

October 21 - November 03, 2022

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Pages 25 - 32

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*Meet Erin Tidwell, Athens City Planner... I had the joy of meeting with Erin Tidwell on what was literally her first day of work. The city IT department was still setting up her computer, and she...
Page 8*



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Vote For Sheriff Joshua McLaughlin On November 8

By Ali Elizabeth Turner

Limestone County Sheriff Joshua McLaughlin moved here from Connecticut with his family when he was 14. He was a Navy brat, had lived all over,

Continued on page 15



William Mathews Jr. Joins Mathews Law

By Ali Elizabeth Turner

For three decades, Bill Mathews has practiced law in Athens and has long had an office at 117 S Marion St, right across the street from the courthouse. His son, William Jr., used to come up to his dad's office all the time when he was a kid, and it was in William Jr's freshman year in high school that he began

Continued on page 17



PlayAction Sports

Catching Up On Fall Sports...
Congratulations to Lindsay Lane's Max Morrison for committing to Calhoun baseball and Lindsey Murr for her basketball commitment to Blue Mountain College...
Page 16



Clean, Green And Beautiful

We Have Our Winners!...
The 22nd Annual Wacky Quacky Ducky Derby went off without a hitch. The adoption donations from all our participants are...
Page 12



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Contents

Publisher's Point 3

All Things Soldier 4

Calendar Of Events 6

What Makes Ronnie Roll 8

Rightside Way 10

Slinkard on Success 11

Clean Green And Beautiful 12

Cooking With Anna 13

Health And Fitness 14

Cover Stories 15 & 17

PlayAction Sports 16

Lifelong Learning 18

View From The Bridge 19

Horse Whispering 20

Mental Health Minute 21

Alternative Approach 22

Special Feature 23



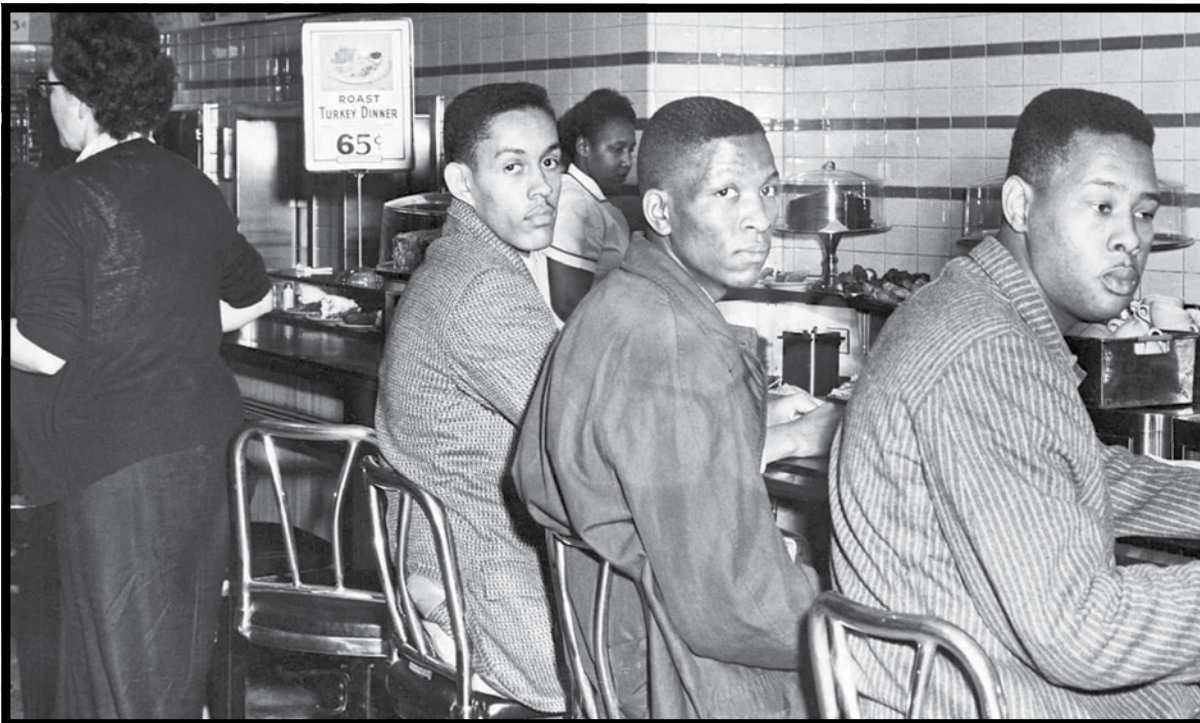
Publisher's Point

The Lunch Counter

I am just back from a wonderful semi-annual conference sponsored by the global health food company with which I have been an affiliate for nearly two decades. It was held in Atlanta. I can not describe how marvelous it is to not be dealing with COVID in the public square, and let's just say the hugs were abundant and welcomed. These conferences are always highly motivational, not so much because "motivational speakers" do their thing, but because hearing the true stories of people overcoming huge obstacles in their business and personal lives never fails to inspire me.

There was some free time on a Thursday, and so a friend and I decided to go on a tour of the Civil Rights Museum, which is located on the edge of Olympic Centennial Park. The park was built for the 1996 Olympic Games, and the museum was built in 2014.

I was only 7 years old when the "lunch counter sit-ins" began to happen all over the South, and I remember it well. I also knew that there was a goodly amount of training given to the non-violent protestors (including children)



prior to any protest. The goal was always to keep one's cool, no matter what kinds of things were said or done. This included hair pulling, spilling coffee or other drinks on the protestors, blowing cigarette smoke in faces, shoving, and the endless taunting and name-calling.

At the museum, after you get an idea of what was involved with the training, you get to have a two-minute opportunity to be immersed in a simulated sit-in experience to see how well you do. The goal is to stay completely calm with your hands flat on the counter for the full two minutes. I suppose I had an advantage, having been involved in non-violent protests as a teenager.

I also had the advantage of having had to take S.E.R.E training in Iraq, which is a set of strategies designed to keep a hostage/captive in one piece, both physically and emotionally. S.E.R.E. stands for Survival, Evasion, Resistance, and Escape, and trust me when I tell you that I had to use all of it except the "escape" part because I had chosen to "experience the experience."

It was the longest two minutes of my life. You put on headphones, which have the screaming in stereo, and the sensory flood of having the back of your lunch counter chair pushed against your back was unsettling, to say the least. By the grace of God, along with the

training I received due to the fact that women were being abducted for ransom at a record rate in Iraq, I got through it. I kept my hands on the counter and I didn't flinch. I was shaken, for sure, but I didn't flinch. When I think of the fact that these folks endured this for hours on end, and never let understandable anger get the best of them, I am humbled. It was only a little over 60 years ago, and while it might not be politically correct to say so, I believe we have come a long way.

Ali Elizabeth Turner

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Are We Weak Because We Are Woke, Or Are We Woke Because We Are Weak?

by Ali Elizabeth Turner



This week, the Heritage Foundation issued a report about the strength of our military that was straight up disturbing. In a word, it was determined by their research that we are “weak.” The Air Force is the worst, and the Marines are in the best shape. Never mind that it is never a good idea for that kind of intel to be made public, as it has been proven to embolden our enemies.

We can’t meet our recruitment requirements, and even if we could, the greater question is, do we even want what we can recruit? As someone who is a fierce soldier supporter and who spent three years in Baghdad, it gives me no pleasure to even ask the question.

How did we get here, and more importantly what can we do about it? In my opinion, there are several factors that have converged to make a perfect storm, and at least three of them are daddy-hunger, poor leadership, and social engineering. My statement regarding “poor leadership” is not to implicate the leaders who are trying to build up their troops, it is that their hands are tied because of being forced to be “woke.” It is also not



designed to besmirch someone because of the color of their skin.

If someone is wanting to serve in the military, then it is absolutely imperative to believe in the Constitution as written, as well as American exceptionalism, because without that as a core value, then John Kennedy’s admonition to “Ask not what your country can do for you, but ask what you can do for your country” is pointless. It is also mandatory to believe that with all of her warts, America is

the best game in town, and anyone who has been outside our borders knows that this is true.

In a word, “woke-ness” does not allow one to love America deeply, and it is a far cry from the working philosophy that was embraced by African Americans who served with pride even when America was forcing them to serve in segregated units. Those brave souls could say with certainty and faith that even though they were not being treated justly, that justice would eventually prevail, even if it was Johnny-come-lately.

