming Eddie to the bench, and thanking retiring Municipal Judge Don Mansell for his service to our community since 1996. Judge Alley had been chosen unanimously by the Athens City Council for his new post. He has been a state and federal prosecutor, and has served as a legal instructor contractor for the U.S. Department of Justice. He also worked for the Limestone County’s District Attorney’s office before going into private practice. As his website says, Eddie has tried every kind of case from a traffic ticket to

murder, and he became experienced with trying cases while he was still in law school. He graduated from the Alabama School of Law in 2002. It is also an added blessing that Eddie speaks Spanish.

There were some interesting comments made during the swearing-in ceremony, and they had to do with the fact that “traffic court,” if you will, is something that many people will be in at some time in their life, and it can be the first impression of a city. “People need to be treated with respect in any court, but city court is where it all starts. It needs to be professional at all times, and making sure the rights of the people are respected,” Mayor Ronnie reit-

erated when we met on Monday. Eddie pledged to uphold the law and to respect people.

We moved on to other topics. He had been in Montgomery for a farewell event for retiring U.S. Senator Richard Shelby, had a chance to chat with Katie Britt, who is hoping to fill the senator’s slot come November, and is getting ready for a 14-state conference of southern mayors of cities under 100,000. “I am really looking forward to this,” he said, and added, “They always have such good ideas about ways they have solved problems in their cities.”

Mayor Ronnie then took me into the boardroom and showed me a table that was close to half full with supplies for Bird-

ie Thornton and other charities. There were art supplies, cleaning supplies, paper towels, toilet tissue, and more, and the returning kids from the Mayor’s Youth Commission were the ones who had collected them. “We have 17 returning kids and are still in the selection process for the rest,” said the mayor. I know from experience that he and Holly Hollman, along with the rest of those who work with the students, enjoy themselves immensely, and they are ready to get this year going.

The time had come for both of us to go, and so we did what we always do, and that was to pray. And then once again it was time for Ronnie to roll.





Cooking with Anna

If Not Now, Then When?

by Anna Hamilton

Do you feel like you are keeping your head down, working hard, and not seeing any results? Others around you seem to have all these wonderful blessings just falling in their laps, whether they are deserving or not. All you want to know is if and when it will be your turn.

At different periods in my life, I have felt this way. I would start down the dangerous path of comparing myself with others and the bitterness would slowly creep into my heart. Satan would use every tool he had to make me feel as if something was wrong with me because my life looked different from peers around me. I can choose to let the bitterness take control or I can do three simple steps to help me get back on track.

First, when you pray, God listens. God wants us to come to him with all of our problems, no matter how small we may think they are. The Bible is packed with verses telling us to pray to God for answers. God uses prayer as a way not only for us to receive guidance for our lives but to also draw closer to him. The power of prayer is amazing and once you

are invested in a rich prayer life, you will begin to see God all around you. “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

Secondly, when you listen, God talks. Once you are committed to prayer, you will begin to see God all around you. When you are reading his word every day, you will be able to hear his voice guiding you in every decision you make. He will make your paths known and straight. It doesn't mean that we will never face troubles, but it does mean that God will never abandon us and he will always guide us to where we need to be. God's voice should be the guide for every decision in your life. “Whether you turn to the right or to the left, your ears will hear a voice behind you saying, “This is the way; walk in it.” Isaiah 30:21

Lastly, when you believe, God works. By praying constantly

continued on page 23

Crustless Pumpkin Pie

Ingredients:

- 1 can pure pumpkin purée, 15oz.*
- 2 large eggs*
- ½ cup of sweetener of choice (Splenda, honey, or my personal favorite, maple syrup)*
- ¼ tsp salt*
- 1 Tbsp pumpkin pie spice*
- 1 tsp cinnamon*
- 1 cup heavy cream or unsweetened almond milk*

Directions:

- Preheat oven to 425 degrees.*
- Whisk all ingredients together in a mixing bowl.*
- Pour into a greased 8x8 pan or pie pan.*
- Bake for 15 minutes then reduce heat to 350 degrees. Continue baking another 35-40 minutes, or until pie is set and cooked through. A knife should come out clean at the center.*
- Chill and enjoy!*



Doin' Right Ain't Hard

by Phil Williams



On the shelf at my office is a shadowbox holding a large bronze medallion hanging from a ribbon approximately 1 ½ inches wide. The ribbon has two sky blue bands and one of yellow. The medallion itself is about two inches in diameter and hangs from a clasp on the ribbon in the shape of an eagle with the word “Legionnaire” imprinted on it. The medallion has a wreath around its borders and is emblazoned with the cast image of a Roman soldier extending his hand down to help a fallen comrade. Aside from the imagery, the medallion also reads “The Order of Saint Maurice” and “The National Infantry Association.”

The Order of Saint Maurice



medallion is an award given to honor those who are inducted into the Order for their roles contributing to or serving in the US Army Infantry.

It becomes even more special with some research designed to better understand why the Infantry Association chose to call their special order the Order of Saint Maurice. What I found is an epic tale of heroism about which movies should be made.

The story of the real Maurice is also a testimony to the kind of attitude that we need more of during this time of heightened assault on conservative values. An attitude that says, “Not on my watch” and coupled with the kind of leadership that men and women look to that is so significant that they are willing to place themselves at risk for the greater good. The story of Saint Maurice is really a story of men who were willing to look evil in the eye and calmly take the position that “doin’ right ain’t hard” even when it means that doin’ right means great sacrifice.

What we know today of Maurice may be part fact and part fiction. But it is nonetheless documented and he is still revered in some parts of the world. Maurice was from the ancient city of Thebes in Egypt. Thebes was the capital of the region at that time during the period in which the Roman Empire had conquered Egypt.

Maurice’s image is depicted in multiple ancient paintings and frescos as a black man in full armor. As was the custom of the time, Rome expanded its military to include residents of conquered lands, and Maurice became a soldier of the Roman Army. He rose through the ranks and eventually became the commander of the Theban Legion with approximately 5000 men un-

der his command.

Maurice was also an acknowledged Christian at a time when Christianity was considered suspect and a threat to the Roman Empire. Nevertheless, Maurice commanded his legion which is believed to also have been comprised entirely of Christians.

In the first quarter of the tenth century AD, the Theban Legion under Maurice’s command was dispatched to what is now the Swiss Alps to quell a rebellion. Before going into battle they were ordered to make sacrifices to Rome’s pagan gods. Maurice is said to have reaffirmed his loyalty to Rome but refused to take part in the pagan rituals. Legend says that he was then ordered to take his legion into the field and to kill and harass local Christians for no other reason than the Roman Emperor Maximian wanted them to be persecuted.

History says that Maurice told his superiors that while he was militarily loyal to Rome, his service to God superseded all else and he and his men saw wanton slaughter as something that was unacceptable. Maurice then ordered his men to withdraw from the field.

Under Maurice’s leadership, the Theban Legion refused to compromise their own faith by worshipping pagan idols and further refused to abandon their deep principles to destroy Christian villages.

Emperor Maximian is said to have been outraged and ordered that every tenth man be executed, a punishment called “decimation.” But it didn’t work. The Emperor then ordered a second decimation. It still did not work. So legend says that in and around the small village of what is now known as St. Moritz (or “Maurice”), Switzerland, the entire Theban Legion was martyred.

Earliest documents relating the events date to 453 AD and Maurice was eventually canonized as a saint of the Catholic Church. Over time more than 650 religious foundations and orders have been dedicated to his honor. The sword and spurs of Saint Maurice were a key part of the royal regalia used to coronate Austro-Hungarian emperors all the way up to 1916. It is said that his remains and those of several of his men are now entombed at Magdeburg Cathedral in Germany.

But Maurice’s story, while epic in its good-versus-evil narrative, is really about so much more. Despite the reverence for who he was and what he did, the real story of Saint Maurice is the backstory. The fact that the man, who his own commanders probably viewed as the least among them, was a leader of such determination and faith he was willing to look his leadership in the eye and let them know that wrong is still wrong, and he would take no part in it.

