

October 20 - November 2, 2023

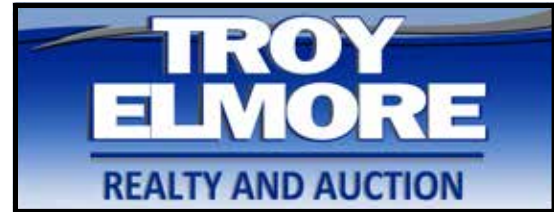
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See Our Listings Inside this edition...  
Pages 25 - 32

## Special Feature

**Are Covid 19 Vaccines  
Altering Your Genetic  
Code?...**

The answer may be, "Yes." People who are highly regarded experts seem to think that is a credible possibility, and people in positions...  
Page 5



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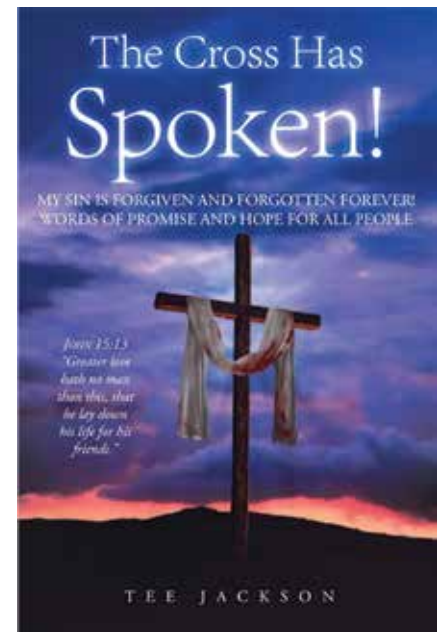
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## Want Some Encouragement? *Read The Cross Has Spoken!*

By Ali Elizabeth Turner

Pastor, coach, history teacher, and committed "encourager" Tee Jackson has just released his eighth and newest book, entitled *The Cross Has Spoken*. I think that given the uncertainty of the times, it has truly come our way "just in time." Tee's premise is simple, which is the very nature of the gospel, and that is that the most powerful

Continued on page 15



## From The Vets' Museum

**Honoring Our Veterans...**  
Join us for a special event to honor our veterans. Athens State University and the Alabama Veterans Museum will partner once again to present a program and luncheon to honor...  
Page 7



## Clean, Green And Beautiful

**"A Wacky Quacky  
Good Time"...**  
The 23rd Wacky Quacky Ducky Derby was a great success! This year's event was my first one, and FUN is an understatement...  
Page 13



## Sonya Fehér's SpaceWise: *Here To Help You Make Room For You And Yours*

By Ali Elizabeth Turner

Over the last 50 years, I have spent a relative fortune on "how-to-be-organized" books, programs, filing systems, webinars, software, and precious time chasing down "my organized self"

Continued on page 17



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**Contents**

**Publisher's Point** . . . . . 3

**All Things Soldier** . . . . . 4

**Special Feature** . . . . . 5

**Calendar Of Events** . . . . . 6

**From The Vets Museum** . . . . . 7

**What Makes Ronnie Roll** . . . . . 8

**Rightside Way** . . . . . 10

**Slinkard on Success** . . . . . 11

**Clean Green And Beautiful** . . . . . 12

**Cooking With Anna** . . . . . 13

**Health & Fitness** . . . . . 14

**Cover Stories** . . . . . 15 & 17

**PlayAction Sports** . . . . . 16

**Learning As A Lifestyle** . . . . . 18

**View From The Bridge** . . . . . 19

**Horse Whispering** . . . . . 20

**Mental Health Minute** . . . . . 21

**Alternative Approach** . . . . . 22

**Special Feature** . . . . . 24



**Publisher's Point**

*The Four-Day  
"Word Week"*

In 2006, Lifeway Research, which is located in Nashville started with the purpose of identifying needs and trends in and out of the American church. It has grown to be highly respected, and provides insights that can help both ministry leaders and individual believers. Since that time, it has compiled data and researched findings, some of which are rather striking. On Wednesday, I was exposed to the results of one of their studies which was conducted amongst 80,000 respondents, and it had to do with what happens to believers when they "engage" with God's Word. I was "drawn up short and quick" by what I learned, and my prayer is that you will be as well.

The study first looked at what happens in the lives of people when they have some kind of interaction with Scripture from one

day a week to three days a week. This can be reading a devotional, for example. What was found was that if a person interacts with the Word of God, let's say, on a Sunday morning only after hearing the preacher say, "Open your Bibles to...." there is no "sign of life." Nothing changes. If it is 2-3 days of perhaps reading a devotional as opposed to camping out in a seminary library and surrounding yourself with classic theological research works such as Young's, Strong's, Ederheim's, ISBE, Rotherham's, Vine's and Matthew Henry, to name a few, there was a slight pulse-beat of engagement and resulting effect on the life of the believer. I am not at all implying that living in the seminary stacks is what does the job, either. Way too often people get into their heads and out of their hearts,

and it is possible to have an intellectual relationship with the Bible and not an active one. The result can still be a "failure to thrive."

But here is where it gets wild. On day four, there is the spiritual equivalent to having paddles placed on one's chest, the medical staff yelling, "Clear!" and being "shocked" back to life. Below is what the researchers found happened in the lives of people who made a point of eating their "Daily Bread" at least four days a week:

1. Feeling lonely drops 30%
2. Anger issues drop 32%
3. Bitterness in relationships drops 40%
4. Alcoholism drops 57%
5. Sex outside of marriage drops 68%
6. Feeling spiritually

- stagnant drops 60%
7. Viewing pornography drops 61%
8. Sharing your faith jumps 200%
9. Discipling others jumps 230%

Sharing your faith and discipling others jumps to over 200% just by hitting four days a week? Imagine what could happen if it became seven days a week! What would the lives of individual believers look like? Even more importantly, how would that affect the Body of Christ nationally? Recently, I realized that I had over time slipped into the "3-day group," and that revelation bothered me greatly. I find it interesting that it was a little more than 24 hours later that the above statistics were presented, interestingly, in a talk that actually was about inflation, but had been delivered by a Christian business man by the name of Curt Beavers who has been one of my mentors for two decades. And I will happily take that kind of discomfort any day if it makes me a better disciple. Care to join me?

*Ali Elizabeth Turner*

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# Congressman Bryan Mast On The War In Israel

by Ali Elizabeth Turner



A few times over the years, I have felt that the best way to serve our veterans' community is to let the words of a veteran do the work, and this is one of those times. U.S. Representative Bryan Mast of Florida lost both of his legs in 2010 when he stepped on an IED while serving in Afghanistan. He also lost his left index finger. In 2015, he served in a support capacity with the Israeli Defense Force, the IDF. Most recently he wore his IDF uniform to work as a response to the fact that two fellow U.S. Representatives felt it appropriate to post the Palestinian flag at their congressional office spaces. Below is a piece he wrote to his fellow Floridians, and I feel it perfectly sums up the position of most Alabamians.

*I enlisted in the United States Army—and nearly gave my life for our country—because I believe deeply in the values on which the United States was founded. Following my service, I chose to volunteer alongside the Israeli Defense Forces (IDF) because our countries share these common ideals of free-*

*dom, democracy and mutual respect for all people.*

*During my time in Israel, I served alongside soldiers driven by love for their fellow man, rather than by hatred for their enemies. I had the honor of getting to know some of the most creative and caring people I've ever met—who adapted to the worst of situations and have been forced to overcome challenges that many couldn't even imagine. Every family that I encountered during my time in Israel shared a desire for their children to grow and be educated safely without the looming threat of war. I learned at the Shabbat tables of my hosts just how much each family truly desires peace between every neighbor of Israel, regardless of religion or history.*

*We cannot let Israel face its enemies alone. While the Obama Administration devalued America's standing in the Middle East and held our Israeli friends at arm's length, I worked to strengthen the relationship between our two countries, as both a private*



*citizen and as a soldier, because the national security of the United States is directly tied to the strength of Israel.*

*In Congress, I am dedicated to advancing policies to embrace the Israeli people as our friends with my pro-Israel colleagues on both sides of the aisle. I am committed to expanding America's security assistance to Israel. We will hold Iran accountable for promot-*

*ing violence against Israel by rolling back the dangerous mistakes of the Iran nuclear agreement and reinstating critical sanctions that deter war. I will do all I can to put an end to the dangerous Boycott, Divestment and Sanctions movement. And, I will fight against any effort—such as the dangerous anti-Israel United Nations Security Council resolution passed in the waning*

*days of the Obama Administration—that will undermine the opportunity for peace in Israel.*

*Here's the bottom line: We cannot allow the defense of our ally Israel to be an issue of right versus left. For me, and for all freedom-loving Americans, standing with Israel—for democracy and human rights—will always be an issue of right versus wrong.*

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# Are Covid 19 Vaccines Altering Your Genetic Code?

by Ali Elizabeth Turner

The answer may be, "Yes." People who are highly regarded experts seem to think that is a credible possibility, and people in positions of authority seem to be listening.