Is it wrong to want justice in the military and elsewhere? Of course not! It just will never be true justice if it’s not based on the Constitution. But here is the real rub. The military was

never designed to be a social engineering lab, and if it’s going to do the job it is designed to do, the focus has to first be on the mission and military training, strength and readiness. What I would posit is that it is a strong military that allows people to be woke or anything else. My dad gave me a great gift back in the day when I hated America and didn’t know it. I had, as an anti-war protestor tried to shut down a military installation in Ohio, and he said, through clenched teeth, “I may not agree with you, but I will fight like hell for your right to believe what you want to believe.” It wasn’t until I was in Baghdad, that I really understood the extent of his extraordinary gift.

The report went on to say, “No matter how

much America desires that the world be a simpler, less threatening place that is more inclined to beneficial economic interactions than violence-laden friction, the patterns of history show that competing powers consistently emerge and that the U.S. must be able to defend its interests in more than one region at a time.”

We are facing down China and Iran, much like the Greatest Generation faced down being between Japan and Germany. And if we don’t return to a state of military strength and the thinking that has always made us strong, political nuance and dissidence will be non-existent. We’ll be weak, we’ll be woke, and we’ll be whooped on maybe two fronts.



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Remember, a Republican vote on November 8th is a vote for *"We The People"*, and we need your help to restore the principles that have made **America Great.**



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Calendar of Events

Fall Festival October 22

1:00pm - 4:00pm. FREE Fall Festival at Ark of Promise Church 15199 Brownsferry Road, Athens, AL 35611. Inflatables, Pumpkin Painting, Face Painting, Cake Walk, Snow Cones, Hot Dogs, Cotton Candy, Peanuts, Drinks.

Elkmont Community Fest October 22

4pm - 9pm. Cruise in to Elkmont Methodist parking lot and register your car or truck for cash prizes. Listen to Live Music by Daniel Jones at 4, Will Stutts at 5:30 and Lesley Garris at 7. Enjoy delicious food from food trucks and shop the craft booths. Let the kids enjoy the bounce house, train rides and Rails to Trails Hay Rides. Free Event. Downtown Elkmont near Town Hall. Call 256.777.8061 for more info.

Picklefest October 28 - 30

Athens Inaugural Pickleball Tournament at Athens Sportsplex. \$35. Singles, Doubles and Mixed Doubles. Brackets by age and skill. Saturday Social at Athens Alehouse & Cellar from 4-10

Silver Sneaker Flex™ Classes Every Tuesday and Thursday

Strength and Balance classes meet every Tuesday and Thursday at 9:00 a.m. beginning 12/7/21. Classes are open to all. No signup needed. Classes will meet in the Lighthouse Building behind Emmanuel Baptist Church at 1719 Hwy 72W. All equipment will be provided. Donations accepted. For information: jhunt9155@gmail.com or 256-614-3530.

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

pm on Oct. 28th. For more info and to register: <https://www.pickleballtournaments.com/tournamentinfo.pl?tid=7116>

Trunk Or Treat Around Athens Square October 31

5:00pm - 7:00pm. Bring the kids to trick or treat around the Athens Downtown Square Courthouse from 5-7. Brought to you by the Athens City Police, Fire and Sherriff Departments.

Gettin' Dirty at the Library November 8

The Limestone County Master Gardeners are offering a free presentation on "Strawbale Gardening", November 8th from 11:00 am to 12:00 noon at the Athens-Limestone Public Library. Soozie Pline is our guest speaker.

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 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.

New Ground - A Southern Gospel Woship Service November 13

Berea Baptist Church will host New Ground for a southern gospel worship service on Sunday, Nov 13 at 6PM. Free admission. A love offering will be received. Location is 16776 Lucas Ferry Rd, Athens, 325611. Contact Gary Wilson, 256-497-9763.

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.



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What Makes Ronnie Roll

Meet Erin Tidwell, Athens City Planner

by Ali Elizabeth Turner



I had the joy of meeting with Erin Tidwell on what was literally her first day of work. The city IT department was still setting up her computer, and she was unpacking boxes. Mayor Ronnie wanted to use his space to introduce her to our community, and it was a most enjoyable interview.

Erin hails from Rogersville and graduated from Lauderdale County High School. She got her undergrad degree in geography from the University of Alabama, and

finished in under four years. She worked for the City of Athens while she was working on her Master of Urban and Regional Planning, and received her advanced degree from Alabama A & M. Her master's thesis was on blighted properties -- what causes them, what can be done about them -- and she definitely has a handle on what is undoubtedly a complex and controversial subject. After getting her master's degree, she went to work

as a principal planner for TARCOG, which is a governmental organization that came into being in 1968. Amongst their many projects, their team works on getting funding for city projects. TARCOG stands for Top of Alabama Regional Council of Governments. Below is a bit of an explanation from their website regarding who they are and what they do:

TARCOG helps local governments improve the quality of life for the region's more than 649,000 residents. The Council does this by obtaining funding for local government as-



sistance, coordinating local governments' responses to regional issues, and providing a wide range of services to the region's governments and residents. TARCOG helps member governments work together to address issues best solved cooperatively, rather than independently. TARCOG also provides services and technical assistance to different communities that are unable to provide their own person-

nel due to funding issues. The services are in three program areas: Aging, Economic Development, and Planning.

Erin's territory included Jackson, Madison, Limestone, Marshall, and DeKalb counties, and many of the communities she served had populations under 2,000. We found that we knew some people in common, and our conversa-

tion turned to the proposals that had come out of the Plan-a-palooza town meetings that occurred in Athens in May of 2021, and is a twenty-year planned growth proposal to help us grow well. She asked me, "What do you think of it?" My reply was a speedy, "I love it, especially the proposal to restore and repurpose Athens Creek and turn it into our own mini-version of the River Walks that are in places like San Antonio." I asked her, "Why did you come back?" She said with a smile, "There was an opening, I love Athens, and I love a challenge."

Erin told me that she is excited about her new job, being back in the area, and working with the mayor, the city council, and the county. She is a dog lover, and has a standard poodle whose name is Winston. She also especially loves teaching Sunday School to three-year-olds at Capshaw Church of Christ. We are both avid readers, and talked books, movies, and more. I left the interview feeling like I had a new friend, and I am glad the mayor gave us the chance to meet. Welcome home and welcome back, Miss Erin!

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Show Me The Money!

by Phil Williams



Have you seen the 1996 movie Jerry Maguire? It was technically billed as a romantic comedy drama but there were just enough sports scenes to make the guys feel like they didn't have to turn in their man card for liking the movie. Tom Cruise plays Jerry Maguire, a down-on-his-luck sports agent in a cutthroat world of backstabbers and money grabbers. Cuba Gooding Jr. plays Jerry's only remaining client.

Jerry Maguire was one of those movies that birthed a slew of one-liners that have made their way into pop culture. Like the famous "You had me at hello" or "You complete me", or the little kid asking randomly, "Did you know the human head weighs 8 pounds?" All good, but the one that probably goes down as one of the most iconic catch phrases is the crazy phone discussion that Cruise's character had with Gooding's character.

Jerry was trying to save his career and the other agents in his office were scarfing up his clients and he couldn't dial the phone fast enough to stay ahead of the inter-office poachers. He was hemorrhaging clients, but he managed to get Gooding on the phone who had just one criteria for Jerry to keep him as his client. You probably remember the line: "Show me the money!" They literally begin to yell it back and forth. "Show me the money!" "...I don't feel you, Jerry!" "...Show me the money!" "...Congratulations, you are still my agent." It was a classic scene.

The phrase "Show me the money" is repeated by folks every day in a variety of set-

tings, and it is so endemic to the American vernacular that it is likely that many folks don't even realize where the phrase originated. But there it is, the movie Jerry Maguire from 25 years ago.

But let me flip that script into a different venue. I have on many occasions discussed on-air whether or not the state legislature is ever going to show us the money. All kidding aside, that's a legitimate concern. We are the taxpaying citizens of a state that is more flushed with cash than it has ever been...ever...as in the history of ever. But the legislature is openly reticent about showing us the money.

Why? What good reason could Alabama taxpayers have for ever being okay with seeing nothing from their elected officials in the form of true and across the board tax relief? Why would the combined Republican majorities in the State House, Senate, and in the Governor's office not be inclined to provide a tax break to its citizens?