But even more than that, he was a leader who inspired his own men so intensely that they were willing to sacrifice their own well being to follow his example. We don’t have any stories of defectors from within the ranks of the Theban Legion. Perhaps there were some who caved, but we don’t know of them. Truth be told, cowards don’t become saints, and so history records the great and principled stand of the Theban Legion and the leadership of Saint Maurice.

I’m watching world events right now and believing that there are Maurice-types among us even now. There has to be. Because if there are not, then we are in a world of hurt. As many conservatives watch with great concern, I hold out hope that within the ranks of an overly politicized FBI, a double-standard promoting



DOJ, a negligent DHS, an emboldened IRS, and the strange party-line water-toters in the Pentagon, there have to be men and women who are willing to look their leadership in the eye and say “That is not my mission, and that is a violation of my conscience.”

I once heard a major tell a very subordinate captain that he needed to get his head on straight and remember that an otherwise lawful order did not have to be heeded if in fact it was illegal, immoral, or unethical, but that being unpopular was not one of the criteria. He was right. But too many sheep in high places these days refuse to question a leadership that tells them to act in a manner that flies in the face of their charter. You may not like the orders you are given, they may be unpopular, and yet necessary. But the orders that require an individual to violate their mission to provide for the common defense, promote the general welfare, and ensure domestic tranquility by voiding the actual liberties of those they are sworn to defend must be balanced against that standard of “illegal, immoral, and unethical.”


We need more folks right now to heed the example of Saint Maurice, Commander of the Theban Legion. Doing the right thing for him and his men came at a great cost, to be sure. But doin’ right ain’t hard when you are a principled individual. History does not canonize sheep who go along to get along. Cowards do not become saints. Doin’ right ain’t hard.

Slinkard On Success

“S” Is For Success

by D. A. Slinkard

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



Nine months of 2022 are now complete, and there are a mere three months remaining in this year. We are now to letter “S” in our series and our word is “Success.” In the last article, we touched on results, and my question is -- Are you getting the results you hoped for in 2022? You must be honest and open with yourself concerning what you have or have not achieved. There are some things we can change, and there are some things we cannot impact at all. We need to focus on what we can change and make the necessary adjustments to hit our desired results.

The definition of success is going to vary from person to person, and this is something we all must be conscious of. We must take the time to think about what our non-negotiables will be, and this non-negotiable is something we are not willing to compromise on. It is something we are willing to give one-hundred-percent effort in making sure we accomplish success. Do not be fooled into thinking you can give 110 percent because it is just not possible. There is no one that can give this much effort, and though it sounds good, we cannot believe this fallacy. Typically, the 110 percenters only give forty to fifty percent.

You have three months

left to make something out of your year, and if you are not careful, the three months are going to dwindle to just looking forward to the upcoming year. Go ahead and decide how the rest of your year is going to play out. Go ahead and decide now whether you are going to be the hero or the zero with the time you have remaining. Are you going to do something great to make your family proud or are you going to be all right with achieving the same old mediocre results as in years past? Sadly, too many people are going to be all right with just barely doing enough to get by.

Only you can decide how this year is going to end for you, and I already know most people are

going to end up making excuses why they cannot get motivated to make the necessary changes they already know need to be made. Many people have already given up on this year when they should be motivated to make something out of each day. Why give up now when you have so much time left? That is just it, though, a person must realize they have something worth fighting for. What are the things worth fighting for in your life? Take the time to name that which is important to you. You may surprise yourself when you realize how much you do have worth fighting for.

In my life, the thing worth fighting for is my desire to provide for my wife and my daughters.

These three individuals are the motivation I need to find success. What motivation do you have? What motivating force do you have for people who would want to see you succeed in 2022? Take the time and think about these people. Take the time and think about your motivational reasons and then implement a plan to achieve your desired results. However, many people struggle with this concept right here because we all know what we want to achieve, yet not everyone is willing to do what is required to achieve those results.

It is not too late to make something out of 2022, but you must make the conscious decision to do something today. It does not matter what you have done or have not done

thus far in 2022, these things are all in the past. The only thing you can focus on now is the future and what lies ahead for you. Do not get caught up on what you have not accomplished and start thinking about what you will accomplish. Go ahead and determine your motivation for the remainder of this year, and then make the decision to just do it. The biggest mistake people make in life is they fail to make the decision to just do it. They try to plan, plan, plan, but they never take the time to just go do it. If you want success, just make it happen and stop putting off today what needed to be done yesterday. You can achieve what you want, but it is going to take effort and work to achieve success.



Clean, Green And Beautiful

KALB, A Job Or A Calling?

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



A couple of weeks into my new position as Executive Director of Keep Athens-Limestone Beautiful, I am blown away by the support and dedication of the Board members and volunteers who have bolstered this organization since its inception on March 15, 1977. Forty-five years on, this affiliate of Keep America Beautiful has grown to become a lion in bringing the citizenry of Athens City and Limestone County together with a sense of responsibility and pride in this beautiful bit of Earth we call home.

I stumbled upon KALB a few months back when I was assigned to organize a community service project picking up litter on Hwy. 72 and painting over graffiti on the Swan Creek Greenway National Recreation Trail in Athens. That was when I met Mrs. Lynne Hart and learned that KALB's director position was open. Soon after leaving the KALB office, enthusiasm began to grow within me at the thought of being involved in such work. Two hours after consulting Lynne about my service project, I texted her asking for another meeting. I laughed and said to my wife, "She is probably going to be thinking, 'What does he want now?'" I felt like I had no time

to lose. An exciting energy was swelling inside me, and I felt helplessly drawn to the call. It truly feels less like employment and more like a calling. I came to understand early in life that the kind of work I did was more valuable to me than whatever money I made doing it. I am honored to serve our community in this capacity and look forward to meeting many more of my fellow Athenians in the course of doing so.

My gratitude goes out to Mrs. Lynne Hart for the years of dedication and service that she has provided to us all in building this nonprofit into what it is today. Without the stalwart diligence of Lynne, former director Leigh Patterson, our esteemed members of the Board, and the trove of volunteers over the years, this noble cause would not be the pillar of the community that it is today. I am humbled to be entrusted with such public-spirited work and am determined to be worthy of building upon the legacy that is KALB.

So here we are, and first on the agenda is the legendary 22nd Annual Wacky Quacky Duck Derby on October 8 at 4 p.m. at Big Spring Memorial Park in Athens, Alabama. As I have lived in Athens for many years, I am reticent to admit that this will be my first duck race. I will be surrounded by well-



Follow this QR code to our race webpage



seasoned rubber ducky racers, so I guess I'll just have to wing it. Be sure not to miss the chance to wet your beak with the \$2000 Grand Prize. Paddle your way across the pond to our office and adopt your rubber ducky racers today to take a quack at winning this or one of a long list of other impressive prizes graciously donated by our sponsors. If you are not free to waddle across the park, fly straight to our website (in V formation, of course) and adopt your ducky racers online at www.kalBCares.com. The more bills you enter, the greater your chances

to roast the competition, and you just might get more than your canvasback. If all the ducks are entered into the race, I will promise to never make another duck pun again.

Check out Papa Murphy's \$25 Quack Pack. Six ducks for the price

of five, plus a coupon for 25% off any order from Papa Murphy's that never expires. Join the fun and support your environment in an exciting way. See you at the race! (Need not be present to win)



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

Special Feature

22nd Annual Wacky Quacky Ducky Derby - \$2,000 Grand Prize

by Lynne Hart



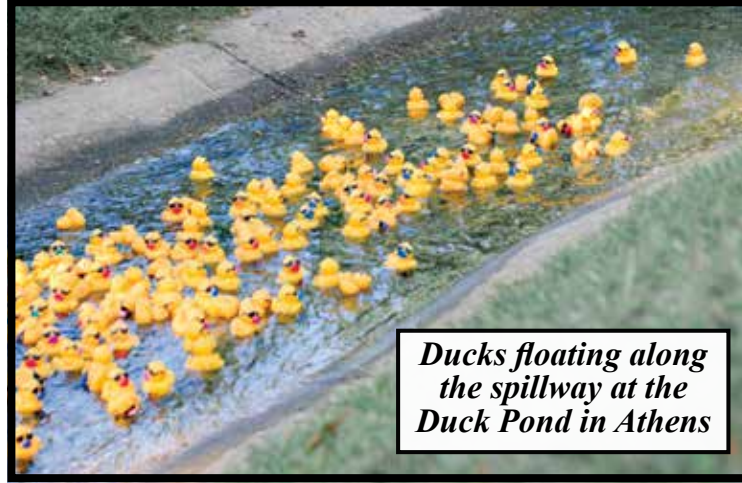
At 4 p.m. on Saturday, October 8, hundreds of specially designed rubber ducks will race down the spillway at Big Spring Memorial Park in Athens competing to win one of several great prizes, including the \$2,000 GRAND PRIZE!