Here is a statement from Dr. Philip Buckhaults in his testimony before the South Carolina Senate regarding potential vaccine contamination and the ramifications: "It's surprising that there's any DNA in there, and you can kind of work out what it is and how it got there." Buckhaults further said, "And I'm kind of alarmed about the possible consequences."

Why would he be alarmed?

Let me put down two of his bullet points that he made for the senate members so we can try to find the answer to this question of why he is "alarmed":

- "The DNA could be the cause of the rare but serious side effects like death from cardiac arrest"
- "There is also a theoretical risk of future cancer..."

Buckhaults also says that in reference to his findings, "I am trying not to attribute to malice what could better be explained by incompetence."

Let's go back to his statement that you can listen to at this link:

<https://www.youtube.com/watch?v=IEWHhrHiiTY>

"This DNA could have and likely will get integrated into the genomic DNA of the cells that got transfected with the vaccine mix...

and it becomes a permanent fixture of the cells... where it will be in that cell and its progeny forever and ever-amen...so that is why I am alarmed by the presence of this DNA."

Did your health care provider tell you that your child's DNA could possibly be altered "forever" when you agreed to the shot? Are they telling you now? I just don't recall any nurse saying, "Hon, I know there is a real risk of this child's DNA being altered if he gets this vaccine, but can you please roll up your sleeve now?"

Let me quote from a slide that Buckhaults has that shows the actual distribution of DNA fragments by size found in the Pfizer vaccine. (2 batches) "The pieces of DNA are small and likely to damage the human genome by integrating and becoming permanent mutations."

The above is a quote directly from his presentation.

When you pulled up to get

the COVID vaccination at your local pharmacy, did they say, "Thanks for doing the right thing and getting vaccinated; this stuff contains DNA that is likely to damage the human genome and cause permanent mutations?" Of course they didn't! One reason is because *they didn't know that it contained DNA.*

You see, when Pfizer created the vaccine for *testing purposes* to gain FDA approval, they used a very carefully controlled and *expensive* method we shall refer to as "Process 1." Later, Buckhaults surmises (based on strong evidence) that when they were creating the stuff they would put in your arms, they created it with another *less expensive* method called "Process 2." This involved using genetically modified cells. This is according to Dr. Buckhaults's opinion, anyhow, and those of several others across the world who have analyzed many different batches now.

I will let Dr. Buckhaults speak more to the results of using "Process 2":

"All the little DNA pieces are not supposed to be there, they were not part of the sales pitch or the marketing campaign...and they are there, and there are a lot of them. In my opinion, somebody should go about and sample the DNA of those who were vaccinated to see if this theoretical risk has happened."

The upshot is that I just don't see how any reasonable person can avoid the conclusion that Dr. Buckhaults believes; that due to these vaccinations, there is a genuine possibility that your genetic code has been tampered with if you took the vaccine. If you doubt that, just go back and read *his* words again.

As of the writing of this article, the CDC is still recommending that many take the latest vaccine.

<https://abcnews.go.com/Health/fda-approves-new-covid-booster->

[amid-rising-cases/story?id=103084102](https://www.athensnow.com/amid-rising-cases/story?id=103084102)

You may be fine and dandy with that. That is your choice. As for me, I believe that God alone has the legitimate authority to alter my DNA.

If what is in this article disturbs you, as it did Dr. Buckhaults, you may say, "What can I do?" I would say that the first thing is to make sure I accurately quoted Dr. Buckhaults's words in their proper context. The second thing I would do is pray, because truth and true prayer are inseparably linked. The third thing I would do is ask your doctor a simple question: "Doc, were these vaccines contaminated with DNA?" If he or she says no, respectfully point them to this article.

The next thing I would do is become informed. There are other doctors around the world that are apparently confirming his findings.

Personally, I find things on Dr. Peter McCullough's Twitter account, also from *The Epoch Times* news outlet, and here is a link to the World Council of Health which has done much research along these lines.

<https://worldcouncilforhealth.org/news/news-releases/dna-contamination-covid-19-vaccines/>

In closing, I think I have accurately represented Dr. Buckhaults's statements in context, but you can listen for yourself. If you think I am in error, please let me know. Thanks.





# Calendar of Events

## Silver Sneakers

### Every Monday, Wednesday and Friday

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

## Merchants Alley Happy Hour Music Series October 20

5:30-7pm. Free to the public. Merchants Alley 107 N. Jefferson St. Athens, AL. Athens Main Street recently renovated a blighted alley in the center of downtown Athens. Opened in October of 2021, the renovation was a vibrant and fun spot filled with seven works of art celebrating music and musicians in our community. The Friday free concerts were wildly successful in 2022. We were thrilled with the variety of musical genres that we were able to book. From pop to country to soul to classical, there was something for everyone and our patron demographic reflected the inclusion we hoped to achieve. We engaged 27 diverse local musical acts. From individual musicians up to 10-person bands, these acts included guitars, banjos, keyboards, violins, drums, dulcimers, even a harpist. We are looking forward to 2023 and bringing more talented local artists to Merchants Alley. For more information on AMS, visit their website at [www.AthensMainStreet.org](http://www.AthensMainStreet.org).

## Master Gardeners Fall Plant Sale October 21

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

Facebook: Master Gardeners of Limestone County, Alabama

## 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.

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

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

## Fall Chicken Stew October 28

Athens VFW Auxiliary 4765. 18615 Jefferson St, Athens, AL. \$10 per quart, \$30 per gallon. Pre-orders accepted. Pre-order pick up at 1pm. Walk in serving at 2pm. Call Nina at 562-879-2557. We are very thankful for your support of our veterans.

## Free Breakfast for Veterans and First Responders November 11

AL AMVETS Post 21. 22769 Black Road, Athens. 7:00am - 9:30am. Public Welcome. \$8 for guests.

## Servsafe Training For Hospitality Staff November 13

At Athens State Center for Lifelong Learning. 121 S. Marion St. Athens. Courses include study guide, instructions and exam. Sign up today. [Athens.EDU/CLL](mailto:Athens.EDU/CLL) or 256.233.8260.

## Yesterdays Event Center Senior Lunch Matinees November 16

Yesterdays Senior Center. Lunch and show \$20, Doors open 10:30am, program and lunch 11am, showtime noon, 1 hr show. Glenn Hall, Director [info@yesterdaysevents.com](mailto:info@yesterdaysevents.com) 15631 Brownsferry Rd Athens. 256-232-2506

## Senior Lunch Matinee Series Third Thursdays Monthly

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

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From the Alabama Veterans' Museum

# Honoring Our Veterans

by Sandra Thompson, Director, Alabama Veterans' Museum

Join us for a special event to honor our veterans!

Athens State University and the Alabama Veterans Museum will partner once again to present a program and luncheon to honor our veterans. Our guest speaker will be Brigadier General Jason Brad Nicholson, Commanding General, United States Army Security Assistance Command. The event will be held on Friday, November 10, at 11 a.m. at the Alabama Veterans Museum event venue, 114 W. Pryor St. in Athens.

Brigadier General Jason B. Nicholson is the Commanding General of the U.S. Army Security Assistance Command and leads the Army Materiel Command Security Assistance Enterprise. The command executes foreign military sales with more than 140 countries and a total value exceeding \$215 billion in

support of combatant commands and theater armies to strengthen the United States' global partnerships and alliances. Brig. Gen. Nicholson has served in a wide variety of tactical, operational, and strategic assignments in the United States, Europe, Asia, and Africa. These include embassy postings to Nigeria, Uganda, and Tanzania. He was commissioned into the Field Artillery in 1998 through the Reserve Officers Training Corps at North Carolina State University,

where he studied history and English. Brig. Gen. Nicholson holds a Master of Policy Management from Georgetown University and is currently a Doctoral Candidate (ABD) in Political Science at the University of Utah. He is a foreign area officer for Sub-Saharan Africa and speaks both French and German.

Brigadier General Nicholson's military education includes a Senior Service College Fellowship through the Advanced Strategic Planning and Policy Program at the School of Advanced Military Studies, the U.S. Army Com-

mand and General Staff College, and the Joint and Combined Warfighting School.

His awards and decorations include the Legion of Merit, Defense Superior Service Medal, Bronze Star Medal, Afghanistan Campaign Medal, Global War on Terror Expeditionary Medal, the Army Staff and Joint Staff Identification Badges, and the Master Parachutist Badge.

This event will be free to the public but tickets are needed for admission. Please go to [www.eventbrite.com](http://www.eventbrite.com) to sign up. Tickets are limited.