Before I delve into that question further let me just point out that I'm not suggesting something that is out of left field. Not at all. Every other Southeastern state has enacted some form of meaningful tax relief in the last two years. Thirty-three states across the nation have done so. Some of those measures have been temporary to assist folks during this inflationary economy, such as Florida and Georgia waiving their state gas tax for a period of time. Other states have enacted true meaningful tax reforms, like Mississippi lowering their overall tax rate, or South Dakota pressing to do away with a tax on groceries. Yet Alabama has not.

Those examples and more are the actions of state leaders elsewhere that are happening

now. They are measures that are being taken despite the full understanding and acknowledgment of their state leaders that it will mean a reduction in revenues but with the understanding that it is just what is best for their citizens. So why not Alabama? Are there any good excuses as to why not? Let's walk through that for a minute.

Is it possible that the elected leadership in Montgomery believes that we don't have enough revenue? Not at all. The numbers don't lie, and Alabama has more cash on hand than we've ever had. Current revenue collections are more than what is needed to sustain current operations. Most recent reports indicate that Alabama made its budget requirements just ten months into the fiscal year, meaning that revenues exceeded appropriations. The legislature just passed the largest Education and General Fund Budgets ever in the history of the State. Those two budgets, passed just a few months ago, are actually for FY2023, meaning that legislators suspect that revenue will remain at or above current levels for the foreseeable future. Alabama also has massive tranches of federal relief dollars that have yet to be fully spent. In short, excuse number one is out. The availability of money is not the issue preventing tax relief.

Well, could it be then that the leadership in Montgomery is worried that the economy is going to bottom out? Possibly. The Biden economy is certainly difficult to navigate or predict. But that does not mean a thing when it comes to short-term relief and even for some forms of long-term relief. The fact is that as a matter of law the legislature can't just sock money away in a savings account. Generally speaking, funds on hand must

be appropriated and spent, or earmarked, but they can't just sit. We have a reserve account for both the education and general fund budgets but they are both based on percentages of revenues and capped at certain levels. Neither reserve accounts are allowed by law to just grow and grow. Any monies in the state coffers must be spent on the budgets, or reserved in accordance with existing law, or they have to pass a new act to allow them to harbor it off to the side. So, if they have excess funds (which they do) then the only thing keeping them from giving some back to the people is...nothing.

The next possible excuse is the question of whether the leadership in Montgomery believes that they can use the excess funds that came from all of the massive COVID relief to give the citizens a tax break. The answer to that is easy: They certainly can. It was actually our own Alabama Attorney General Steve Marshall who helped to lead a fight against the Biden Administration and won a ruling that declared that COVID relief dollars can in fact be used to provide tax relief. Massive amounts of excess funds still exist which must by act of Congress be allocated by a certain date, and one of the things that those funds can be spent on is tax relief. The legislature has had epic levels of COVID relief dollars, so much so, that they had to have a separate appropriation bill outside of the usual budgeting process earlier this year to allocate over a billion dollars in excess funds. They did in fact allocate those funds, and they spent it all on government. They could have waived the grocery tax for three years. They could have lifted the gas tax for six months. They could have lowered the corporate

income tax rate. But they chose instead to spend more on government.

The last I checked, there have been no government employees who missed a paycheck during the recession. There have been no major reductions in force in government offices. There have been no curtailed services, no loss of public sector benefits. It has been the private sector that has borne the fiscal brunt of the past several years. Meanwhile the legislature has increased the gas tax and declined to offer any meaningful tax relief while both red and blue states around the nation have done so.

It is absolutely past time for meaningful tax relief to be provided by the legislature and the governor to the citizens of this state. There are no fiscal excuses not to do so. What it comes down to is the real question: Do they want to?

Taxpayers across Alabama should be on the phone to Montgomery yelling, "Show me the money!"


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 pm on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM - Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to www.rightsideradio.org. The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to Commentary@1819News.com.

Slinkard On Success

“T” Is For Teachable

by D. A. Slinkard

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



We are to the 20th article of 2022, and our letter is “T” for teachable. We should all be teachable, but the truth is not everyone has the right attitude. It has been said that when a person stops learning is when they start dying, and I believe this. It does not matter what age a person is, they should be teachable with their attitude and approach to life. There is always something we can learn in life to help make us a better person, yet many times people believe they have it all figured out. This attitude helps lead to a downward spiral not only personally but to the detriment of our society.

The question becomes – How does someone become teachable? The first thing we must realize is it will take work to have the right approach. We need to keep an open mind to

understand we are not always right, and I know it may be hard to fathom, but there are times I am wrong. I must have an open mind to realize there are times I may be wrong about something. If you are wrong, you need to be able to own up to it -- admit it and proceed forward; yet too often people have the hardest time admitting when they are wrong. Sadly, I end up being wrong quite often, but we need to learn how to respond to the times we are wrong.

Learning how to respond helps us to keep our ego in check, because if we are not careful, we can have runaway egos that create an ugly monster for us. How many people have been destroyed because they have thought themselves to be better than what they are? I can think of several people who have stumbled in life because of

pride. I immediately think of Proverbs 16:18, “Pride goeth before destruction, and a haughty spirit before a fall.” We need to be honest with ourselves – there are so many guiding principles from the Bible that could help everyone live a better life and live a life that impacts the world. Yet we have a segment of society trying to take the Bible out of society. Go figure!

When it comes to being teachable, I believe another factor that helps mold this mentality is how often a person asks for feedback. This is vital in improving ourselves, but we have become a society that wants to be told how great we are and do not want to concern ourselves with what areas we need improvement upon. Can you say, “Participation trophies?” We want to feel like a winner, yet some of the biggest lessons learned

in life have come from the times I lost and not from when I was winning. Are you someone who can ask for feedback, and are you willing to do something with the feedback you receive? We all have things we can do a better job with in our life, but too often we do not want to take the extra effort it requires.

The next characteristic I think about when I think of someone who is teachable is respectful. This might not make sense, but we need to be respectful to those who are trying to give us feedback because I believe these people do so because they care. They want to see you do well, and chances are they have your best interests at heart. I will always remember when my dad would give me advice, or correction, he would say, “Son, I have seen the sun rise and sun set more than you have...”

He was telling me he had more wisdom because he had lived longer, and we need kids to learn how to be respectful.

Sadly, we have a generation of kids who are brats. We have a generation of kids who get what they want, when they want, because they have soft parents. Sometimes waiting in life makes you work harder and teaches you patience. If a kid’s parents give them everything, it teaches them nothing but to be even more of a brat. Teachable is the word. If you want to have a better life, if you want to perform better on the job, if you want to be a more productive person in society – it is a word that must fit into your vocabulary. What are some things in your life for which you need to be more teachable? What steps can you take to improve your life?



We Have Our Winners!

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



The 22nd Annual Wacky Quacky Ducky Derby went off without a hitch. The adoption donations from all our participants are essential to the mission of KALB by enabling us to continue our efforts to clean and beautify the community.

Our tent at the Tennessee Valley Old Time Fiddlers Convention afforded us the opportunity to share our purpose and activities with those whose interests were piqued while walking by our duck-themed booth. I very much enjoyed getting to know many locals as well as people from around the country. It is great to see the broad level of appreciation for the work that we do here at Keep Athens-Limestone Beautiful.

Over at the duck pond, as we began to set up for the race, an excited

crowd gathered along the spillway in anticipation of seeing their ducky racers in action. Children shouted and cheered as they watched the ducks float by. They were not the only ones. More than a few older kids and adults got wrapped up in the excitement too, openly expressing their enthusiasm.

It is with great joy that we announce the Championship Race winners. A couple of winners were present. Marissa Causey won a \$100 gift card, and a few young girls were ecstatic to have received one of the hilarious lazy duck awards. A few more winners were at the convention when I called to give them the good news. They were able to pick up their prizes at the tent, once they moved far enough away from the clamor of the music onstage to



hear me, that is.

What a treat it was to inform all the winners big and small, and to see each one of their delighted faces. We have many people who play every year, some of whom, while they were signing up to adopt ducky racers again, told stories of having won in the past.

We would like to express our sincere gratitude to all our sponsors.

Because each prize is donated, all proceeds from ducky adoptions go directly to funding our objective to enable the citizens of Athens City and Limestone County to take greater responsibility for enhancing their environment in a variety of ways.

A special thanks to our anonymous benefactor who donated the remarkably generous \$2000 Grand Prize, and congratulations to Jay McCook whose winning duck was the first

to paddle across the finish line. Mr. McCook is a long-time supporter of KALB, and we are happy to see him rewarded after all he has done to bolster this nonprofit organization over the years.