Keep Athens-Limestone Beautiful, a non-profit affiliate of Keep America Beautiful, has been holding this "fun"draiser annually since 2001. "Participants can have fun naming their ducks if they wish," said Lynne Hart, acting Executive Director. "We have had lots of Quackers, several Speedies, and a few Donalds. Some have fun getting creative with names like Quick Draw McQuack, Duck Norris, Steve McQuack, Moby Duck, and James Pond. Others will name their ducks after family members who will take the prize home if their duck wins."

Ducks can be adopted for \$5.00 each, or a Papa Murphy's Quack Pack of 6 ducks

can be adopted for \$25.00. Each Quack Pack purchased comes with a 25% off coupon for any size Papa Murphy's order, with no expiration date. The name of the purchaser and their duck numbers are entered into a spreadsheet so winners can be identified.

The ducks are then raced in heats down the spillway at Big Spring Memorial Park in Athens locally known as "The Duck Pond." The number of winning ducks in each heat will be determined by the number of prizes on race day. Heat winners will then be placed in the Championship Race. The first duck through the duck trap in the Championship Race will win the Grand Prize of \$2,000! All ducks in the Championship Race will take home a prize based on the order they come through the trap. All prizes are donated, so every dollar spent to adopt ducks goes directly to the KALB organization and supports programs which include commu-



Ducks floating along the spillway at the Duck Pond in Athens

nity cleanups, Adopt-A-Spot, classroom and community education, annual Earth Day & Outdoor EXPO, household hazardous waste collections, and more.

Current list of prizes:

- \$2,000 Grand Prize
- Marriott Shoals Hotel and Spa – 1 Night Stay + Dinner for 2 at 360 Grille
- Canebrake Golf Package for 4 + Cart
- \$250 Osborne's Jewelers Gift Card
- \$250 Cash - Morell Engineering

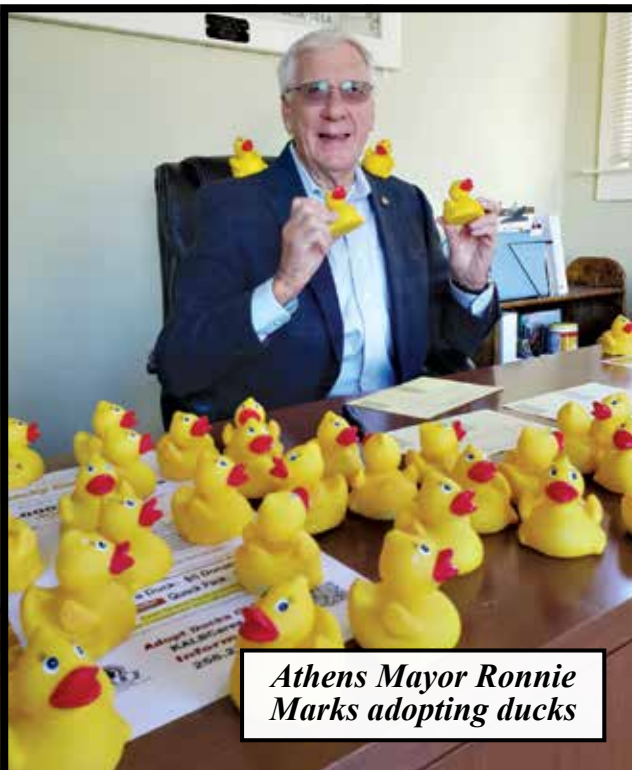
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- \$200 Cash - Athens-Limestone Hospital
- \$100 Cash - First National Bank
- \$100 Cash - Morell Engineering
- \$100 Cash - Athens-Limestone Hospital
- \$100 Hobbs Jewelers Gift Card
- \$100 Publix Gift Card
- \$100 Visa Gift Card - Limestone Pediatric Dentistry

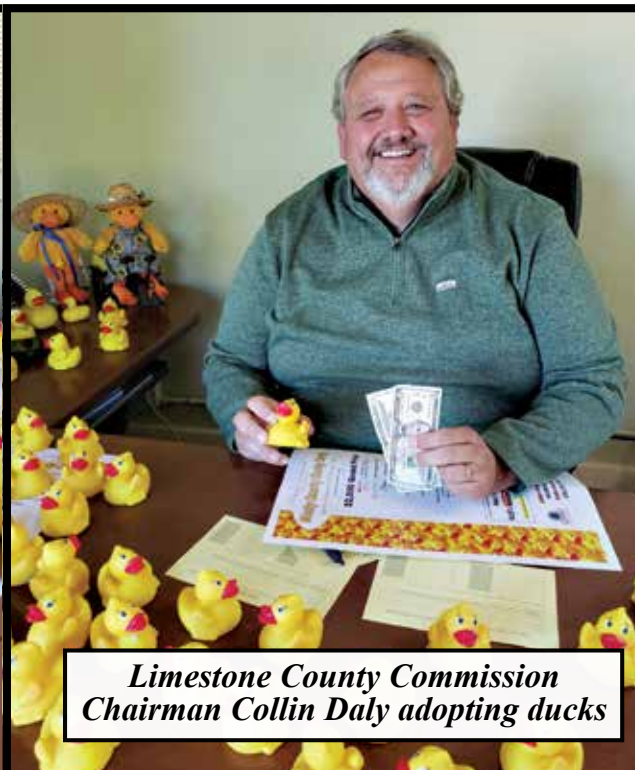
- 4 Flex Tickets - Theatre Huntsville
- \$50 Cash - Athens-Limestone Hospital
- 2 Flex Tickets - Theatre Huntsville
- 2 Flex Tickets - Theatre Huntsville
- Lazy Duck Award for last duck in each heat provided by Dub's Burgers

HOW TO ADOPT DUCKS

- Visit KALBCares.com. Find the Wacky Quacky Ducky Derby under the events tab. Online adoption and printable forms can be accessed at the bottom of the page.
- Stop at the KALB office at 125 East St. in Athens to pick up an adoption form.
- Visit KALB's booth at the Fiddlers Convention at Athens State University on October 7 and 8. Ducks can be adopted until 1 p.m. on October 8th.
- Call (256)233-8000 for more information.



Athens Mayor Ronnie Marks adopting ducks



Limestone County Commission Chairman Collin Daly adopting ducks



KALB's new Executive Director Benjamin Bradley

Stress

by Danny Moon



Many people view stress as harmful, but in some situations, stress can be adaptive and helpful. Stress is a normal physiological and psychological response people develop in response to their circumstances. Eustress is a word used to describe the stress that is positive, motivating, and enhances functioning while distress refers to bad and overwhelming stress that impairs functioning.

What Is Stress?

Stress is a normal response to “stressors,” or internal and external circumstances that are difficult, upsetting, or scary. Internal stressors include distressing thoughts or memories, physical sensations like pain or discomfort, and also emotions like sadness or anger. External stressors include any concerning event, situation, or circumstance that has the potential to negatively impact a person or something they care about.

When a person encounters a stressor, a chain reaction is set into motion in the brain and nervous system. This chain reaction begins in the brain when a problem or potential threat is identified, which signals to the sympathetic nervous system. When the sympathetic nervous system is activated, stress hormones and chemicals like adrenaline and cortisol are pumped into the bloodstream. This results in the stress response (also called fight or flight) and involves a quickening of the heart rate and breath, feelings of restless energy, and increased mental alertness.