*Brigadier General Jason Brad Nicholson*

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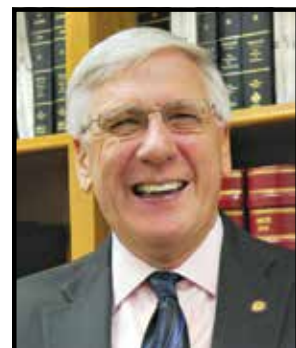
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# 5Ks And "Catfish Conferences"

by Ali Elizabeth Turner



We had come off of a weekend that was another reminder of what can only be described as the awesomeness of Athens, this time spotlighted by the Pink Lady Walk/5K held in Big Spring Park. The mayor was there in attendance; I ran/walked it and did so in fairly decent time, and the turnout was the best one ever. I don't think it is an exaggeration to say that close to 100 people were there. As most of you know, October is Breast Cancer Awareness Month, and for a decade, the Pink Lady Walk (now also a 5K) has been a visible part of that venture. We talked about how cancer survivor Sharon Carter started "walking the walk" and sponsoring Pink Lady when just a handful of people would gather at the old location of Jimmy Gill Park. Over the years it has grown

*Correction: In the last edition of this column, it was mistakenly stated that the last 100 year-old Katherine Horton was Judge James Horton's daughter, and she was rather his daughter-in-law. He lived with the family in his later years, and Katherine was his caregiver.*

until it is a timed race, and this year was run by Bald Eagle. "Look at how it's grown, and how everyone pulled together," said Mayor Ronnie with a joyful smile. The Pink Patrol car donated by Brad Stovall was "on duty" with lights flashing and helping to direct traffic.

What made this year's Pink Lady so special were the numbers of people who had never done a 5K before and weren't sure they could do it. To see the looks of triumph on their faces as they pushed through to the finish line was unforgettable. Then, to see the honor bestowed upon those who are in a current

battle with cancer or had beaten it back was heartening. One woman had beaten it back five times, beginning in 1999.

Another feature of this year's Pink Lady was having a DJ, and a spontaneous "street dance" broke out under the pavilion. There is talk of perhaps having a city-wide dance in the park for next year's

"Lady," and I hope that works out. It was a great day, and October kicks off the Relay For Life season in Athens. Our town is well known in Alabama for being fiercely committed to crushing cancer.

We moved on to the topic of the SE Conference of



the League of Municipalities' "Catfish Conferences," with a humorous reference to a city in TX that had to pass an ordinance that all catfish served in the town restaurants was "genuine cowhide catfish," and not what is known as "Asian catfish," or swai. "Catfish must be catfish," he chuckled.

Mayor Ronnie will be chair of the 14 State League of Municipalities organization that is active in the Southeast and attending that conference. While it targets small and mid-size towns, what he

told me is that "No matter the size of the town, everyone is facing the same problems, among them homelessness, infrastructure, and public safety." There will also be one conference that is just Alabama cities and towns that will be held in Montgomery. He was looking forward to both and noted that people who attend "don't want to talk and jaw-jack, we want to solve problems." Clearly there were things to celebrate and needs about which to pray, so we did, and then it was time for Ronnie to roll.

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# Peace Through Strength

by Phil Williams



This past week marked an incredible series of events in Israel. For years, Israelis have lived under daily threat of attack from neighboring states and regional bad actors for no other reason except that they dare to exist. Over 900 people were slaughtered and scores taken hostage by Palestinian Hamas terrorists from Gaza in what Israel's ambassador to the UN called "Israel's 9/11." The Israeli Knesset convened, and for the first time since 1973, Israel's government declared a state of war.

Dozens of Americans were among the dead and the hostages. Two hundred-sixty people at one music festival were slaughtered. The atrocities shocked the conscience of the world. More Jews were killed in that one day than in any one day since the Holocaust.

Hamas has been funded, trained, and supplied by Iran for years. To add to the pain and ignominy, the Taliban formally asked permission from the Iranian government for safe passage to help Hamas fight Israel. Let that sink in.

We have been dealing with Palestinian terrorism for decades. In fact, this past week marked another world event involving Palestinian terrorists.

"On October 7, 1985, the Italian cruise ship Achille Lauro was hijacked by four members of the Pal-

estine Liberation Front off the coast of Alexandria, Egypt," author Jack Carr recently recounted on Twitter. "They demanded the release of 50 Palestinians imprisoned in Israel, specifically threatened to kill the U.S. and British passengers if their demands were not met."

When the terrorists did not get what they wanted, Carr went on to explain, they executed 69-year-old Leon Klinghoffer, a wheelchair-bound Jewish American. His lifeless body was unceremoniously thrown overboard.

The terrorists eventually received assurances of safe passage from the Egyptian government with the help of their leader Abu Abbas. But they did not count on President Ronald Reagan, who believed in peace through strength.

"The following day, as part of the negotiated settlement," Carr recounts, "the hijackers boarded an Egypt Air flight to Tunisia. That same day, President Ronald Reagan ordered F-14s from the USS Saratoga to force the Egypt Air flight down at a NATO airbase in Sicily where the terrorists were arrested by the Italians."

Carr goes on to say that "an Italian court sentenced the hijackers to prison," but somehow Abbas, the likely mastermind of the hijacking, was quietly allowed to leave the country, with Iraq's Saddam Hussein providing him sanctuary.

Wanted by the U.S. for the next 18 years, Abbas was finally "captured by U.S. special operations forces in Baghdad," one month after the U.S. invaded Iraq in March 2003. He died one year later from natural causes. The U.S. had finally gotten their man, but it was the fecklessness of world leaders that allowed Abbas to roam free.

Another historic milestone also recently passed. On Sept. 30, 1938, the Munich Agreement was signed, prompting British Prime Minister Neville Chamberlain to announce that he had helped achieve "peace in our time." The agreement held that France and Great Britain would stand idly by allowing Germany to annex a large swath of Czechoslovakia.

Chamberlain gave Hitler what he wanted in return for the promise of peace. Exactly one year later, Nazi Germany invaded Poland, catapulting the world into the most costly and devastating war in human history. How did that appeasement work out?

Appeasement of bad men does not make them good. Appeasement of evil does not make it less evil. If someone is determined to commit atrocities, then they should not be given leave to do so. Appeasement only works if you are the strongest one in the discussion. No one feels the need to appease the weak. We must return to "peace through strength."

Peace should always be the desired goal. But the means to reach that goal will never be found in weakness. The goal is peace, but the means to peace is strength. Come to the table and discuss peace, but hold the biggest stick at the table and you will get more done.

Speaking at the Republican National Convention in 1980, Reagan said, "We know only too well that war comes not when the forces of freedom are strong, but when they are weak. It is then that tyrants are tempted."

Reagan's foreign policy, known as the Reagan Doctrine, supported freedom for all people around the world. His commitment to "peace through strength" led to the modernization of the U.S. military, believing that doing so would not only contain communism but defeat it.

Within a few short years, the Soviet Union fell. The '80s became a resurgent era for the U.S. economy, foreign policy, and standing on the world stage. The world recognized that the U.S. was no longer in the business of appeasement.

I don't believe the same could be said of our position in the world today. At every turn, the Biden administration weakens our national security, foreign policy, military readiness, border security, economic well-being, and energy independence. This is, in large part, because we do not operate from a position

of strength. Under the Biden administration, the U.S. operates, once again, under the fallible cloak of appeasement.

The concept of peace through strength is the surest and most effective way to promote safety and security at home and abroad. Our enemies are growing stronger and bolder every day in the face of feckless and reckless appeasement. We must be willing to lead, guide, and direct from a position of strength if we are to remain a beacon for the world. We will only do so if we project the attitude of peace through strength.

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





# Slinkard On Success

## Think Big

by D. A. Slinkard

*D.A. Slinkard would love your feedback. You can contact him at [da.slinkard@gmail.com](mailto:da.slinkard@gmail.com)*



If you think it, you can achieve it. I remember the first time I heard this message, and I was blown away by the simplicity, yet impactful truthfulness, of this statement. The human brain is absolutely amazing, and it is astonishing how God, the creator of everything, was able to design such an intricate system that fits perfectly between our ears. It has been proven that we use only a fraction of our brain, and I cannot even fathom a world in which we use more brain power. Even Elon Musk has created an invention, the Neuralink, which reminds me of something you can read about in the book of Revelation.

When it comes to our lives, though, too many people are not doing enough thinking. I can remember as a kid being told, "Use your imagination," and now kids are being told to, "Use your iPad." We have a society that is being completely dumbed down because of the great advancements in technology, and we have people who cannot think for themselves. Do not believe me? How many phone numbers can you remember of people who are your contacts in your phone?

I still remember the phone number of my childhood friend, yet many people cannot even tell you the number of their spouse. It

goes back to us not using our brains. This article is to challenge you with how you use what God has given you to think with. This article is to challenge you to THINK BIG! This article is to get you to think about what you want to achieve in life and then set out to achieve it.

It was a monumental moment in my life when I understood that what I pictured in my mind, I had the ability to achieve in real life. I was nearly 25 years old when I heard this concept. By that time I had already graduated from college and was married with two precious daughters. If I had been introduced to this concept before, I am not certain what I would have been able to achieve at a much younger age. I found out that when you think positive, positive things happen. When you think negative, negative things happen.