We love to see the many individuals who come to participate in the race each year and the excitement of those entering for the first time. We even had one of our winners donate their winnings back to KALB. We could not be more amazed by the remarkable altruism shown by our fellow citizens. If you'll forgive the cliché,



the incredible success of the Wacky Quacky Ducky Derby in bringing us together to a sense of common purpose makes us all winners.



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

2022 Wacky Quacky Ducky Derby Prize Winners

- | | |
|---|--------------------------|
| PL PRIZE | WINNER |
| 1st \$2000 GRAND PRIZE | Jay McCook |
| 2nd Marriott Shoals Hotel - Night Stay and Dinner for 2 | Debra Porter |
| 3rd Canebrake Club Round of Golf for 4 plus Cart | Naomi Dubois |
| 4th Pearl 3 Pc Set from Hobbs Jewelers | Donna Cotton |
| 5th \$250 Osborne's Jewelers Gift Card | Carol Malone |
| 6th \$250 Cash from Morrell Engineering | 20-20 Accounting |
| 7th \$200 Cash from Athens-Limestone Hospital | Tony Green |
| 8th \$100 Cash from Morrell Engineering | Pamela Schwall |
| 9th \$100 Cash from Athens-Limestone Hospital | Marilyn Ford |
| 10th \$100 Cash from First National Bank | Rhonda Weatherford |
| 11th \$100 Cash from Athens Sign Company | Fred and Mary Pat Martin |
| 12th \$100 Gift Card from Publix: Martin Supply | Mary Dunn |
| 13th \$100 Gift Card from Limestone Pediatric Dentistry | Marissa Causey |
| 14th Set of 4 Flex Tickets from Theatre Huntsville | Sheila White |
| 15th \$50 Cash from Athens-Limestone Hospital | Susan Goldby |
| 16th 2 Flex Tickets from Theatre Huntsville | Caroline Page |
| 17th 2 Flex Tickets from Theatre Huntsville | Pat Waldrop |

Gift Certificates from Dub's Burgers for Lazy Duck Awards:
 Lisa Kerr | Caleb Lawler | Diane Risdon | Teresa Suit



Cooking with Anna

What's Keeping You from Praying?

by Anna Hamilton

What is keeping you today from having a better prayer life? While that may be a loaded question, the

answer for most really boils down to two things. You feel you are too sinful and underserving of having an intimate relationship with God through prayer. You limit your prayers because you don't think that God will hear you when you pray. This is far from the truth. You must remember that you're not praying because of who you are; you're praying because of who He is.

Having an active prayer life is one of the most important ways to have a spiritually fulfilled life. Throughout the New Testament, Jesus emphasized the importance of prayer in our lives. In the first gospel of the New Testament, Matthew, Jesus gives us a blueprint for how to pray. Most of the world knows this as the Lord's Prayer. "Our Father, who are in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil. Amen." Matthew 6: 9-13

The Lord's Prayer starts off with praise and thanks for God. Jesus knew how important it was for us to acknowledge the power of God and to give him the praise he deserves. In giving praise to God, we should also ask for his will to be done in our lives. God wants us to ask him for what we need, but to also lean on his wisdom to give us what we need. God knows better what we need than even we do. After we give God praise and ask for what we need, we should ask

for forgiveness of our sins and that God will help make us strong when we are tempted.

Seems simple right? Sure, of course it does, but how many of us make a point to pray, to really talk to God every day. I know that I don't. I'm ashamed to tell you all that I fail miserably in my prayer life. I will go through phases where I will have a wonderful prayer life. I am really feeling one with God and talking to him throughout the day...then, I just stop. Why does that happen? Surely, I'm not the only one who does this.

So, I need all of your help to spur me on in my prayer life. It is kind of like eating good healthy foods. Your body feels so much better when you are nourishing it with healthy foods. When you stop eating those foods and stuff yourself with foods packed with sugar and fats, you feel sluggish and yucky. The same thing happens with prayer. When you are actively praying, talking to God every day, you feel good. But when you stop, you start to feel anxious and unsure of life.

I want to become a prayer warrior and even though it isn't technically time for resolutions, I'm making one here in the fourth quarter. I am going to pray more and pray harder. This world needs prayer more than anything else in this life. Imagine if everyone started praying every day and developing that intimate relationship with God. The world would become a wonderful place.

This week's recipe is a delicious fall Brussels Sprout Salad. Y'all, this stuff is addicting! I can eat the entire bowl by myself! It is perfect to pair with a delicious chicken breast or pork loin. I hope you all love this as much as I do!

"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12

Brussels Sprouts Salad

Ingredients:

- 12 oz. Brussels sprouts, outer leaves removed
- 1 pear, chopped
- 1/3 cup fried onions
- 1/3 cup dried cranberries
- 1/3 cup blue cheese, crumbled (feta is delicious also)
- 1/4 cup pecans, roughly chopped
- Dressing:
 - 1/4 cup olive-oil
 - 2 Tbsp balsamic vinegar
 - 1 Tbsp maple syrup
 - 2 tsp Dijon mustard
 - Salt and Pepper to taste

Directions:

Holding Brussels sprouts by the stalk, use a sharp knife to cut the Brussels sprouts into thin strips.



Place Brussels sprouts in a large bowl, along with chopped pear, crispy onions, cranberries, cheese, and pecans. Toss together. In a small bowl, whisk together olive oil, balsamic vinegar, maple syrup, and mustard. Season generously with salt and pepper. Pour dressing over the salad and toss together until everything is evenly coated. Serve immediately and enjoy!

The Importance Of Gut Health

by Danny Moon



Want to ramp up your health and happiness? Then it's important to learn about gut health and what you can do to nourish it.

The gut. It's one of the epicenters of your body. It has a hand in many critical functions of the body, so it's imperative to keep it balanced.

The Importance of gut health

The gut plays an essential role in your overall health and well-being. It can help control everything from your weight to your mood to brain health, inflammation, and immune function. Not only that, but 90% of serotonin, the happy feel-good hormone, is produced in the gut.

So if you're feeling down and out, it could be traced to a gut imbalance. If you want to stay happy and healthy, then you need to make sure you support your gut health.

What is the gut microbiome?

So you've got all of these bacteria in your body. Most of these guys are in your large intestine and make up the gut microbiome. Don't get grossed out just yet.

You want and need good bacteria in your system. The good guys can help with digestion and removing toxins from the body. They keep your immune system strong. In fact, 70% of your immune system is found in the gut.

The problem comes when there are too many bad bacteria running the show. When that happens, you develop an imbalance that can affect your health.

What happens when your gut is off?

For example, let's say that you're super stressed at work, so you eat junk food all week, have a lot of drinks, and get poor sleep. All of these actions can negatively impact your gut microbiome. What does that look like?

- Bad moods
- Brain fog
- Anxiety
- Food allergies
- Skin problems – itchy, hives, rashes
- Digestive upset – bloating, abdominal pain
- Autoimmune issues
- Constipation or loose stools
- Frequent illness
- Joint pain
- Headaches and migraines
- Weight gain
- Exhaustion
- Poor sleep
- Depression

How does your gut get out of balance?

There are many ways that your gut microbiome can become unhealthy. Here are some ways the gut can get out of balance, in addition to some ways to keep these things in check.

- Poor diet – processed, sugar-laden food is not doing any favors for your gut health.
- Excess stress – stress is no friend to your body or your life. A quick stress-reliever can be to take a few long, slow deep breaths in the moment to relax the body. Meditation can also be super helpful to release excess tension.
- Repeated use of antibiotics – while antibiotics can play an important role in fighting off infection, overuse can kill the good bacteria in your system. Taking a good probiotic can help balance your system.
- Overindulging in alcohol – alcohol consumption can negatively impact the gut. If you choose to drink.
- Overuse of NSAIDs and

ibuprofen can also damage your intestinal lining so look for ways to address the issues at the root of your pain.

- Not getting enough sleep – being sleep deprived can impact your gut, brain, and diet so make quality sleep a priority.

How to ensure good gut health

I'm assuming you don't want any of the above items in your life. I know I don't. So what's a gut-challenged person supposed to do? Here's what you can do and eat to ensure good gut health.

- Eat fermented food will start feeding the good bacteria in your gut. Be sure to go slowly and contact your doctor if your gut becomes more aggravated, which could mean a possible yeast overgrowth.
- Drink bone broth. Your gut loves a quality bone broth. You can make your own or buy a quality organic, grass-fed broth like Kettle & Fire's Bone Broth.

• Load up on fiber – get your leafy greens going to keep your gut healthy.

• Keep inflammation at bay by using healthy oils and avoiding the harmful ones that can bring added toxins into your body.