When stress happens in response to actual problems or

threats, it can help provide the energy, motivation, and focus needed to confront or solve the problem. This kind of stress is called eustress. When the stress response happens too often or in response to unimportant or uncontrollable circumstances, it is more likely to be experienced as distress, which can have negative effects on a person’s physical and mental health

What Is Eustress?

Eustress is a relatively new concept that describes a type of stress that is positive, helpful, and motivating. Unlike distress, eustress motivates people to work hard, improve their performance, and reach their goals, even in the face of challenges. In the body and brain, both eustress and distress involve the activation of the fight or flight response.

The difference is that in eustress, the energy provided is proportionate to what is needed in the situation while in distress, the energy is excessive or unusable. Whether a person experiences distress or eustress in a situation mainly depends on their perception of themselves and the stressor. When a person feels confident in their ability to overcome the stressor, they are more likely to experience positive stress. This positive assessment of the stressor helps them channel the energy provided by the fight or flight response in ways that help them work towards a solution.

What Is Distress?

Distress describes the negative kind of stress that most people associate with feeling “stressed out.” Distress tends to cause people to feel overwhelmed and anxious and to experience physical and psy-

chological symptoms like headaches, tension, insomnia, inattentiveness, or irritability. Frequent, intense, or chronic stress is toxic to the body and brain and is linked to several physical and mental illnesses, as well as impairing a person’s ability to function.

The difference in eustress and distress has to do with the stressor(s) that triggered the response and the way the person assesses these. Distress is caused when a person assumes the stressor or stressors are not within their control or ability to fix or change. People who experience distress tend to feel overwhelmed and helpless and because they haven’t found an actionable solution, tend to revert to worrying and other unproductive responses.

What Are the Signs of Eustress & Distress?

While the physiological signs of eustress and distress can be almost identical (i.e. increased heart rate, breathing, and energy), the psychological signs of good and bad stress are different.

Whether or not a person experiences good or bad stress when they encounter a stressor depends on some individual and situational factors. Certain factors are more closely associated with eustress while others are associated with distress.

Causes of Eustress & Distress

There are numerous situations and circumstances that can cause stress. Situations that cause stress could be interpreted positively and lead to eustress, or they could be interpreted negatively and lead to distress.

- Money

- Work stress
- Political climate
- Future of the nation
- Violence or crime
- Media overload
- Physical health or illness
- Relationship conflicts or loneliness
- Sleep deprivation
- Poor nutrition

The stressors reported above were likely listed as causes of distress, instead of as eustress. While some of the above stressors could cause eustress, stress coming from economic or social disadvantage or chronic health issues are more likely to lead to negative stress. Eustress is more likely to be experienced in more temporary situations, before planned transitions, or when a person has the power to influence or direct the outcome they want.

Some examples of causes of eustress include:

- A promotion at work
- An upcoming event that a person is hosting
- Performing in a concert
- Having a baby
- Moving to a new city

Impacts of Eustress & Distress

Eustress and distress can both have unique impacts on a person and their functioning. Typically, the impacts of eustress are generally experienced positively and include things like increased motivation, focus, and energy that can be channeled towards a certain task or problem. Distress, on the other hand, tends to have more negative impacts on a person’s mood, health, and functioning.

When distress is chronic

and recurring, the increased cortisol levels can result in many physical and psychological illnesses and issues, including:

- Trouble getting to sleep or staying asleep
- Physical pain or discomfort (i.e. headaches, stomach problems)
- Increased or decreased appetite
- Increased heart rate, respiration, and blood pressure
- Trouble focusing, concentrating, or remembering things
- Feeling keyed up, on-edge, or restless
- Feeling exhausted or emotionally drained
- Having racing or repeating intrusive thoughts
- Not feeling present or engaged in activities and tasks
- Irritability or lowered frustration tolerance
- Heightened anxiety

The longer distress lasts, the more serious the impacts and impairments become. Prolonged exposure to negative stress is linked to:

- Impaired functioning in one or more areas of life
- Increased risk for mental illnesses like anxiety and depression
- Increased risk for substance use disorders
- Increased risk for chronic illnesses, heart disease, and cancer
- Increased mortality

Now that we know the good, the bad, and the ugly about stress we can manage our lives. Continue to enjoy the good stress and manage the bad stress, and if you notice the stress becomes ugly, seek professional assistance.

Randy King For Limestone County Sheriff: Experience Matters

by Ali Elizabeth Turner

continued from page 1

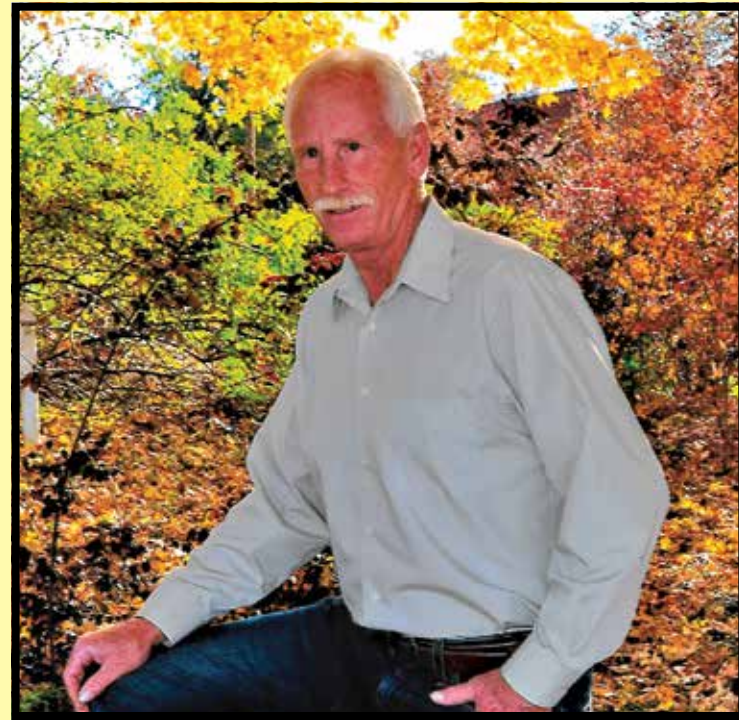
He started out as a reserve deputy, and also did patrol, undercover work, narcotics, and as a supervisor. He stepped away from his position as Chief Deputy Sheriff in 2016 in order to take care of his father after his mother had passed, let everyone know that he would be back, and has always been open about the fact that his desire was to run for sheriff when it was the right time. Randy feels that time has come. With 30 years on the force,

he can truly say, "Experience Matters," and is ready to show it.

Randy especially liked working in narcotics, and was in that department for 10 years. I asked him why narcotics were so important to him personally, and he said, "I don't know anyone whose family hasn't been affected by drugs in some way, and I wanted to help." Randy's time in narcotics was prior to the days of D.A.R.E., and he would go in the classroom, give drug presentations and displays, and always worked hand in hand

with other departments to get drugs off the streets. "Why did you leave narcotics?" I asked, and he replied simply, "I was needed elsewhere," and added, "Even when I was no longer working in that department, I stayed involved." I could tell by talking to him that this whole issue of drugs is something about which he is passionate.

Making a difference in a community is always a challenge for anyone in law enforcement, and especially so when it come to the war on drugs. I asked Randy to tell me about



a bust and or a conviction that had given him the satisfaction of having won a major battle, and he told me about one in which he described himself as "being a dog with a bone." It took a while, and with the help of other law enforcement agencies, they were able to put a huge dent in a drug trafficking supply system that reached from here to Texas to Mexico. He still smiles when he thinks of it. The bust associated with this case yielded a literal ton of marijuana, several arrests in several states, \$700K in cash, and \$500K in seized property. In 2004, Randy also was able to solve the murder of a Hispanic man which had occurred here in Limestone County. It took a year; he was grateful for all the homicide investigative training he had been given, and it all paid off. He and his team never gave up; they solved the case and they got the conviction.

The 2022 race for Limestone County Sheriff has been an unusual one, as this is the first time that there are several Republican candidates. Randy chose to run as an independent, and people have been supportive of that choice as well as his candidacy. "People know me. They know my record from my time on the force," he told me. Randy continued on by saying, "I have several good years of service to the community left in me, and I want to make a difference, like I always have." He also said that

the Limestone County Sheriff's Office is still like family to him.