This is true in your life today. If you want to know what kind of day you are going to have, you need to ask yourself what kind of attitude you are going to take. Too often we ask ourselves what else is going to go wrong, and we find more of what we do not want. If you think it, you can achieve it. This goes for the good and the bad. If you focus on what you do not want, you are going to get it because you have been thinking about it.




Therefore, you need to make more of a conscious effort to change your thought process. The moment you realize your thoughts are negative, you need to change your thoughts and find your happiness. Get out of the negative zone and into the happy zone. This is an extremely important step to take in your daily life because most people walking around are only thinking negatively. They are thinking negatively about their spouse, thinking negatively about their job, thinking negatively about their life, and we need to change the thought process.

Once we have the thought process, or mindset, established in a positive manner, then we can focus on what we want to achieve. If you have the mentality that you can obtain your goals, you are more likely to achieve them; but if you think it is not possible, then good luck trying to

find any kind of success. The reality of life is that most people do not think about what they want to achieve in life. They go about living the rat race of life with no dreams, no aspirations, no desires. If you aim for nothing, you will hit it every time. You need to set your sights on something that gets your blood pumping.


If you think it, you can achieve it. What has been

on your mind lately? What is it you would like to see yourself achieving while the negative mindset has been getting in your way? This article can be impactful for people of all ages, young or old, because you should not stop living until you draw your last breath. Too many people give up too soon when in reality we need to THINK BIG!

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# Clean, Green And Beautiful

## “A Wacky Quacky Good Time”

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

ducks to head to the championship race. And we can never forget the 4 Lazy Duck winners of each heat!

I was surprised at the size of the crowd that gathered at the Duck Pond to watch the races. There was a mixture of all ages that genuinely enjoyed the event but the kids brought the joy. By the second heat race, we had kids that were running with such excitement alongside the ducks as they made

their way down the spillway. There were even a couple who seemed to study the workings of the custom duck trap made by our dear friend, the late Mr. Jerry Ford.

This year, the grand prize was sponsored by BT's Towing, Tire, and Truck Repair. Barry Tate generously provided the \$1,000 cash prize that was highly sought after, and we cannot thank him enough! The Grand Prize



winner was Robert Newport, and he was not only surprised, but very appreciative of Mr. Tate for his generosity. Each prize won was met with enthusiasm, and we are humbled by the support from sponsors and adopters.

I would also like to take the opportunity to personally thank all the volunteers who made this event a success! The KALB board members Leigh Patterson, Lynne Hart, Laverne Gilbert, John and Donna Cotten, Barry Phillips, and Ann Entrekin. They volunteered at the race as well as the Fiddler's Convention in our booth. Then there are those who showed up to lend a hand just because they are awesome people -- Marilyn Ford, Roger and Judy Falk, Martha Long, Limestone County Commissioner Derrick Gatlin, Keri Chalm-

ers, Amy Cotton, Jennifer Tribble, and Chris Sutton. Wacky Quacky was possible because of all of these fabulous volunteers!

Keep Athens-Limestone Beautiful is so thankful and honored by all the prizes donated by our local businesses. We want all our sponsors to know that their contributions to our organization are coveted by not only by KALB, but the winners as well. We hope that they know people are paying attention, and they see what business are re-investing in their community. KALB is honored by all of those who adopted ducks as a way of contributing to our organization. We hope that you continue to try your luck with these crazy ducks!



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### 2023 Wacky Quacky Ducky Derby Prize Winners

PLACE	PRIZE	WINNER
1st	Grand Prize \$1,000 - BT's Towing, Tire & Truck repair	Robert Newport
2nd	\$500 - Trustmark Bank	Patrick and Judith Roberts
3rd	Shoal's Marriott - One night stay + dinner at 360 Grille	Spry Funeral Home
4th	A round of golf for 4 + golf cart at Canebrake	David Chastain
5th	\$250 Gift Card-Osborne's Jewelers	Diane Lynn
6th	\$250-Morell Engineering	Johnston Woodroof
7th	Gift certificate for photo session-Dana Baker Photography	Greg Adams
8th	60 minute massage-Newman Massage & Wellness, Llc	Emily Clem
9th	\$100-Athens Pharmacy	Samantha Bussey
10th	\$100-Morell Engineering	David Hargrave
11th	\$100-Village Vet Clinic	Caleb Lawler
12th	\$100-Dunn Building Company	Linda Tinker
13th	\$100-First National Bank	Patrick and Judith Roberts
14th	4 Flex Tickets-Theater Huntsville	Megan Latimer
15th	\$50 gift card-Hobb's Jewelers	Sharon Davis
16th	2-year subscription-Alabama Magazine	Bill and Susan Ming
17th	Set of 2 flex tickets-Theater Huntsville	Patrick and Judith Roberts
18th	Set of 2 flex tickets-Theater Huntsville	Joanne Blatchley
Lazy Duck 1	Burger & Fries	Patrick and Judith Roberts
Lazy Duck 2	Burger & Fries	Les and Bunny Gordon
Lazy Duck 3	Burger & Fries	Matthew Anerton
Lazy Duck 4	Burger & Fries	Amanda Powell Nix





Cooking with Anna

# *Be Nice...To Yourself*

by Anna Hamilton

*Every day, most of us are nice. We smile at the person passing by us in the grocery store. We hold the door open for the person coming in behind us. We buy gifts for our friends and family. We say please and thank you, yes ma'am, and yes sir. Overall, we are nice, but are you nice to yourself?*

*I am not always nice to myself. I am not kind when I need to hear an encouraging word. I am not gentle when I need a helping hand. I criticize myself when I can't do things like everyone else. I tell myself I am not good enough when I don't look like others around me. I am not a nice person... to myself.*

*As Christians, we are called to love others, but we must also love ourselves. Love comes straight from God. "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God." 1 John 4:7. "We love because he first loved us." 1 John 4:19. Love is at the core of everything we should be*

*as Christians. You can have the most faith, the most hope, and have racked up the most attendance points for going to church, but if you don't have love at the center of your life, none of it matters.*

*So, I have decided to start doing something nice for myself every week. I'm not sure yet what all that will look like, but I am ready to start! I think this week, I will take time to do my fingernails and toenails. I have always loved doing my nails, but usually I do it quickly before I walk out the door. I am going to take the time to do them nicely and pamper myself. Next week, who knows?*

*What are you going to do this week to be nice to yourself? I encourage you to do something that makes you truly happy. Spend time with friends, read a good book, find mental relief in prayer, take care of your body, forgive yourself, encourage yourself, and most importantly, remember that you are a child of God.*

*This week's recipe is a fruit salad. I know you think fruit salad is something that your old granny brings to the family reunion, but trust me, this one is a modern take with an autumn flair. It is so yummy! I know my family loves it, and I am sure yours will too.*

*"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." 1 John 4:18.*

## *Fall Fruit Salad*

### *Ingredients:*

#### *Dressing:*

*1 orange*

*2 Tbsps. maple syrup*

*¾ tsp. ground cinnamon*

#### *Fruit Salad:*

*16 oz red seedless grapes*

*12 oz blackberries*

*1 cup chopped pecans*

*2 large sweet apples*

### *Directions:*

*In a large bowl, add the zest and juice of one orange. Add maple syrup and cinnamon. Whisk to combine.*

*Then add grapes, blackberries, and pecans. Cube apples into bite-sized pieces and add to bowl. Toss to coat fruit.*

*Serve immediately or store covered in the refrigerator until ready to serve.*





# 5 Habits For Nutrition Success

by Nick Niedzwiecki - Owner, CrossFit Athens



Have you ever been on a diet? How long did it last? Six weeks, twelve weeks, if you made it six months you're a superstar! Typically what happens with a diet is we start, see some progress, then fall right back into the ways of old. This is because we do not set ourselves up for long term success from the beginning. These 5 tips are the key to success and lifelong change!

## 1. Seek Help

Change is hard, whether it's food, quitting a job, moving to a new city, or anything else life throws at us. Help makes change easier. When it comes to nutrition, this is a massive undertaking and not something we should approach lightly. Having someone to guide you along this journey is key to your long-term success.

## 2. Establish Measurable Goals

Aesthetics, weight, and pictures can be motivating in the beginning of a journey but, in the long run, can be detrimental to our success. When comparing ourselves to older versions of ourselves, it is easy to only see what we always see as a prob-

lem, even if it has drastically changed over time. A better approach is to establish goals that we can measure against over time. Health and performance goals fall into this category. My blood sugar has decreased X amount since my last blood panel, my mile time has gone down X amount since my last test a year ago, and I'm lifting heavier weights than I ever have in the gym. These are all metrics that are measurable, and we can see the progress over time.

## 3. Log What You Eat

This is a great habit to establish in the beginning so we can see exactly how much food we are eating on a daily, weekly, and monthly level. Think of it like your bank account; you don't (or shouldn't) go through life taking out more money than you are putting into the bank, and our food intake is no different. Getting started, we are not worried about what the intake is, just start logging what you eat to get a baseline.