• Drop the sugar and artificial sweeteners – that's only going to feed the bad guys. Getting rid of sugar will help keep your body in better balance.

• Mix up your food – give you microbiome some variety.

• Be aware of your food allergies and sensitivities and be sure to avoid them. Many people have issues digesting gluten, grains, and dairy, and eating them can lead to inflammation and an imbalanced gut.

• Eat prebiotic rich food that feed your good gut bacteria like dandelion greens, artichokes, flax seeds, seaweed, leeks, garlic, onions, and asparagus.

• Add a probiotic. Probiotics can go a long way in helping to restore gut health. Soil-based probiotics can be helpful for those suffering from gut issues. There are many different strains on the market. Work with your healthcare provider to find the one that's right for you.

• Exercise regularly. Research showed that exercise had a positive effect on the gut microbiome, reducing inflammation and increasing energy.

With so much still unknown about microbiome the most important thing we can do is follow a healthy diet and lifestyle; if it is good for you it is probably good for your gut.



Vote For Sheriff Joshua McLaughlin On November 8

by Ali Elizabeth Turner

continued from page 1

and told me, "Athens is the first place that felt like home." He graduated from East Limestone High School in 2000 and planned on becoming a veterinarian. He attended UNA as well as Calhoun to get his basic courses out of the way, and then the direction of his life changed completely when he was contacted by the Limestone County Sheriff's Office to take a look at law enforcement for a career. "It took me a year to say yes to going on a ride-along, and when I did, I rode with Justin Camp. That was when I fell in love with law enforcement," Josh told me.

Training began, and over time Josh filled several roles. He was a reserve officer, a corrections officer, a patrol officer, a narcotics officer, a K-9 officer, an investigator, and spent several years as the chief investigator for the Limestone County's District Attorney's Office. With his love for animals, he thoroughly enjoyed working with his K-9 partner, a Malinois that had the fascinating name of Kilo. Kilo is now retired and receives outstanding care as a veteran member of Limestone County's law enforcement team, and Josh misses working with her.

It is clear when one talks with Joshua that being our sheriff is something to which he feels strongly called, and by which he feels deeply moved. Governor Kay Ivey appointed him to the position in September of 2021, and her comments regarding the appointment are as fol-

lows: *"Joshua McLaughlin not only embodies the best qualities of a dedicated member of law enforcement, but also that of someone who is committed to serving their community, being a man of faith and of his family. I am proud to appoint Mr. McLaughlin to serve as Limestone County Sheriff. He believes, first and foremost, in protecting his community, the rule of law and the rights of others. Throughout his career in law enforcement, he has proven to be an advocate for personal accountability, but also a believer in second chances. The people of Limestone County deserve to have total confidence and trust in their elected officials, and I am confident that will be restored with Joshua McLaughlin."*

Josh put his hat in the ring to run for sheriff in 2022, and that final selection for the position will be made by voters on November 8. He is grateful for the support he has received from the community, and is confident he will be able to

serve Limestone County for a good while.

Josh met his wife Meghan in high school, and they were married in 2006, and they have three sons: Ryder, Houston and Kutler. As a family they love to hunt, fish, camp, play all kinds of sports, and are very active at their church, Lindsay Lane Baptist.

Josh has chosen to focus on protecting kids, teaching about the dangers of social media, dealing with all kinds of drugs (including fentanyl), gangs, human trafficking, and the kinds of scams that are directed toward vulnerable seniors. Over the past 20 years, he has developed excellent working relationships with the FBI and other investigative organizations, and has the department train with them for any and all scenarios, including mass casualty. "Training is my big thing," he said, and wants to increase the level as well as the frequency of training for his entire staff.

"I want to get the K-9 dogs



back in the schools because they make such an impact on the kids," Josh told me, and he wants to customize and update the D.A.R.E. curriculum to make it relevant for dealing with today's drug problems. In addition, he knows that the sheriff's department needs to grow well to meet the needs of a growing county. He has

asked for more officers, and knows that if we are going to keep excellent law enforcement officers and support staff, we are going to have to make their pay competitive in order to reduce turnover.

Josh misses being out in the field, and tries to get out into the community often. "I stop by local games just to check in with the community, and sometimes they will call me to go out at night to deal with an incident. I want people to feel free to come to my office and talk about the things that concern them, even if it's not easy to hear," he said. He is committed to restoring trust in the department and building the community.

If this blend of experience, vision, compassion, and competency is what you are looking for in the Limestone County Sheriff's Office, then Joshua McLaughlin and his family would appreciate your vote on November 8.

JOSHUA
MCLAUGHLIN
Limestone County
SHERIFF



PlayAction Sports

Catching Up On Fall Sports

by Tim Lambert

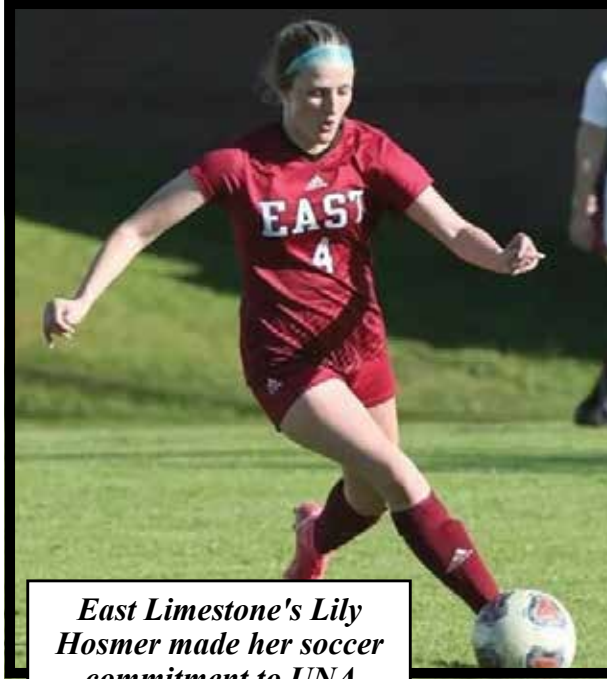
Tune in for the PlayAction Sports Update, three times each weekday on 1080 AM WKAC. Visit us online at www.pasnetwork.net! email: playactionsports@hotmail.com

Congratulations to Lindsay Lane's Max Morrison for committing to Calhoun baseball and Lindsey Murr for her basketball commitment to Blue Mountain College. Athens High's Chloe Jackson and Riley Miller committed to Wallace State volleyball and UAB baseball respectively. East Limestone's Lily Hosmer made a soccer commitment to UNA.

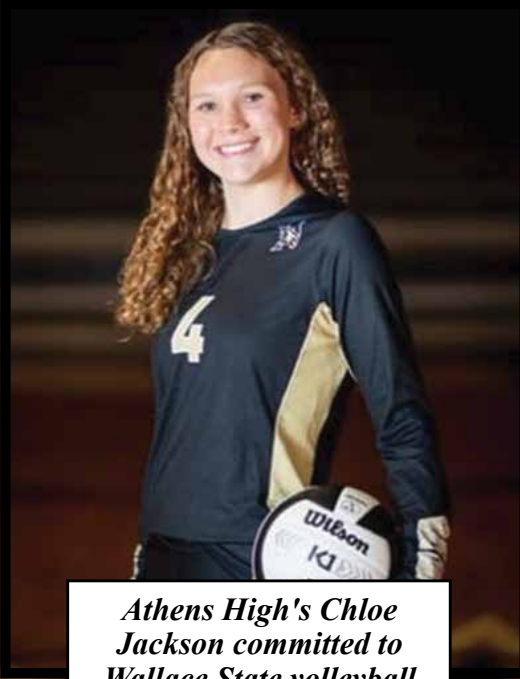
Fall sports highlights

Football:

- Ardmore 37, Brewer 20
- Ardmore 24, Lawrence County 8
- Athens 49, East Limestone 14
- Athens 47, Mae Jemison 6
- Athens 49, Columbia 6
- Clements 48, Holly Pond 34
- Clements 46, Elkmont 18
- East Limestone 35, Central-Florence 31
- East Limestone 54, Lawrence County 13
- East Limestone 35, West Point 20
- Elkmont 20, Brindlee Mountain 16
- James Clemens 27, Huntsville 23
- James Clemens 41, Sparkman 17
- James Clemens 49, Albertville 7
- Tanner 61, Mae Jemison 46
- Tanner 63, Tharptown 0
- Tanner 27, Falkville 20
- West Limestone 27, Ardmore 21
- West Limestone 56, Clements 20



East Limestone's Lily Hosmer made her soccer commitment to UNA



Athens High's Chloe Jackson committed to Wallace State volleyball

West Limestone 48, East Lawrence 13

West Limestone 34, Wilson 26

Volleyball:

ABS—defeated Decatur Heritage, East Lawrence, Oakwood Academy, Sardis, Boaz, Valley Head, Woodville. The Lady Trojans beat Valley Head and Woodville to win their area tournament.