I asked Randy what kinds of things he wants to accomplish, and he said, "The number one thing is to settle the unrest and get trust back. I want to see a true open-door policy returned. I have always had a good relationship with the community, and they need to know that the sheriff's department is theirs, not ours. I want to specifically get D.A.R.E. back in the schools, and there are some other programs out there for younger kids, and we need them." He went on to tell me that youth ministers in particular had contacted him because of what is happening with sexting. Kids are being targeted and coerced, sometimes by other kids, sometimes by adults, to take revealing pictures of themselves and post them online. Once online, the kids are blackmailed, and some very young kids have committed suicide over it.

Randy went on to say that the sheriff needs to be chosen because of their qualities as a person as well as their experience. I asked him why I should vote for him for the position of Limestone County Sheriff, and he said, "Experience, work ethic, love for the county, and knowledge." If this is what you are looking for, then vote for Randy King for Limestone County Sheriff.

RANDY KING

EXPERIENCE MATTERS FOR SHERIFF

☆☆☆ EXPERIENCE ☆☆☆

Dedicated to the community with over 30 years of experience — starting as a Reserve Deputy and working up to Chief Deputy

Initiated placement of School Resource Officers in every Limestone County school

Management of \$11M departmental budget

Secured funding for Life Saver, supporting area senior citizens

Supervisor of 120+ employees in the Sheriff's department and jail staff

Supervisor of multi-agency drug task force

Extensive training including:

- Alabama Police Officer Standards
- Homicide Training at University of Louisville
- Reed Interviewing Techniques
- Jail Administration Training
- National Intelligence Academy (training for working major drug organizations)

☆☆☆ PRIORITIES ☆☆☆

Engage citizens and staff via open door policy

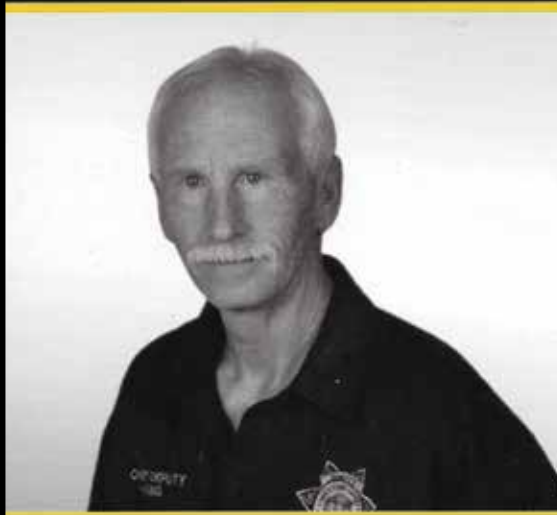
Serve as a working Sheriff, working hand in hand with staff, departments, law enforcement agencies, volunteer fire departments and community

Work with other state Sheriffs to address the Mental Health epidemic and secure funding from Montgomery

Hold the department to a high level of integrity, provide support at all levels and retain quality deputies and staff

EXPERIENCE MATTERS.

Paid for by Friends of Randy King.



STRONG LEADERSHIP WORKING FOR OUR COMMUNITY.

Special Feature

News From The Alabama Veterans Museum

by Yvonne Dempsey



School off Hwy 31 entrance. Entrants must be in place by 10:30; parade will end at Hometown Grocery on Jefferson Hwy.

Entrants can sign up by contacting Yvonne Dempsey @ 256-431-3213 or yhdempsey@hotmail.com, or Sandy Thompson @ 256 771-7578 or sndy6732@gmail.com.

We ask that you respectfully follow the rules which include but are not limited to:

Parade participants will dress in appropriate attire befitting the occasion and are expected to conduct themselves in a courteous manner.

No items will be thrown from any vehicle in the parade (e.g., candy, trinkets, toys, flyers, etc.) Walking entrants may hand/pass out items (No political literature). Absolutely no alcoholic beverages permitted.

Participants riding in vehicles

The museum has two important events set for the month of November -- our Veterans Day Parade and our Veterans Day Program. The parade is the Saturday before Veterans Day, November 5, 2022 at 11 a.m. and the program is on Veterans Day, November 11 at 11 a.m.

Sign-up for parade entrants is on-going through Wednesday, November 2. Our theme is "Thank you, veterans. Heroes one and all." We want to show our appreciation to our veterans by parading through the streets of Athens with patriotically decorated vehicles, floats, horses, and other displays; bands; walking/marching groups; and all who want to honor these heroes.

Lineup will begin at 9:30 a.m. Please enter Athens High

Athens/Limestone Co. Veterans Day Parade

Saturday, Nov 5 at 11:00

"THANK YOU, VETERANS. HEROES, ONE AND ALL."

Line up at Athens High School beginning at 9:30 a.m.
(655 US-31, Athens, AL 35611)

Contact the following for more information:

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

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

Register by Wednesday, Nov 2, 2022

or trailers must provide their own vehicles and drivers. Insurance and liability are the sole responsibility of participants.

Failure to comply with the parade rules will result in unit member or entire unit (entry) being removed from the pa-

rade (even while in progress) and/or banishment from future participation.

The Veterans Day Program will feature speaker Michael Durant, former Black Hawk helicopter pilot and POW. His life was the subject of the book, Black Hawk Down.

Lunch will be served. The event is free but everyone must have a ticket. Only 200 tickets are available and must be reserved online through Eventbrite. Those unable to register online may call the museum at 256-771-7578 to reserve tickets. Reserve your ticket now!

Josh Green
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www.edwardjones.com/caleb-lawler

Edward Jones
MAKING SENSE OF INVESTING

Athens State University To Host The 16th Annual Athens Storytelling Festival

by Ali Elizabeth Turner

continued from page 1

and for the past decade and a half, by intrepidly prevailing through everything from COVID to event tent supply chain issues, the Athens Storytelling Festival has become one of the best parts of an “Athens Autumn.” This year they are back under the tent in full force, and Athens State University is now going to host them on campus, much the way they do for this weekend’s Fiddlers’ Convention. This year’s festival will be held from October 18-22, with School Days being Tuesday, Wednesday, and Thursday. Tuesday evening has the Dill Pickers and Three On A String, both of which are described as being a musical and comedy extravaganza. Thursday night is the banquet along with the student tellers’ competition. Thursday is also the Tellers’ Olio, a Spanish word that means a wonderful stew that is all mixed together and delicious, and as it pertains to storytelling, it is how all of them come together with wildly different stories that have the same satisfying result. Friday and Saturday they tell all day and evening. “We are so grateful for how Athens State has helped us,”



Donald Davis



Bil Lepp



Dolores Hydock



Josh Goforth



Bobby Norfolk



Tim Lowry

said Wayne Kuykendall, one of the festival’s founding team members. He especially wanted make sure that ASU’s Julie Martin, Mike McCoy, Keith Ferguson, and Kerry Warren were publicly thanked for all their hard work in making the move to the ASU campus as smooth as possible. In days gone by, the tent on the east side of the Limestone County Courthouse held 1,500 people, and now with a 1,000-person tent, the Student Days will have an extra day for the kids to hear the tellers. Hands down, watching the kids squeal with

laughter while they learn invaluable life lessons is my favorite part of ‘Telling. Our festival is the only one in America that has the feature of school kids coming to hear the tellers for free. This is because the Limestone County/Alabama State legislators understand the value of what is “told,” and annually earmark funds to make it happen. Wayne also wanted to make sure that AL Speaker of the House Mac McCutcheon, State Senators Tom Butler, Arthur Orr, Tim Melson, along with Representatives Danny Crawford,