## 4. Commit

Approach this new change as a lifelong pursuit and not a six-week challenge. A diet is defined as "the kind of food



that a person, animal, or community habitually eat." This means that whatever you're doing now is classified as a diet. McDonald's, Starbucks, and Chick-Fil-A daily are all diets, and going on a "diet" will never be a lifelong commitment. Eliminating all the "bad" foods that you eat now

will never last, and we don't expect it to. Try a different approach and commit to making life long changes, knowing that there will be some bumps along the road.

## 5. Find Support

Healthy habits are much easier to create, manage, and commit to when you have a great support

system and community. If you're surrounded by Coke and McDonald's all day, odds are you can keep it away for a little while, but as a product of your environment, you will fall back into your old ways. Create your own health path by seeking out a community of like-minded individuals who will encourage you along the way!

We have all 5 of these keys to your nutritional and lifestyle changes at CrossFit Athens! Shoot me an email to setup a time to come in a talk about getting started, Nick@CrossFitathens.com





# Want Some Encouragement? Read The Cross Has Spoken!

by Ali Elizabeth Turner

*continued from page 1*

encouragement is that which “can be found by having a relationship with Jesus Christ,” he says.

As of this writing, Israel is in a state of full-on declared war with Hamas after being brutally attacked on Yom Kippur a week ago, Iran is in the mix, we don’t have a Speaker of the House in the U.S. Congress, Taiwan is extremely vulnerable to attack by the Chinese, the economy is iffy, and the politics in the run-up to election season are predictably nasty. It is indeed a time, as Jesus said, of “wars and rumors of wars.” So, how in the world can we be encouraged?

Well, even though we have been promised tough times, and instability has appeared often throughout history, our Savior said, “Be of good cheer, I have overcome the world.” How did He do that? By dying for us.

When Tee and I spoke about this newest volume, we

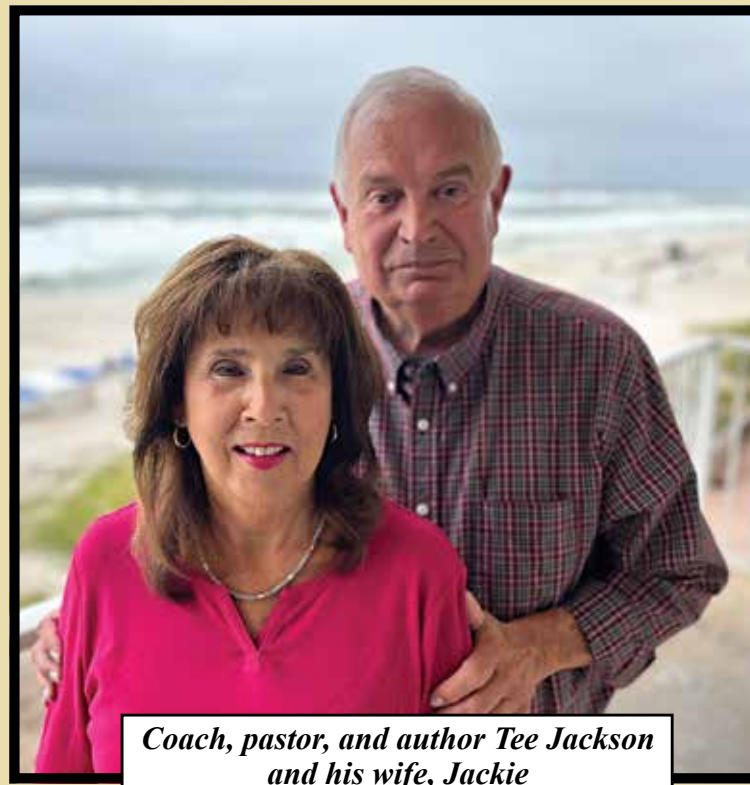
discussed the “back story” of one of the chapters of the book wherein Tee illustrates what it means to have the Cross “speak” through a hymn written over 50 years ago by Bill and Gloria Gaither. Tee was not aware that when Gloria wrote her part of the song, “Because He Lives” she had been struggling about the fact that then, as now, America was in trouble, there was unrest everywhere, and she was pregnant with their third child. What was life going to be like for their newest little one? The Lord came and comforted her, and she was able to release the fear and go on to trust that He had everything under control, even in the midst of such turmoil. Gloria had a little boy by the name of Benjy, who interestingly was born in Mobile, AL, in 1971. The lyrics from the song that Tee uses to illustrate the chapter entitled “Why Jesus Came To Earth,” say in part,

*God sent His son  
They called Him Jesus  
He came to love*

*Heal and forgive  
He bled and died  
To buy my pardon  
An empty grave  
Is there to prove  
My savior lives  
Chorus  
And because He lives  
I can face tomorrow  
Because He lives  
All fear is gone  
Because I know  
He holds the future  
And life is worth the living  
Just because He lives*

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The song has gone on to be one of the most familiar and well-loved songs ever produced by the Gaithers, and Tee told me his own “back story” about “Because He Lives.” He was attending college at Samford University, and one day he experienced what he said was “the most beautiful music I have ever heard, and I couldn’t tell where it was coming from.” He looked and noticed that people were standing on the balconies of their dorm rooms, listening and looking,

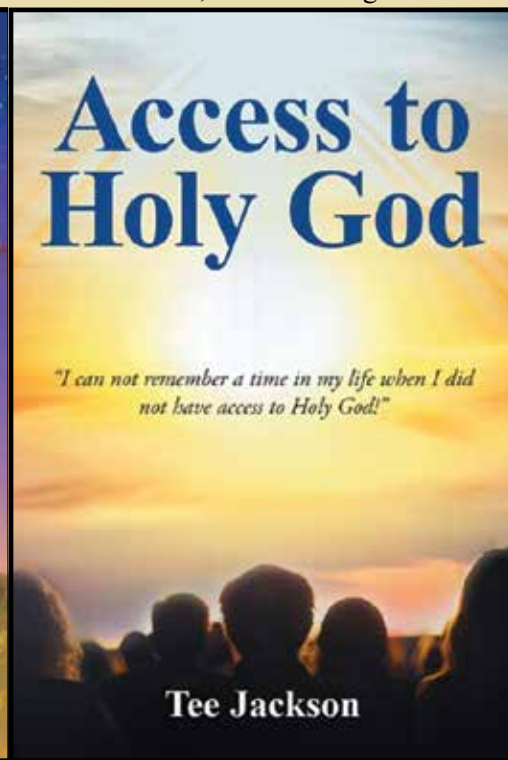
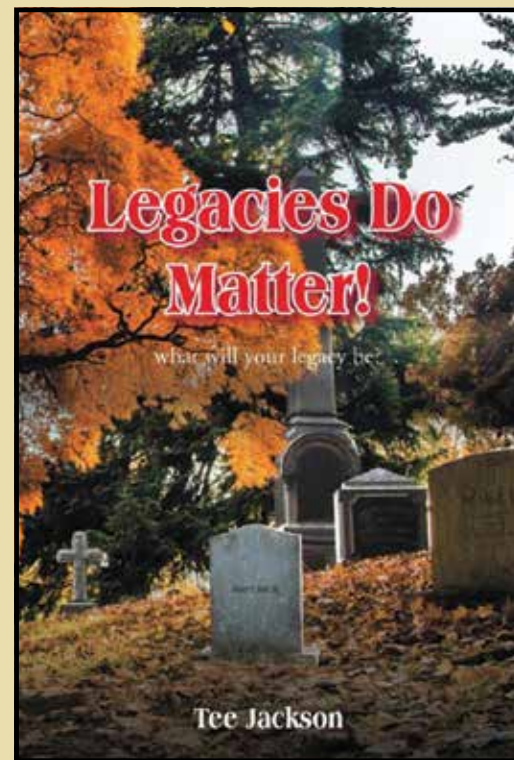


**Coach, pastor, and author Tee Jackson and his wife, Jackie**

as Tee was. It turns out that the Gaithers were on the Samford University campus, recording “Because He Lives” in the music building. “It was so heavenly, it was like the Rapture had happened,” he said. Tee goes on to say in this chapter, “I was a lost soul. I thought I was a good person. When Jesus came into my life, I was changed forever!

I would like you to have a similar experience. Call upon the Lord while He can be found.”

One other chapter that particularly warmed my heart is called “We Can Be Jubilant.” In it, the example Tee gives is regarding the night before he and Jackie were married. He had decided to wait until then to give Jackie her engagement ring, and completely surprised her. “She opened the box and the diamond ring twinkled in the light. Tears spattered from her eyes and she gave me a big hug. She stepped back, looked at the ring, and said, ‘It is beautiful! Thank you!’” We can be jubilant that such a hope of love is ours because the Cross has spoken, and this is a gift that you can give to yourself or others today. Tee’s books are published by Christian Faith Publishing, and can be purchased on Amazon. Get yours today, and settle it in your heart that there is lasting hope to be found, even in these wild times.