Ardmore—defeated Russellville, Florence, ABS, East Limestone.

Athens—defeated Columbia, Austin, Randolph, Florence, Falkville, Madison Academy, Sparkman.

Clements—defeated East Lawrence, Fairview, Colbert Heights, Tanner, Covenant Christian, Belgreen, Waterloo, Phil Campbell, Falkville. The Lady Colts beat Elkmont and finished second to Lauderdale County in their area tournament.

East Limestone—defeated Fairview, Clements, East Lawrence, West Limestone, ABS, Tanner, Lindsay Lane,

McAdory, Columbia, Ardmore, Falkville, Elkmont, Hatton. The Lady Indians beat Ardmore to win the Limestone County tournament.

Elkmont—defeated Lee, East Lawrence, Tanner, ABS, St. John Paul II, Clements.

James Clemens—defeated Prattville Christian, Randolph, Austin, Madison Academy, Muscle Shoals. The Lady Jets beat Florence and finished second to Bob Jones in their area tournament

Lindsay Lane—defeated Covenant Christian, West Limestone, Tanner, Whitesburg Christian, Falkville, Tanner, Alabama School of Cybertech and Engineering, Elkmont.

Tanner—defeated Mae Jemison, Alabama School of Cybertech and Engineering.

West Limestone—defeated Elkmont, Tanner, ABS, Clements, Lindsay Lane.

Cross country:

The James Clemens varsity teams won their large schools division at the Scottsboro Invitational; Ella Carter and Emma Bothern were the top girls' finishers. Luke Alverson was third in large school boys at the Pepsi Challenge. At the Jets' own Under the Lights Festival, the Luke Alverson and Dylan Dryer were first and third in the varsity boys' 5K; Emma Bothern was second in varsity girls.

Elkmont's Alex Kuntz placed third in the 1A-4A boys' division at the Brooks Tennessee River Classic, second at the Pepsi Challenge in the small school boys' division and third in the small schools division at the Randolph Invitational.

The Ardmore boys finished first in the 5A-7A division at the Kudzu Hills meet; Carter

Richardson, Cayden Smith, and Hayden Hogan were in the top three spots, while Addison Tiemann won the girls' division. Richardson and Tiemann were also third in the large schools' category at the Dew It on the Trails.

Athens High's Catherine Johnstone came in second in the large schools' division at the Dew It on the Trails.

Athens Bible School's Jack Bradford finished second in the small school boys' 5K at the Dew It on the Trails.

Odds and ends

Lindsay Lane will host their annual golf tournament on October 31 at Canebrake. Entry fee is \$600 per foursome and \$150 per player. For more information, go online to www.llcaboosterclub.com under the events tab.

Athens High will host the Golden Eagle Youth Baseball Camp November 8 and 10 from 5 til 7 p.m. Cost is \$75 per player. Only the first 50 players to register will be accepted. Go online to www.thenshighschoolsportsamps.com to sign up.

Listen to Calhoun Community College basketball this season online at www.pasnetwork.net, on the upcoming PAS Plus app (currently the Tailgate Talk app) or on your Alexa device by saying, "Open PAS Plus."



William Mathews Jr. Joins Mathews Law

by Ali Elizabeth Turner

continued from page 1

to consider becoming a lawyer himself. Bill was very involved in the lives of his three kids, and coached baseball, basketball, and soccer. Bill also has always been involved in his church, and has taught 5th and 6th grade Sunday School. Bill also serves as a judge in Ardmore and “unpacks” legal issues on his radio show on WKAC on Wednesday mornings at 9:30. The radio show is called Rules of Law, and is also available as a podcast.

Like his father, William is passionate about sports and played as a quarterback and wide receiver at Athens High. William also loves basketball and soccer. He still plays basketball and soccer a couple of times a week, and finds that it is an effective stress reliever. After graduating from Athens High in 2014, William attended Auburn University and majored in Business Administration. After Auburn, William



attended the Cumberland School of Law at Samford University in Birmingham, which is also his father’s alma mater. He graduated from law school in 2021, and joined his father’s firm. Bill is thrilled to have William join the firm, and said, “He is Athens homegrown talent, and

we are so glad he came back.” As far as general scope, focus, and practice, the Mathews Law Firm handles real estate, adoption, automobile accidents, domestic relations, wills, estates, probate, on-the-job injuries, and wrongful death. William especially enjoys real estate closings. “There is just something about seeing a family have their dream come true, and be able to move into the house that they wanted,” he told me. William has found that people expect more of him because of his dad, and he thinks that is a good thing. While William and I talked about everything from basketball to having lawyers in the family to movies about lawyers, his dad

was in another room finishing a real estate closing. When Bill came in from his other duties and could catch a breath, he said, as only a proud dad can, “I am so happy to have him back, and having him join the firm is a dream come true.”

Mathews Law

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The Power Of Employee Recognition

by Eric Betts

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



What are you doing to consistently shower praise and give due recognition to those you lead? It is true that performing well on the job should be expected. However, although it should be expected, it ought to be recognized by the leaders of the organization. Employee recognition helps to build not only the individual who performed with excellence, but it helps to build the organization itself. Many wrongly assume that people should simply be happy to have a job and not expect to be applauded for a job well done. This idea may indeed express the value system of the leader but fails to maximize the potential of the employees or volunteers.

Natalie Wickham is the Director of Marketing at Quantum Workplace, which is a research company, writes about the power of employee praise and applause. Based on her research, she confidently tells her readers that employee recognition increases the level of performance and causes them to have a sense of ownership within the company. Additionally, it strengthens the connection between the employee and the organization, and helps close the metaphorical revolving door. Retention levels increase.

Employee recognition is also a part of communicating on a practical level the values, priorities, and expectations of

the company. Wickham states that such recognition makes an impression on the rest of the organization about behavior patterns that are examples of what others should emulate.

Behaviors and actions that are recognized more frequently show employees what's valued by managers, leaders, and the organization as a whole. When employees receive recognition for adopting a behavior aligned with company values, they're likely to continue that behavior and set a positive example for others.

Wickham also shows how employees receive praise differently based on their personality types. An introverted person may appreciate private outreach concerning their accomplishments, while an extroverted employee may welcome public praise. This is why it is extremely important to understand the personalities of one's employees. Getting to know an employee is an important part of understanding what type of praise may motivate them the best. What is good for one person, may not be good for another.

It is also effective, when a leader of a company or nonprofit studies different ways to bestow recognition. Simply stating, "Good job" or "Everyone did great today," does not qualify as effective recognition. In order for recognition to become meaningful, it must be

specific. This is true not only in the workplace, but also in marriages, parenting, and educating. The leader must be clear on the exact behavior that merited praise. Wickham says that it must be tied to a particular and detailed accomplishment or set of accomplishments. For the more self-interested leader who may only be concerned with the bottom line, and less concerned about motivation, there are benefits. The leader who grows their organization by utilizing recognition, helps themselves by growing the organization. Those who fail to engage in employee recognition are unwittingly working against the success of the organization. It is true that there may be some level of success, but never the full potential of what may have been accomplished. Moreover, failure to offer recognition can be demoralizing and create turnover. Wickham gives counsel to leaders to organize the workplace for celebration of workers, and even create an annual calendar for this purpose. She says, "A robust recognition tool will empower employees, teams, and leaders to celebrate each other, creating an environment focused on achievement, appreciation, and business success."

Caitlin Nobes is the Content Marketing Manager for Achievers Workforce Institute and makes the case for what she refers to as "Real-time" recognition.

At the moment when a behavior is demonstrated that reflects the values of the company, real-time recognition becomes not only motivational, but a teachable moment. Such real-time recognition is always personal, specific, and meaningful. Other employees have a real-time example, and will be motivated to adjust their behaviors to the level of that which received praise.