Lynn Greer, Parker Moore, and Andy Whitt were mentioned by name, as well as Leah Oakley, who organizes School Days. As always, it takes a small army of volunteers to make Storytelling happen, and all of us are grateful for the results, especially after getting through COVID and happily being able to meet again in person. This year’s lineup has been with us many times, and each is back by popular demand. The Grand Old Man himself, Donald Davis is in his late ‘70s and is still at it. He travels nearly every weekend of the year to “tell,” and is a retired Methodist pastor. Our very own 89-year-old Charlie Hughes will once again be the emcee. And this year there will be a contest of student tellers who will tell to the kids during School Days, to the tellers on Thursday night, and win the competition. There will be no amateur night for local, grown-up tellers this year. Emmy Award winning teller Bobby Norfolk, who does remarkable animal sounds, will be part of School Days, as will Tim Lowry, who has also

written a handbook on storytelling. In addition to Donald Davis, Bil Lepp (and yes, his name only has one “l”) will be back. Veteran teller Dolores Hydock, who has produced 12 CDs and has been the Teller-in-Residence at the International Storytelling Performing Arts Center in Jonesborough, TN, will be with us again, as will musical prodigy Josh Goforth. Josh plays 17 instruments and while young, has become a festival favorite. One of the great joys of the Athens Storytelling Festival is that it is completely family friendly. I will tell you that I have laughed until I was staggering down the street, and I have never felt like I needed to take a shower after the finish of a ‘telling’ evenin’.” Athens State University will also have a “Telling Store,” where the books and CDs produced by the tellers will be available to purchase. Don’t tell anybody, but the tellers have told us that Athens is their favorite festival to attend in all of America. That is because we treat them like family, and treat their annual arrival in our fair town like a family reunion. We have walked them through hard times, and they have done the same for us. So, save the dates, get there early, get a good seat, and prepare to experience what the Good Book says: “*A merry heart doeth good like a medicine*” from October 18 through the 22. Tickets can be purchased online at <https://www.athensstorytellingfestival.com/shop>. They can also be purchased at U. G. White Mercantile on the square. PS... This year, the tellers are going to do a virtual Christmas Story program, so stay tuned...



Study War No More

by Eric Betts

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



The New York Times reported on January 13, 2018, the following frightening warning to our American citizens on the island of Hawaii. It was a fearful blunder which will not be forgotten. The warning said:

An early-morning emergency alert mistakenly warning of an incoming ballistic missile attack was dispatched to cell-phones across Hawaii on Saturday, setting off widespread panic in a state that was already on edge because of escalating tensions between the United States and North Korea.

The alert, sent by the Hawaii Emergency Management Agency, was revoked 38 minutes after it was issued, prompting confusion over why it was released — and why it took so long to rescind. State officials and residents of a normally tranquil part of the Pacific, as well as tourists swept up in the panic, immediately expressed outrage.

Recently in the news we have heard extremely loose and irresponsible rhetoric around nuclear weapons in the Russia/Ukraine conflict. Dr. Martin Luther King Jr. was ahead of his times when he spoke about the competition for power among nations in a nuclearized world. He protested against it vigorously. He warned against nation building by the U. S. military and using its nuclear stockpile to threaten other nations,

and cautioned that such recklessness in foreign affairs may one day lead to the end of civilization as we know it. When considering the awful mistake of sending out a mistaken nuclear warning, it only reminds one of the famous words spoken by King at Ebenezer Baptist Church in 1968. It would do the world well to take heed.

If somebody doesn't bring an end to this suicidal thrust that we see in the world today, none of us are going to be around, because somebody's going to make the mistake through our senseless blunderings of dropping a nuclear bomb somewhere. And then another one is going to drop. And don't let anybody fool you; this can happen within a matter of seconds. They have twenty megaton bombs in Russia right now that can destroy a city as big as New York in three seconds, with everybody wiped away, and every building. And we can do the same thing to Russia and China. But this is why we are drifting. And we are drifting there because nations are caught up with the drum major instinct, "I must be first," "I must be supreme," "Our nation must rule the world." And I am sad to say that the nation in which we live is the supreme culprit. And I'm going to continue to say it to America, because I love this country too much to see the drift that it has taken. God didn't



call America to do what she's doing in the world now. God didn't call America to engage in a war in Vietnam. And we are criminals in that war. We've committed more war crimes almost than any nation in the world, and I'm going to continue to say it. And we won't stop it because of our pride and arrogance as a nation. But God has a way of even putting nations in their place.

Dr. King was assassinated in 1968 and yet his words are more relevant today than they were during those days when he spoke them. The mentality of America and its global competitors resembles almost exactly what King described and warned against. He spoke out against the attitude that says, "I must be first," and "I must be supreme." He declared that it was this mindset that led to the Vietnam War and senselessly cost so many hundreds of thousands of American lives and countless more among the Vietnamese. With all the discoveries and scientific advancements of this generation, it seems as if these

advanced times have become more unpredictable. It is amazing that none of the alliances formed after World War II have made the world any safer. Humankind has not solved the most important and most essential problem -- how to develop a system by which nations can begin to view one another with a sense of familyhood. King's famous words loom large in our times. He said, "Somewhere we must discover the world over that we must learn to live together as brothers or we will all perish together as fools."

The struggle of the times, King described, was not that of terrorism, but of militarism. He categorized it as the greatest threat of the age. He said that it is the great threat to civilization, and could possibly lead to global annihilation. The leader of the United States, along with the great military powers of our time, would do well to heed King's words.

I never intend to adjust myself to the madness of militarism and the self-defeating effects of physical violence. For in

a day when Sputniks and Explorers are dashing through outer space, and guided ballistic missiles are carving highways of death through the stratosphere, no nation can win a war. It is no longer a choice between violence and non-violence; it is either non-violence or non-existence. The alternative to disarmament, the alternative to suspension of nuclear tests, the alternative to strengthening the United Nations and disarming the whole world may well be a civilization plunged into the abyss of annihilation... And I believe that such maladjustment will help us emerge from the bleak and desolate midnight of man's inhumanity to man into the bright and glittering daybreak of freedom and justice."

The shockwaves that were felt in the mistaken warning in the state of Hawaii should remind everyone of the deadly blundering which King spoke about and which is possible to occur in this age. One thing is certain; King's words were not a mistaken warning as the one in Hawaii, but one that must be taken seriously.



In Harm's Way - Part III

by Jerry R. Barksdale

Continued from page 19

over to the duty officer who asked him, "What do we do?" Little asked if a guard was inside the outpost by the gate. "Yessir, I heard him moan." Little told him to open the gate, that he would draw enemy fire while they rescued the wounded man. "He opened the gate and I ran out and knelt down next to a dead VC and waited for the VC to fire again so I knew where the hell they were."

The wounded guard was taken for treatment. Little and the duty officer ran down the street between the buildings and saw two mines the VC had set. They sandbagged both so that no one would activate them, then went down to the canal where the VC had come from. They were gone. When they returned to the entrance gate, Little stopped. He sensed danger. "Wait a minute!" That's when he got scared. The buildings were full of Americans with weapons. "They don't know us. They liable to shoot us," he said. The duty officer yelled, "Hold your fire!"

They walked across the street and saw Col. Rausch and several soldiers. Rausch had two drinks in his hands. "I thought you could use one of these," he said. "I sure can," replied Little and

downed one. The colonel in charge – the one lying on the floor rushed up. "Now, he was combat ready," says Little. "He said the airfield was under attack and headed off in that direction. "Stop him!" said Little. "The VC have a machine gun set up to cover the road. They'll cut him to pieces. "

The colonel reconsidered and, instead, sent another officer and four men in a jeep. Says Little, "I later heard the VC cut them down."

Little went to bed. The next morning the colonel in charge and his staff came marching into the mess hall where Little was having breakfast. "Now they are combat ready; got on flak jackets, helmets and have weapons," says Little. "He asked if I was Major Little from Cang Long. Little stood. "Yes sir."

"Don't you ever come back. The VC followed you here."

"Sir, I'm from the hospital in Saigon," replied Little.

"Don't ever come back."

"I sat back down and away he went," says Little, who soon departed Saigon and returned to Cang Long.

Two weeks later Col. Rausch flew in and dropped off a case of beer. "The colonel has put the duty officer and NCO in for a Silver Star," he told Little. "He's not putting you in

because he says the VC followed you up there." "I killed a lot of VC that night," replied Little, who knew the VC lived among them and could exact revenge anytime they wanted to. "I'd just as soon go home alive," said Little. "Forget the Silver Star. Don't tell anyone I did all those killings."