# Postseason In Sight For Fall Sports

by Tim Lambert

*Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at [www.pasnetwork.net](http://www.pasnetwork.net)! email: [playactionsports@hotmail.com](mailto:playactionsports@hotmail.com)*

The Alabama High School Athletic Association is moving the state bowling tournament from Gadsden to Mobile beginning in 2024. The city had previously hosted the south regional tournament. This year's state tournament will be January 25-26. Congratulations to James Clemens' Mason Busch on his commitment to Snead State baseball. James Clemens' Nate Jennings and Athens' Jay'Shon Ridgle were named to North All-Star football team for their annual game against the South on December 15. The Jets' Jaylen Brown was also picked for the Alabama All-Star team that will take on Mississippi on December 16.

**Highlights:**

**Football**

- Ardmore 41, Elkmont 14
- Athens 55, Mae Jemison 35
- Athens 34, Cullman 28
- Clements 50, Colbert Heights 37
- Clements 63, DAR 6
- Clements 56, Marion County 21
- Clements 47, Elkmont 12
- Elkmont 24, Colbert Heights 19
- James Clemens 14, Florence 7
- James Clemens 31, Sparkman 30
- Tanner 48, Sheffield 14
- Tanner 21, Columbia 3
- Tanner 20, Hatton 0

Tanner 64, Lexington 34

West Limestone 55, East Lawrence 8

West Limestone 20, East Limestone 7

West Limestone 27, Wilson 6

**Volleyball**

Ardmore's varsity team won the Limestone County tournament. West Limestone's JV and middle school teams came out on top in their divisions.

Other results--

Calhoun defeated Northeast Mississippi, Roane State, Enterprise State, Southern Union, Beville State, Gadsden State, Coastal Alabama-North, Coastal Alabama-

South, and Bishop State.

Athens Bible School posted wins against West Morgan, Valley Head, Woodville, and Haleyville.

Athens beat Columbia, Decatur Heritage, Decatur, James Clemens, Lindsay Lane, and West Limestone.

Clements topped Colbert Heights, Florence, East Limestone, Wilson, and Rogers.

East Limestone turned back Westminster, ABS, Tanner, West Limestone, and Columbia.

Elkmont knocked off East Lawrence and Ardmore.

James Clemens defeated Muscle Shoals, Austin, Mars Hill, Corner, Whitesburg Christian, Haleyville, Westminster, Madison Academy, and Baker.

Lindsay Lane stopped the Alabama School of Cybertech, Tanner, Whitesburg Christian, West Limestone, Elkmont, and Waterloo.

West Limestone notched victories over East Lawrence, Lindsay Lane, and Falkville.

**Cross Country**

At the Fairview Invitational, Athens Bible School's Kaylie Key won the girls' 1A-4A division. Elkmont's Andy Hinkle was second in the boys' small open division at the Southern Showcase in Huntsville, Athens

High's Cayden Smith placed third in the boys' large open division. The James Clemens varsity boys' cross country team won their division at the Wingfoot Classic in Cartersville, GA. Ardmore's Addison Tiemann was first in the varsity girls' 5A-7A race at the Kudzu Hills Invitational while Athens Bible School's Kaylie Key came in third in 1A-2A. At the ABS Invitational, the Lady Trojans' Kaylie Key and Kylie Murrell won the small school girls' 5K and 3.2K races, Ethan Barnes was second in the boys' 3.2K; East Limestone's Noah Worker was first in the large school boys' 3.2K. Athens High's Catherine Johnstone won the 5A-7A varsity girls' race at the Dew It on the Trails; Athens Bible School's Kaylie Key finished second in the 1A-4A girls' division.

**Announcements**

Lindsay Lane will have their annual golf tournament on October 30. Entry fee is \$600 per foursome or \$150 per player. For more information, go to the LLCA Athletic Booster Club Facebook page.

Huntsville City FC will have a Thanksgiving Soccer Clinic led by head coach Jack Collison for kids ages 8-16 November 20-22 from 10 a.m. - noon at John Hunt Park in Huntsville. To register go online to [jackcollison-soccerschool.com](http://jackcollison-soccerschool.com).



*James Clemens' Mason Busch commits to Snead State baseball*





# Sonya Fehér's SpaceWise: Here To Help You Make Room For You And Yours

by Ali Elizabeth Turner

*continued from page 1*

(whoever she is), with results that have been inconsistent at best. As an educator, I know that sometimes learning and implementing a subject can best occur when you take the risky step of having to teach it, and so a few years back I signed up to learn how to be a professional organizer! Anyone who has been in my *Athens Now* delivery truck is probably laughing out loud, but I have refused to give up on finding freedom from frustration and shame.

So, it seemed like a true answer to prayer when an invitation to a free organizing webinar hosted by Sonya Fehér of spaceWise landed in my bulging inbox two weeks ago, and I signed up before I seized up. Why? Because, number one, Sonya is herself a recovering clutter-bug who has more than 4,000 in-person hours of organizing work with diverse clients under her belt, and number two, her superpower is helping you find your unique organizing style so you don't try to cram yourself into someone else's mold in order to kick clutter to the curb. Part of that superpower also involves teaching you how to successfully maintain your space once you have triumphed, which, as it turns out, is the secret sauce of success.

The third thing that made me feel like I was in a truly "safe space" as it pertained to learning organization at last was hearing Sonya's story, which is hilarious, endearing, touching, and empowering. I came away

with renewed hope and have become a customer, and, not just a customer, but a raving fan customer to boot! I was gripped when, in describing her own fight with disorganization, she said so tenderly, "I felt broken." I wish I could say that I have never felt that when it comes to managing my environs, but I have, I hate it, and I don't want anyone reading this to suffer needlessly for one more moment. "Help that helps" is here to stay!

Sonya has been a high school teacher, a college professor, the director of two Sylvan Learning Centers, a wife, a mom, and she struggled to "keep it all together." As she tells it, her office as a center director "was all windows," and had a horizontal filing cabinet that had no files in it. At the end of the day, she would take her pile of papers and gingerly place them into the empty drawer, then take them back out the next morning. No one knew of her battle. It was having a toddler and not being able to leave the house because she couldn't find her kid-do's shoes that made Sonya realize she needed to do something, and fast, if she was going to maintain her sanity.

As had been the case with



Sonya does one-on-one organizing, group lessons, has an organizing course that can be purchased online, a Facebook group for fellow "clutter kickers," and more. She has gotten so good at what she does that her business is now international, she trains others to be professional organizers, has gone to become a successful life coach, and is also an author.

Here is a little of what Sonya says about Sonya, which I hope will serve to show you what a blessed gem she is:

*I became an organizer and coach both by luck and design. I wasn't always organized, but I knew my life would be better if I could learn to be. Depending on the day, the object of my frantic search changed, but*

*the chaos of my home was overwhelming. I systematically applied all of my knowledge using a new strategy. I stopped trying to be a different person and started creating solutions for who I was rather than for my fantasy perfect self. Years of learning finally came to fruition so that I could transform my home and my life.*

*Combining organizing and coaching, I help my clients get to "enough" – a feeling of satisfaction, happiness, comfort, completeness – the life they want and their purpose for being here.*

*I feel so lucky to be living my purpose and love being able to help my clients do the same.*

me, Sonya had fought valiantly to learn how to be organized through educating herself, with little consistent success. But desperation drove her to experiment until she found a place for everything and could pick up every room in the house in fifteen minutes or less. Most remarkably, she was able to maintain a more-than-modicum level of organization, her stress level went down, and she began offering to help others who struggled as she had. She began to work with people who needed someone who would help and not judge, who would listen, guide, educate, and support them in a way that worked for who they were.

That was in 2010, and now



I sincerely hope that you will go online and book a free initial consultation with Sonya or take the free workshop that I did ([spacewiseorganizing.com/5-steps](http://spacewiseorganizing.com/5-steps)), then let her spaceWise approach bring you some "help that is here to stay." Go to [spacewiseorganizing.com/5-steps](http://spacewiseorganizing.com/5-steps) today and get started. And once you do, let's grab some coffee and compare notes!



# *The Wind And The Willow*

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



The story is told of a severe storm that ripped through an isolated neighborhood one night. All of the oak trees and pine trees split and fell to the ground due to the force of the winds, but one family in particular noticed that the willow tree was still standing.

While giving a eulogy for a beloved member of the community, many found comfort in the words I shared about the strength of the willow tree. Most of my thoughts given in the eulogy are being conveyed in this article. I shared that the willow thrives because it bends without breaking in the harshest storms, symbolizing resilience and the ability to weather life's most painful losses. Mothers who have lost a son can find strength in the willow's story, reminding them of their own resilience in the face of deep sorrow. We also think about the tremendous grief of the family of Stephen Perkins, a high-profile case in our area, who was recently killed in his front yard. We also think about the collective grief of the community members who empathize with his family's pain.

The story of the willow tree is a parable of resilience and strength. Often found near water, the willow is known for its flexibility and adaptability to harsh conditions. Unlike other trees that break under

the powerful winds of a storm, the willow bends and sways. It might bow down until its branches touch the ground, but it never snaps or gives way entirely. Instead, it endures, standing tall once the storm passes. This beautiful metaphor serves as a reminder to those grieving the loss of a loved one. Just like the willow, they too can bend under the weight of their sorrow, yet not break.