Employee recognition should be specific, random, conducted in real time, and also strategic. Indeed.com, an American worldwide employment website for job listings, also conducted research on the value of employee recognition. Their studies showed the results of strategically thoughtful employee recognition. They found that *30% of people who left a job within the first six months said being recognized more for their unique contributions could have helped them stay longer.*

Indeed.com offered several practical suggestions on how leaders can be more thoughtful and strategic as it relates to employee recognition. Some examples include the following:

- Years of service awards -- This motivates new hires to commit for the long-haul.
- Hosting an employee appreciation event -- Praising employees for their good work in front of their colleagues can

help boost self-esteem and make employees feel valued; they may be encouraged to work harder to achieve similar recognition.

- Setting up a board or dedicating a wall where everyone shares messages of appreciation toward their peers.

- An employee-of-the-month program is a classic employee recognition award that works when implemented strategically. Consider having peers or managers vote for the employee, and remember to be specific.

- Shout out on social media

- Send an appreciation letter that describes specifically what you appreciate about the employee, noting any special skills they have or progress they've made during their career.

Creating a culture where employees are celebrated and praised due to their achievements strengthens an organization in ways that cannot be measured. They will take pride not only in what they do but also in being a part of the company or organization. More importantly, it sends a message that they are valued by the leader and organization; this will raise the spirit of the company to a level where all parties benefit. This concept is indispensable for successful organizations, companies, and nonprofits.



The View From The Bridge

Employers, Let's Check Your Pulse Rate *Our Actions Determine The Insights...*

by Jackie Warner

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

Signs of A Happy Team Member:

- Smiles, has a cheerful spirit and a positive attitude, is initiative encouraged, is ready to be creative with role
- Takes pride in sharing and owning the brand
- Has minimal absences, shows up early and stays late
- Promotes harmony in the workplace, reaches out to team, builds relationships

- Uses good business management, conserves resources, brings ideas to the table
- Attends afterhours events, suggests engagement opportunities

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

*Jackie Warner, Community
Outreach Specialist*

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Horses Of Honor

by Deb Kitchenmaster



For thousands of years, humankind has relied on horses to support our lives. For much of that time, horses have been used in battle. Some people choose to wear a purple poppy on Remembrance Day to remember the sacrifice made by animals in warfare.

Different breeds of horses brought different attributes to the battlefield. Some animals were required to carry heavy loads. Others needed speed and agility to carry soldiers as they fought.

Let's have some fun identifying some war-horse breeds and specific horses that helped humanity. Choices are: Trigger, Marwari, Drestrier, Arabian, Thessalian, Winchester, Traveller, Haleb, Comanche, Friesian, Andalusian, Kidron.

1. _____ The King of war horses, sometimes referred to as "the Great Horse." It was not a breed but a type of horse, usually a stallion. They were bred, raised, and trained specially for battle.

2. _____ Takes its name from the region where it was first bred, the Netherlands. It was popular as a war horse throughout the Early and High Middle Ages. The horses' calm demeanor made them less likely to get spooked by the noise and chaos around them.

3. _____ Has been used in battle by civilizations from the an-

cient Egyptians. On the battlefield display of its intelligence, speed, stamina, and agility had great value. They were used for raids as chargers and in battle.

4. _____ Known as the "royal horse of Europe"; was the mount of choice for kings and noblemen. Henry VIII and French Monarchs Louis XIII and Louis XIV



rode this breed of horse. Today, not only dressage events but this breed of horse is used in TV and films, including the Lord of the Rings movies.

5. _____ Originates from Northwest India. Prized for its hardiness, loyalty and courage in battle. It was noted for its exceptional hearing and sense of direction. These horses were often able to return wounded soldiers from the battlefield without guidance. Its most distinctive feature is its ears, which curve gently inwards. They can rotate a full 180 degrees.

6. _____ Perhaps the most famous of all war horses (Bucephalus)



comes from this breed. This was the beloved steed of Alexander the Great. Legend has it that the 12-year-old, Alexander won the horse in a bet with his father. If he could tame him, his father said, he could have him. Alexander succeeded by speaking calmly to his stallion and turning him away from the sun. The result was a partnership between man and horse that lasted almost 20 years.

7. _____ The birth name given to this horse was "Rienzi." He carried General Philip H. Sheridan during most of the Civil War. A very important moment in time was when General Sheridan rode this horse from Win-

chester, Virginia to Cedar Creek, Virginia in time to rally his troops and turn almost-certain defeat into victory.

8. _____ This horse became famous as General of the Armies' John J. 'Blackjack' Pershing's horse. Historic photographs show him riding his horse triumphantly through the Victory Arch in New York City at the end of World War I.

9. _____ Also known as the "Pride of the Desert," this Arabian horse beat 19 Morgan horses, winning the Justin Morgan cup in Vermont on June 1907. Stood 14.2 hands and weighed 960 pounds. The origin of this stallion was cited as Mesopotamia.

10. _____ Famous as General Robert E Lee's horse.

11. _____ He was known as the sole survivor of General George Custer's command at the Battle of Little Bighorn on June 25, 1876. Of

Mustang lineage, born about 1862, captured in a wild horse roundup, gelded and sold to U.S. Army Cavalry on April 3, 1868, for \$90.

12. _____ Neither a racehorse nor the mount of a famous general, this horse was owned by a movie star cowboy, Roy Rogers. The golden palomino stallion appeared in all of Rogers' 90 feature films and 101 television shows. "He had great rein and could spin on a dime." This horse had stamina, beauty, intelligence and a remarkable gentle disposition.

Remember to spread honor to your state and country, VOTE.

**Your NEIGHbor,
Deb Kitchenmaster**

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- Answers:
- | | |
|---------------|---------------|
| 1. Drestrier | 7. Winchester |
| 2. Friesian | 8. Kidron |
| 3. Arabian | 9. Haleb |
| 4. Andalusian | 10. Traveller |
| 5. Marwari | 11. Comanche |
| 6. Thessalian | 12. Trigger |

Stop Overthinking!

by Lisa Philippart,
Licensed Professional Counselor



“While you’re in your head overthinking, life is passing you by.”

In my last article, we covered what overthinking is, what it looks like, and where it comes from. Now let’s dive into the ways to stop overthinking. As with other unhealthy patterns in our lives, the key thing to realize is that overthinking is a habit. This means that “fixing it” will not happen overnight and will definitely take a sustained effort. It also means that your progress may be messy...taking two steps forward and one step back. It also means that there’s no one-size-fits-all formula. You will need to experiment with a variety of approaches to figure out what works best for you. So here we go!

Even though it’s internal, overthinking is a behavior. It’s something we do. And like all behaviors that stick around and become habits, it’s because they’re serving some function. Overthinking often serves as an emotional function. That is, it does something for your feelings, usually making you (temporarily) feel better. It is more helpful to look at the emotions behind the overthinking and ask yourself if there’s a better way to deal with them.

Almost always, taking the time to get curious

about your emotions and validate them is going to be more productive in the long run than simply avoiding them with overthinking. One of the tricks overthinking does is convince us that we have to think more now. But unless it is a life-or-death emergency, you probably don’t have to think about that idea right at this moment. Why not schedule your overthinking for later? By agreeing to think about something at a later date, you not only validate your overthinking mind’s concern, but you also avoid the downside of getting lost in the overthinking. Then when you do return to those thoughts, you are doing it intentionally rather than reactively. The key to this exercise is that you treat the overthinking time like a real appointment. Put it on your calendar!

Thoughts generate emotions, which means the more emotion-generating thoughts you have in a given period of time, the more emotions you are going to experience. And while not overthinking is the ideal, sometimes just doing less of it can really take the edge off. This is where the idea of only overthinking on paper comes in. There are two big benefits to writing down your overthinking rather than doing it in your head. First, you can’t write nearly as fast as you can think. Second, seeing your thoughts on paper



literally gives you perspective on them. When we see our thoughts on paper and in front of us, it’s easier to spot errors in cognitive distortions and bad assumptions.

You may have noticed that overthinking gives us the illusion of control. Unfortunately, feeling like you are solving problems doesn’t always mean you are solving them. A way to address this is to become more assertive. Assertiveness is the ability to speak your mind honestly and directly in a way that is respectful to yourself and others. It’s the middle ground between being passive (deferring to others) and aggressive (being disrespectful to others.) And fortunately, the capacity to be assertive is a skill that anyone can learn.

Earlier I mentioned cog-

nitive distortions. Cognitive distortions are errors in thinking that lead to excessive emotional reactions. How we habitually think determines how we habitually feel. The basic problem with overthinking is often a response to feeling bad emotionally. When your thinking is riddled with these cognitive distortions, you end up feeling worse. Which means you tend to overthink even more! Where does the cycle end? I encourage you to get good at spotting cognitive distortions

in your self-talk. When you can point out that your thinking is not entirely accurate, you’ll be more likely to generate a more balanced and positive way of thinking.