The VC moved among the population and American soldiers were always at risk. "Sometimes you could tell who they were by the way they looked at you – hate in their eyes," says Little. "They would put Agent Orange in water pistols and spray Americans. Once I was sprayed across the mouth when I passed a bunch of people."

Shortly before departing Vietnam, Little picked up a piece of cheese on Sgt. Custer's radio operations desk and ate it on the way to the team house. A rat awoke him gnawing on his finger. "It must have smelled the cheese. I had to go to Saigon and get a rabies shot." Meanwhile, President Johnson visited Saigon. "I was supposed to get an award from him, but my team didn't know where I was. I didn't learn about it until after the President left." Little never inquired about the proposed award. His mind was on more important things – going home.

January, 1969, Major Little boarded a plane at Tan Son Knut Airbase

and flew home. Thank God he wasn't in a body bag, but neither was he whole. He carried scars and shrapnel to prove it. In California, he picked up Diane and his two sons and they drove across country to New York. "We rode on a 4-lane free as a bird. When we got to a toll booth at the New York State line, they had their hand out – gimme." Little didn't like that.

Later, Little volunteered for the Green Beret, an elite Army group of select volunteers. This unique band of soldiers is summed up by a verse from S/Sgt. Barry Sadler's song, "Ballad of the Green Berets": "One hundred men will test today but only three will wear the Green Beret." After a tour of duty with the 1st Special Forces in Indonesia and Okinawa, Little was eventually stationed at Redstone in Huntsville.

"When I came to Alabama, they put out their hands, but unlike New York, it was to welcome us." He retired as a Lt. Col. in January, 1981, and he and Diane have lived in Limestone County on the Tennessee River since then. Both sons are Auburn ROTC graduates and served in the military. Douglas spent 10 years in the Army Corps of Engineers and lives in South Carolina. Jeffery, a rocket scientist who lives in Madison, Alabama, spent 20 years in the Air Force. Colonel and Mrs. Little have

5 grandchildren and 5 great grandchildren. Col. Little, age 85, still has a clear mind, but his body doesn't respond as quickly as it did when he was an Army skydiver with 150 jumps that earned him a broken leg.

A shadow box on Little's wall filled with medals and ribbons tells the story of a brave American who did his duty and did it well. He holds 3 Purple Hearts, Bronze Star for valor, Parachutist Badge, Combat Infantry Badge, National Defense Services Medal with Oak Leaf Cluster, Meritorious Service Medal, Army Commendation Medal, Vietnam Service Medal, Vietnam Campaign Medal and, the Vietnam Cross of Gallantry with Silver Star and Palm awarded for valor and heroic conduct while fighting the enemy. He is a Mason and a Shriner.

Having been challenged by bullets, booby traps, land mines, and mortar attacks in the past, this old warrior has taken up a new challenge – learning to play the organ. "That's my passion now," Little said and nodded toward an organ across the room. "Would you like to hear Guy Lombardo?" he asked me, and struck up "Auld Lang Syne." Good job. "Here is my favorite," he said, and played "Your Cheating Heart."

UPDATE: Being An Amputee And Having A Service Dog

by Joel Allen



Hello, folks! Well, it has been an interesting four months. As many of my readers know my left foot was amputated below the knee in June. In August, I had the Targeted Muscle Re-innervation (TMR) surgery done where people like myself have the nerves that are still alive reassigned to another part of the amputated limb because it does, in most cases, help keep phantom pain away. In September, I met with my prosthetist and was fitted for my prosthetic leg. These last few weeks, I have driven to Vanderbilt and tested my new leg twice. On the 27th of September, I rolled into Hanger Clinic (the Prosthetic Center) on my knee scooter, and then after testing the new leg one final time, Houston and I walked out.

This journey is still ongoing for me, but I will enlighten those that are reading this and might be facing what I went through, life does not end with amputation. How things happen and unfold are solely in God's hands. I believe that I have come through this because of Him with the power of prayer, and no, I am not the best Christian in the world, but I do believe. I have heard it said a few times by my doctors, "For a diabetic you have healed faster than expected."

I don't know why, but I feel I need to share this because there is someone out there like me that needs to read this. This is not an easy journey, and when faced with an amputation of any kind, it can have a negative mental effect. How I dealt with this at first was I thought I could just ignore my problem

and I would be fine. Then in March early April, I was hospitalized for 6 days with the worse staph infection a body could get. Then I had to take IV antibiotics for approximately 8 more weeks at home. So, after all that sickness, I knew I did not want to go through that again.

I began going to Vanderbilt in April and sought out Dr. Hicks, a podiatrist who has a reputation of taking care of his patients. It only took a couple of visits and Dr. Hicks showing me the x-rays of my left foot before I realized I was not going to be able to avoid the subject of amputation much longer. The infections I had been getting were becoming more frequent, and Dr. Hicks pointed to a toe bone in the x-ray he believed was hiding more infection. His explanation made sense, and he wanted to take the toe. I stopped him right there and stated no. I asked, "How can I get my ability to run and hike again and stop getting sick?" He then plainly told me that only a full amputation with a plan for a prosthetic would be the best way to go. I told him I had to think about this because I did not want to be whittled away on and come to the same end result, full amputation. Dr. Hicks introduced me to the prosthetic team at Hanger Clinic before I made any decision, and here I am today.

So, fast forward, I am wearing the prosthetic leg during the day when I am away from home. People don't even know I have a prosthesis unless they know me. I am told that seeing me move is like I never had a problem. How I prepared myself was through



determination, knowledge, and some physical training.

Let me explain a little further on my preparedness. When I decided to have the amputation, it was after I read up on the subject and spoke to the prosthetic team. I asked questions and they answered me about everything I was to expect. I was even given a book that explained the stages I would go through and what to expect. It was recommended that I join an amputee support group and I did. Donna Boggs was a huge help for me too. She works at the Hanger Clinic, at Vanderbilt in Nashville, Tennessee, and she is a bilateral amputee. The only way anyone could tell she was an amputee was if she wore shorts. She walked into the room and didn't miss a stride with her prosthetic legs. I was amazed by the grace she displayed when we first met in person. She is my peer rep, and she helped me with some questions to which only an amputee would know the answer. The support group I joined is on Facebook called "Amputee Peer and Support Group."

The support and knowledge I was able to find there is priceless. No one has to be an amputee to join either. This group is for those facing amputation and those who care for those with amputations.

Another part of my preparedness I did was push-ups, preparing my upper body for the time I would need that extra strength to move a one-legged man around. Needless to say, when I'm in the shower I can be one of the world's fastest one-legged men if the temperature changes, LOL. In other words, when someone flushes the toilet and the water temp changes, I move fast and holler, "Missed me!" at my roommate. LOL!

Well, folks, for those facing possible amputation, let me again give some words of encouragement -- stay positive and get into a support group. Build yourself up mentally and physically. Do not listen to anyone saying, "You can't do this or that!" Your only limits are yourself. We are stronger than we think we

are.

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

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

**Joel Allen
256-651-2211**

Mental Health Minute

Overthinking!

by Lisa Philippart,
Licensed Professional Counselor



“Overthinking: the art of creating new problems out of ones that never existed in the first place.”

- Anonymous

Overthinking can cause tremendous distress and suffering in our lives. In fact, overthinking is a magnifying glass for emotional suffering. In the next two articles, we will take a look at what overthinking actually is, what causes it, and then walk through some practical exercises you can use to stop overthinking so much.

Overthinking is the habit of applying analytical thinking and problem-solving in a situation where it is unhelpful or unproductive. Our ability to think critically and carefully about things (including ourselves) is one of our greatest abilities. But like any tool, it can be overused or used poorly. Here is a great analogy: Overthinking is like using a chainsaw to cut out pictures for a scrapbook. Even though it's an incredibly powerful tool, there are times when it's not useful and may even make things worse. The keys to ending the habit of overthinking include acknowledging that more thinking is not always the best tool for the job, becoming more aware of what situations only get worse when you over-



think them, and learning alternative strategies that are more helpful.