Through great loss, we are reminded of the resilience of the willow tree. Despite the harshest of storms, the willow tree bends but does not break, finding strength in its flexibility. Similarly, we, who were fortunate to partake in our loved one's journey must emulate the willow. We will bend under the weight of our grief but not break.

The wind that bends the willow shall not break it because it serves not as a destructive force, but as a sculptor, shaping the willow into a symbol of resilience. Similarly, our trials -- the tempests of our lives -- are not meant to shatter us, but to shape us, to make us stronger and more resilient, like a willow in the wind. The wind that bends the willow shall not break it, because it is deeply rooted. The wind that bends the willow will not break the grieving ones, because we are anchored by deep roots of love, faith, and community, and we are

anchored in our shared memories of our loved one and our collective strength. The wind that bends the willow shall not break it, because God's constant love and support surrounds it, just as He surrounds us now, providing comfort and peace in our time of sorrow.

The wind that bends the willow shall not break it, because just like the willow tree's flexible branches that bend and sway with the wind reducing the risk of damage, we too are flexible in our grief, bending but not breaking. We can grieve and still love, still have the capacity to smile, still help others, still be a voice for the hurting, and still fulfill our purpose. The willow tree's flexibility allows its branches to bend with

the wind, rather than resist it. This bending does not weaken the willow but rather strengthens it, training its branches for the storms that are ahead.

The wind that bends the willow shall not break it, because over time, this repeated bending can even influence the tree's growth patterns, leading to a more wind-resistant form. In the same way, our sorrow shapes us, not into beings of despair, but into creatures of extraordinary tenacity, capable of weathering the fiercest storms. Sometimes the willow will bend to the extent that its top may scrape the ground, but when the wind goes away, it is able to snap back into form. We too may be bowed so deeply by our grief that we feel we

can't go any lower, but somehow, we are able to snap back into form in spite of what we endure.

Strength through the wind does not mean masking our pain or stifling our tears. In the face of grief, strength is not about the absence of pain but the ability to continue growing in spite of it. Yes, we may bend to the wind, but we certainly do not break. Just as the sturdy willow thrives amidst the wind, we too find a way to thrive amidst our heartaches. We bend, but we endure, for we are shaped by our experiences, not destroyed by them. And so, we continue to grow, to live, and to love, forever changed, yet unbroken.





## The View From The Bridge

# Tis The Season - The Smell And Taste Of Fall

by Jackie Warner

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



The weather is just right for hanging outside and enjoying the beautiful colors of the fall season. I have never been much of an outside person but when the weather cools off and leaves start falling, it's one of my most favorite times of the year. This is the time of the year when I enjoy being outside. It's not too hot and not too cold. Watching the leaves change colors and

dressing our yards is so relaxing and inviting. Pulling out the decorations and going shopping for those oversized mums just makes for the perfect recipe for outdoor fun with our friends and families. And don't mention those desserts... Most of my family don't think of me as a chef, but all who know me will say, "Enjoy Jackie's cooking during this time of year because if not, you

will have to wait until the next fall." It is just something about fall and being around family. Maybe it's the smell of chili or pumpkin spice. Perhaps it's sweater weather being all wrapped up in a warm blanket, eating popcorn at those high school and college football games, and cheering on my girls during a band performance. For several years, being a band mom and taking the Friday trips



with the students to all the games...yes, it got cold in the stadium, but you could feel the warmth and excitement all around you. As we prepare for the holiday season, remember the joy of season changes -- the smell, taste, and feel of fall. It is the time of the personal harvest, an opportunity to prepare for your purge, release, and reflection. "Fall shows up and shows us how beautiful it is to let things go." Anonymous Romans 12:1-2 1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper

worship. 2 Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing, and perfect will. Enjoy one of my favorite desserts that always ends up on the menu during the Thanksgiving Holidays. It's just so good...

**Until Next Time, Be Sincere, Kind and Intentional**  
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Check out upcoming events: <http://thebridge-us.yolasite.com/>



## *Don't Fence Me In*

by Deb Kitchenmaster



Do you remember the songwriter Cole Porter? Or perhaps, the song "Don't Fence Me In," sung by artists such as Frankie Laine, Bing Crosby, The Andrews Sisters, Willie Nelson, and Leon Russell? The lyrics pretty much remained the same, even though there was some tweaking, depending on the vocalist or group. What was consistent were the words "don't fence me in." The song expresses an interest in land, "lots of land, under the starry skies above." A longing to ride through the wide-open country that is loved and is heralded through the rhythm of music. The songwriter is comfortable with "being by myself" in the evening breeze, listening to the murmur of the cottonwood trees. Plus, this rider's "saddle that is straddled" is refreshing and invigorating in this OPEN space. Don't fence me in is what is consistent. Consistency is on the "top-ten" list of developing a safe, fun, and growing part-



nership with your horse.

Each of these singers had their own voice and personal style. That is how it is with horse people. This is one of the many beauties of being with horses -- an awakening to "my true self." My grandson, Evan, made a comment that I will never forget. He had awakened before his mom on a particular day and he came into his mom's bedroom and said, "Mom. It's a beautiful day to wake up!" I



had the blessing of being an eyewitness of two teenage friends as they found the beauty "to wake up" while being on the back of their horses. These teens had progressed from round pen, to corral, to the moment of a trail ride. We had our lunches packed in our saddle bags and off we went into 200 acres of trails. We came upon the coolness of a knoll of trees, listening as the wind blew through the leaves. As we sat on our

horses, facing each other, we became engulfed in a cloud of butterflies! They swarmed around our faces; they encircled the three of us and our horses. God Himself brought a beauty of transformation to each of us in that "wake-up moment" of being OUTSIDE the fence. I must say, that day in these young gals' lives has not left their memory or the sense of direction it brought into their lives. Nor mine.

This fall, open up the gates from the round pen and corrals to wide open space or color beyond the fences; relax, enjoy, listen, and breathe deeply as your horse carries you to discovery and awe. "Just turn me loose, let me straddle my old saddle underneath the Southern skies."

*Your NEIGHbor,  
Deb Kitchenmaster*

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# The Many Forms Of Anger

by Lisa Philippart,  
Licensed Professional Counselor



*“Anger makes us feel so isolated.”*  
- Fred Rogers



Before wrapping up this series on anger, I want to help you to understand that anger takes many forms. Of course, there is the obvious cartoony picture of anger that we all imagine, which usually involves yelling and shouting, faces turning red, steam coming out of ears, etc. But there’s probably a much wider diversity of forms that anger can take (in fact, it may be arguable whether anger is actually a single thing or not.) It’s important to be aware of these sometimes subtle forms or variants of anger because there’s a good chance some of these play a strong role in your own life. Let’s look at a few examples of the non-obvious forms of anger and how they can operate. Impatience is anger along the dimension of time. We become impatient when we have a specific timeline

in mind for something and that timeline is forgotten or dismissed by others. As a result, our expectation of what should happen is violated and we feel anger in the form of impatience, along with the impulse to hurry things along. Chronic irritability is often a sign of unaddressed anger. When you are consistently angry and upset about something but are unable (or unwilling) to understand it better or take action to address the issue at

hand, you may find yourself frequently out of sorts or snippy with people, overly sensitive to criticism, or simply agitated much of the time. Like irritability, resentment is the result of unacknowledged or under-addressed anger. But in the case of resentment, it’s directed at another person specifically. Resentment often builds up between people—couples especially—when one person wants something of the other, but either does

not know how to ask for it or is afraid to speak up for themselves. Assertiveness is the “cure” for resentment.

In one sense, frustration is simply a milder form of anger. It is the emotion we feel when we have a goal or desire and are thwarted in reaching it for one reason or another. But I’ve also found that many people use the term frustration as a way to avoid using the term anger. These people feel as though it’s wrong or bad to feel angry, so they compensate by using other similar terms like frustrated or upset. The problem is, if you are consistently angry about something but

continually downplaying it by labeling it as frustration, that anger is likely to go unaddressed longer than it should. Passive-aggressive communication happens when we want to get a job in or make someone feel bad, but we want to appear good at the same time. The most common form is sarcasm, which is just an insult disguised as a joke. Ultimately, we’re passive-aggressive in our speech because we want to be aggressive toward someone else without taking responsibility for it.

Anger takes many forms, from mild impatience to road rage. To better understand your anger, increase your emotional vocabulary by making clear and specific word choices to describe your feelings. It’s important to understand the psychology of anger because understanding how anger actually works is key to developing healthy and effective strategies that work in a healthy way.

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

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## The Alternative Approach

# Are You Ready For What Is Coming?

by Roy Williams



The handwriting is on the wall for everyone with eyes to see and ears to hear. Globalism is trying, with all their power, to take over and destroy our way of life. The World Government Terrorists are wanting to destroy what's left of the freedoms we Americans enjoy.