Let's take a look at two everyday examples of overthinking. Worry is a form of overthinking where we imagine possible problems or dangers in the future. Of course, anticipating problems or threats in the future is a good thing to do. But helpful planning is different from unhelpful worry. Let's say your spouse is on a flight and you start to worry about different ways the plane could crash and kill your spouse. This kind of thinking doesn't actually keep your spouse safe, plus it adds a lot of stress and anxiety to you. Worry is the most common type of overthinking. Depressive rumination is a type of overthinking in which we replay events from the past in an unhelpful way. We spend time brooding or dwelling on

our own past mistakes or failures. As opposed to helpful reflection, depressive rumination is unproductive and doesn't lead to anything but shame, guilt, and sadness about yourself.

The most important thing to realize about what causes overthinking is that it comes from a good place. The ability to think critically and analytically is a wonderful tool when applied to problems that can be solved with thinking. So overthinking is just a misdirected application of a good thing! Another thought to keep in mind is that the initial cause of something can be very different than the maintaining cause. For example, a coworker's sarcastic comment may have been the initial cause of anxiety, but your own reaction of worry may be the maintaining cause.

What are the most com-

mon causes of overthinking? First, many people with a severe habit of overthinking developed the habit early in life. It was usually created because at the time, it was the only way to deal with a scary or difficult experience. Second, we don't like to admit it, but many things in life are outside our control. Overthinking can alleviate that anxiety and feeling of helplessness since thinking often feels productive even if it isn't. We feel a sense of false control and because the anxiety relief is rewarding, it

makes the habit of overthinking stronger. Third, sometimes we persist in overthinking because it has a secondary benefit. For example, many people maintain their habit of overthinking because it leads to sympathy, pity, or even as an excuse for procrastination. And lastly, many people are so good at thinking in one area of their life (school or work), they assume that it will work in other areas (conflict with a spouse.) In other words, you are so good at thinking and are rewarded for it in certain aspects of your life, that you may have trouble putting that tool down in other parts of life. To the expert thinker, everything starts to look like a problem to be solved with lots of thinking.

Join me in my next article for ways to stop overthinking everything.

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

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





The Alternative Approach

More Truth More Freedom

by Roy Williams

Allow me to remind you that, "Only the truth will set you free." Now, if you believe that, then it is imperative that you always remember that the lies that you believe will hold you in bondage. More proof needed? -- refer to John 8:32.

We live in a time, and unfortunately a nation, that more lies are being taught than truth. We have a school system that is totally controlled at a state and federal level, with the federal giving each state their marching orders. What makes it even worse, to hold the states in bondage, they have attached the marching orders to money. The states must teach what the federal government says or they lose the money the federal government hands out for obedience.

We are also lied to about our health, the food we eat, and the drugs we take. All of these areas are controlled at the state and federal level through manipulation of information, including what can be published and what can't. Find a truly healthier way of protecting health or publish a natural supplement that has proven to reverse a disease process, and your character will be destroyed, just to protect their multi-billion-dollar industry.



We are no longer allowed to teach from the word of God in government-controlled schools while other forms of religion have free run in the same school systems. They have replaced a system of teaching math that has worked for well over a hundred years with a form of math that is not only confusing but, in many cases, takes longer to learn and is less effective than the original system.

Yes, our government has become manipulative, overbearing, and tyrannical, but we the people are waking up. They are trying to take away our right to bear arms, and trying to destroy our freedom of speech through intimidation and censoring. Even the court systems no longer represent the poor and helpless

by making it impossible for the average man or woman to defend themselves financially.

Now, for the good news. "We, the people" are being reminded that our government was founded on the premise that we are a *government of the people, by the people, and for the people*. We all must remember that we, the people, don't work for them, they, the government, works for us. We hire them by election and we can fire them by voting them out of office.

It is now evident that we, *the people*, must pay attention to our elected officials and watch the choices they make. We are a representative republic, which means they are elected to represent us. If they stop representing the average American and

begin representing lobbyists, large corporations, and even other governments and countries, they must be removed from office.

It's time to take our country back and demand accountability. We must hold each representative accountable for every decision they make. We must hold them to higher standards and make sure that they are making moral decisions that will protect and maintain our God-given rights. The politicians don't give us our rights, God gave them to us, that's why they are called unalienable rights.

When we, *the people*, put our foot down and call them out for going against our wishes, fire them, take them to court, and make them pay, then things will

change. We must be strong and persistent. We must watch every move they make. We must go public and point out their failures. If we continue to let them get away with the egregious things they are doing, they will surely continue doing them just as sure as a disobedient child that goes unaccountable will continue to be disobedient.

My final point is, if you have been going to the doctors for years and all they do is prescribe more medications, send you to more specialists, and offer more procedures without ever addressing the problem, don't you think that it is time to try something different? Can you name even one disease they have cured in the last 60 years?

Remember, the definition of insanity is doing the same thing over and over again the same way and expecting a different outcome. It is time we, *the people*, stop the insanity and realize that our health is our responsibility, not your doctor, not your spouse, not your parents. Let me say it this way. My health is first and foremost my responsibility. By taking responsibility and making some very important changes to our diet, which includes covering all the bases of proper nutrition, good health can be obtained.

Please consider going by Herbs & More in Athens, NHC Herb Shop in Killen, or to our website, www.nhcherbs.com.

Blessings,
Roy Williams

Herbs & More
www.newtritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

622 S JEFFERSON STREET
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nhcherbs@att.net

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

by Tina Morrison, Athens-Limestone County Tourism

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

“This annual fundraiser is a favorite tradition to many, including myself.” says Tourism President Teresa Todd. “Hundreds of visitors and residents stroll through our Big Spring Memorial Park (turned North Pole), the

entire month of December and I am so grateful that Mayor Marks and Commissioner Daly have provided a grant for Parks and Recreation to put temporary power poles up for us this year. In the past we’ve always used solar lighting, which was good, but we are thrilled and excited to light it up this year!”

Each year approximately 100 businesses, schools, non-profits and individuals decide a theme and bring their own decorations to their sponsored tree which is provided by Athens Tourism. The Athens theme this year is

“Christmas in Candyland” so sponsors can either use that theme or create their own personalized one. Some sponsors also choose to do a memorial tree dedicated to a lost loved one. Tree sponsorship is \$100 and includes an approximate 6’ Fir tree and signage. There is no charge for spectators to stroll through to view all the decorated trees on display outside from December 1st-31st.

Tree Sponsorship is open from October 3 - November 18. Anyone interested



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

The Athens Limestone Tourism Association’s of-

fice is just a few blocks off the Courthouse Square inside the historic 1906 Athens Visitors Center building at 100 North Beaty St and Big Spring Memorial Park is just behind the Tourism Office. The City of Athens is a picturesque, quintessential Southern town in North Central Alabama full of history, character and tradition. We’re What You Love About the South. For more information go to www.VisitAthensAL.com or call (256) 232-5411 Monday through Friday 8:00 am - 4:30 pm.



Cooking with Anna (continued from page 13)

If Not Now, Then When?

by Anna Hamilton

continued from page 9

and beginning to listen to God’s voice, your faith will increase, and God will continue his great work in your life. God wants the absolute best for his children. He wants us to be happy and successful. He wants us to be lights in the world to help draw others to him, and by us fully believing in him, we will bring others to God. “Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.”
Philippians 2:12-13

So when you find yourself asking God, “When?” just remember that when you pray, God listens. When you listen, God talks. And finally, when you believe, God works. Pray,

listen, and believe. God wants the best for us and will guide us through this life.

This week’s recipe is a super yummy and healthy dessert. October is here and so is pumpkin season. This delicious pumpkin pie is crustless and guiltless as well. It is a great addition to any fall meal and perfect to bring to your next potluck. I hope you enjoy it as much as we do!

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”
2 Corinthians 4:16-18

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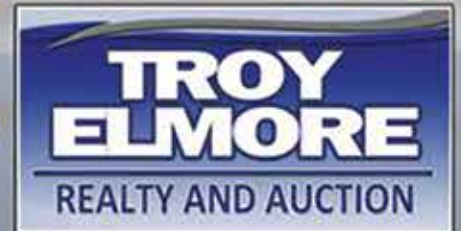
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Owning a home is a keystone of wealth... both financial affluence and emotional security.

~Suze Orman



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2	9	5	6	8	4	1	7	3
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