It appears to me that Americans are pessimistic about the future. Is the "land of opportunity" gone? What remains is but a fading memory of what our Founding Fathers had in mind for us and it is not just us. A growing body of research shows that national populations around the world are depressed about the future.

Powerful institutions as varied as the United Nations, World Economic Forum, Black Rock, and even the Vatican all demand an essentially borderless world, in which the peoples of any nation are encouraged to migrate freely into others. When the citizens of other nations or political parties have fought back against policies of uncontrolled immigration, globalist-minded

authorities have been quick to demonize their own citizens as racists; xenophobes; or, more recently, purveyors of hate.

It seems to me like our own leaders are on that bandwagon because both parties are determined to destroy us from within by dividing us. It goes back to the tactics of the military to "divide and conquer." It is imperative that they drive a wedge between us, black against white, Democrat against Republican, Christian against Muslim, and freedom against socialism.

The globalists' 'Big Tech' effort to silence conservative and independent voices, allowing them to maintain a monopoly on the flow of information, is one more example. As George Orwell made clear to us decades ago, "The more a society drifts from the truth, the more they will hate those who speak it." Then he goes on to say, "If liberty means anything at all, it means the right to tell people what they do not want to hear."

We Westerners are

browbeaten with globalism's sister philosophies of "multiculturalism" and "diversity for diversity's sake" to the point that even declaring oneself a proud Englishman, Dutchman, German, or Russian can quickly lead to the offender being branded a racist who must be "retrained" to reject hate. We must just bow down and believe what they, the elitist, say is right, even though it goes against everything we know to be right. Same sex marriage, cross dressing, choosing which bathroom to use, religion, and even protecting our borders are under attack. It is very quickly becoming apparent that they are dead set on destroying everything that made us the greatest nation on earth.

It is evident that globalism and State supremacy are diametrically opposed to the family. Even choosing which medications you or your children should be on, if they have their way, will no longer be up to the individual. Yes, government agents now insert themselves between par-

ents and their children in matters as personal as religious conviction, sexual morality, and psychological wellbeing. Should parents reject any of the State's radical ideologies, such as transgenderism, their natural rights as parents are then threatened. And, heaven forbid, you reject a medication they want your child to take, such as the death jab.

It's time to take full advantage of our 1st amendment and learn to say, "No, I will not comply." One thing I have learned to say since the COVID pandemic is, "I will comply with the law but what you are asking me to do is not law. If you will give me a copy of the law signed by Congress and the president, then I will comply." Trust me they cannot show you those papers. Their goal is to get us to walk in lockstep, and follow their orders like sheep.

In my experience, human suffering arises when people feel that they have no control over their own lives. The best solution to what we are

experiencing in society today is to seek a relationship with God, take personal responsibility for our actions, stand up against totalitarianism, and openly express our thoughts. People that confidently accept their own agency inside a world not of their making eventually find peace. May we learn to encourage each other, embrace God and His word, protect private property rights, and take advantage of freedom of speech.

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# “Complainers”

by Mae Lewis

“Tell me, how blessed are we to have tragedy so small it can fit on the tips of our tongues?”

Yesterday, I lost a computer file that I had already spent several hours on, and I had to start over. I wanted to cry. Then I saw a news report of real events unfolding in Israel...and I did cry. I'm ashamed that a bad day for me is having a headache, or having a work project go awry. I'm ashamed that my real world experiences have been so sheltered and so privileged that I have never known what it means to truly be hungry or thirsty. I've never been without a bed, or a roof over my head, or lived out in the cold. I've never had to sleep in my car out of necessity. I've never had to steal food to keep my children fed. I've never had to sell my body to survive. I have never seen bodies burning or people screaming in pain. I have never experienced something so horrific that my entire world is shattered in an instant.

I am reminded again of the privileges I have residing in Middle America, where everything comes as easily as a drive to the grocery store. As long as I have a good internet connection, I have the entire world at my fingertips.

This brought to my mind a poem by Rudy Francisco entitled “Complainers”- and I

wish I could write with this kind of passion and elegance. I want to use my column space this month to share this masterpiece with you. (To REALLY be moved, watch Rudy perform this live on YouTube.)

COMPLAINERS - a poem by Rudy Francisco

“On May 26, 2003, Aaron Ralston was hiking, a boulder fell on his right hand, he waited four days, he then amputated his own arm with a pocketknife.

On New Year’s Eve, a woman was bungee jumping, the cord broke, she fell into a river and had to swim back to land in crocodile-infested waters with a broken collarbone.

Claire Champlin was smashed in the face by a five-pound watermelon being propelled by a slingshot.

Mathew Brobst was hit by a javelin.

David Striegl was

actually punched in the mouth by a kangaroo. The most amazing part of these stories is when asked about the experience they all smiled, shrugged and said “I guess things could’ve been worse.”

So go ahead, tell me you’re having a bad day.

Tell me about the traffic. Tell me about your boss.

Tell me about the job you’ve been trying to quit

for the past four years. Tell me the morning is just

a townhouse burning to the ground and

the snooze button is a fire extinguisher.

Tell me the alarm clock stole the keys to your smile,

drove it into 7 a.m.

and the crash totaled your happiness.

Tell me! Tell me!

Tell me how blessed are we to have tragedy so small it can fit on the tips of our tongues.

When Evan lost his legs

he was speechless. When my cousin was assaulted she didn’t speak for 48 hours. When my uncle was murdered, we had to send out a search party to find my father’s voice.

**Most people have no idea that tragedy and silence often have the exact same address.**

When your day is a museum of disappointments, hanging from events that were outside of your control, when you feel like your guardian angel put in his two-weeks’ notice two months ago and just decided not to tell you, when it seems like God is just a babysitter that’s always on the phone, when you get punched in the esophagus by a fistful of life.

Remember, every year two million people die of dehydration.

**So it doesn’t matter if the glass is half full or half empty.**

**There’s water in the cup.**

**Drink it and stop complaining.**

Muscle is created by lifting things that are designed to weigh us down.

When your shoulders are heavy stand up straight and call it exercise.

Life is a gym membership with a really complicated cancellation policy.

Remember, you will survive, things could be worse, and we are never given

anything we can’t handle.

When the whole world crumbles, you have to build a new one out of all the pieces that are still here.

Remember, you are still here.

The human heart beats approximately 4,000 times per hour and each pulse, each throb, each palpitation is a trophy,

engraved with the words

“You are still alive.”

You are still alive.

So act like it.”

—

Rudy Francisco, *Helium*



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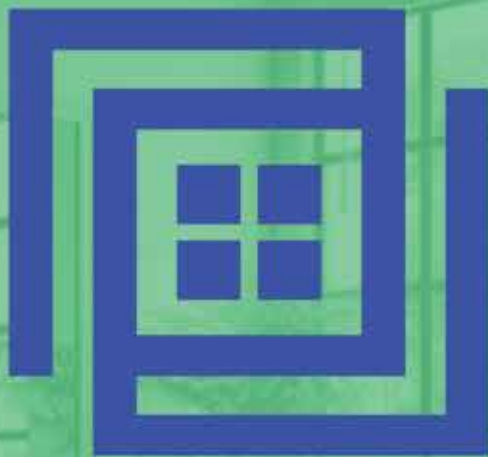
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if we have the courage to pursue them."*

*-Walt Disney*

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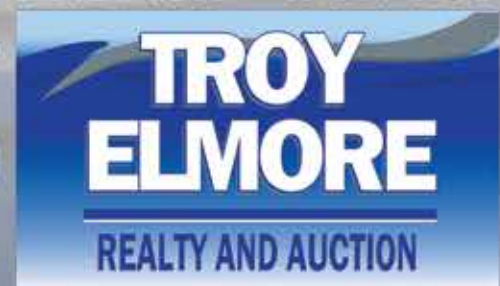
ALSL# 5137 ~ TNSL# 6503

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**www.TroyElmore.com**

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This Office Is Independently Owned and Operated

**trelmore@aol.com**



**MLS**



# AUCTION



Call Troy Elmore (Auc Lic# 5137)  
256-777-3710

**COURT ORDERED**

Visit Us Online For More Pics!

[auctionzip.com](http://auctionzip.com) #29747

[gotoauction.com](http://gotoauction.com) #10767

**Nice 4 Bedroom / 3 Bath Brick Home**  
Built in 2021 ~ 3 Car Attached Garage  
14x18 Detached Bldg ~ Covered Back Porch

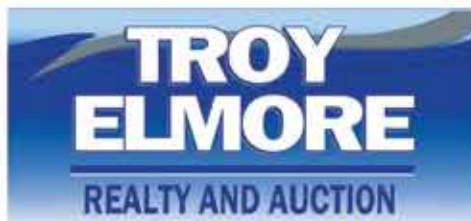
**CORNER LOT**



**SAT. NOV 4TH 10 AM**

26583 Fox Cove Trl Athens, AL 35613


119 x 110 x 143 x 80 Lot Size



Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

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

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

Troy Elmore ALSL#5137 

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