Still not seeing anything yet that will help with your overthinking? Check out my article next time for part two.

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

Healthy Aging

by Roy Williams



Finally, it is possible to age and maintain health as we grow older. Isn't it interesting that up until about 60 years ago, people only visited the doctor's office when they were sick. Many of the population back then lived well into their eighties or even their nineties and didn't take any medications. My and my wife's grandparents are perfect examples. My wife's grandmother lived to be ninety-nine and a half, and raised four children on her own, after her husband died of tuberculosis when she was in her forties. My grandmother lived to be ninety-six and the only treatment she had was for skin cancer, which was solved with a simple day surgery.

Today, Americans are encouraged to visit their doctor for everything from an annual physical to breast, prostate, and colon exams to blood pressure and blood sugar screening. Commercials on TV, radio, and newspaper encourage us to ask our doctor if this or that drug is right for us. They have drugs for everything from pain relief and depression to a multitude of vaccines for everything from flu to shingles.

Just two generations ago, almost none of this stuff existed, and yet much evidence

is now appearing that those earlier generations not only lived on average just as long as we are now, but lived a much healthier and higher quality of life. Most of the older generation worked until they were in their seventies and were able to retire for another ten years of productive, enjoyable life.

My dad lived to the ripe old age of ninety-five taking only one blood pressure medication and the last five years a urine flow prescription. He retired at sixty-five and worked around his small farm throughout his life. Dad did slow down after ninety but seemed to enjoy life until the end.

What we are not taught by the medical profession and certainly not by the pharmaceutical industry is that many peoples in many other nations are living much longer lives than we are in America and do not even know what it means to retire. Of course, their lifestyle is much more active than most Americans and their diet is primarily grown in their own communities and sold fresh without all the preservatives and pesticides that we use here.

That lifestyle is basically gone in America and we probably aren't going to switch back any time soon.



So, I guess the question is, what can we do to age healthy with so many things stacked against us? Well, it is really not that complicated if we are willing to do our part.

Drink at least half a gallon of good clean water every day. After all, one of the very real issues in America is that we have decided that we don't have to drink water. We are bombarded with advertisements encouraging us to drink anything but water. The number of people that have told me they don't like water because it doesn't taste good is staggering. Its time to face the fact that we live in a toxic world, and the solution to pollution is dilution. Its time to stop making excuses if you really would like to live a longer and healthier life.

Another fact that we must face is that eating healthy in America has become almost impossible. The lack of nutrition in the Standard American Diet is SAD. *We consume the most food and we are the most malnourished nation on earth.* That is why we are also the most diseased and pharmaceutically prescribed people on earth. You simply cannot age healthy without proper nutrition, and it is not in our food supply.

So, what is the answer to **Healthy Aging** in America. There is only one choice and that is to drink a half gallon of clean water every day and take the nutrients that are missing from our diet. And a great place to start is with the **Healthy Aging Combo**, which consist of **MSM+C**, **Life's Fortune**, and **pH**

Plus.

Those three products can change your life, and when your body receives the nutrients in those products, you will feel the difference! The **MSM+C**, our biggest selling product for almost 25 years, can slow the aging process, relieve a lot of pain, and help you heal faster and look younger. **Life's Fortune** is our biggest selling and most complete multi-vitamin, mineral product. It covers so many of the basics so that almost everyone says they can tell the difference from the first day. And **pH Plus** drops, simply added to your water can help you hydrate faster and detoxify at a cellular level.

To help you get started and prove just how great these products are, we are offering the **Healthy Aging Combo**, all three products, at a 20 percent discount with this article. Just take it to Herbs & More in Athens or NHC Herb Shop in Killen and ask for the **Healthy Aging Combo**.

*Blessings,
Roy Williams*

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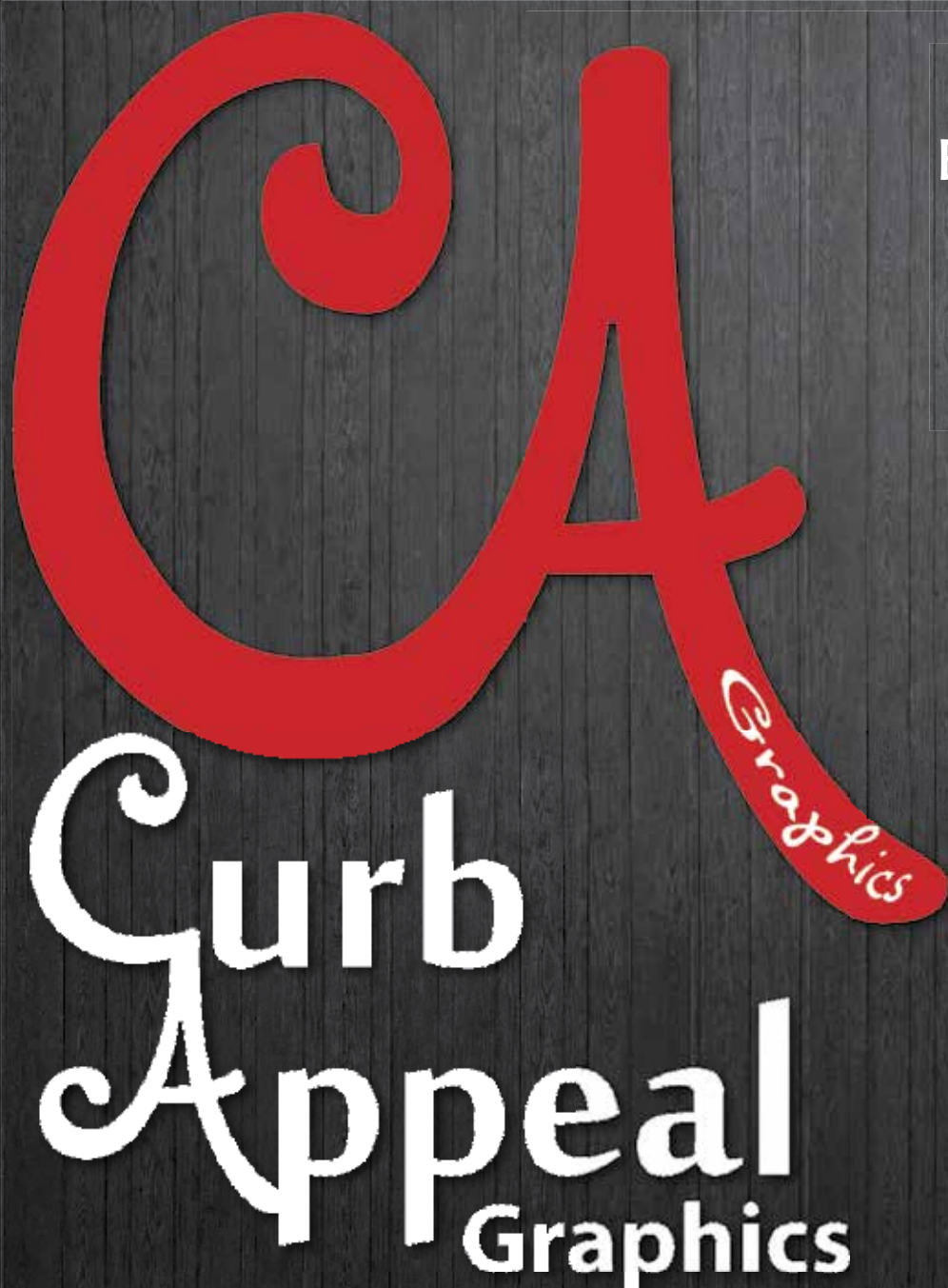
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Living Beyond The Moon

by Mae Lewis

You could say that he was an overachiever.

Edwin Eugene “Buzz” Aldrin Jr. was born on January 20, 1930, to a military family in New Jersey. He was a bright student and a star athlete, graduating third in his class at West Point with a BS in mechanical engineering. After serving in Korea and Germany as an Air Force pilot (for which he was highly decorated), he went on to receive a Doctorate of Science in Astronautics at MIT.

Aldrin was handpicked by NASA in 1963 to join a team of astronauts. His thesis at MIT had been on manned orbital rendezvous, and his expertise created docking techniques for spacecraft that became critical components of spaceflight, and are still used today. Aldrin also developed training techniques underwater that would simulate spacewalking. He was the first man to perform a successful spacewalk on the Gemini 12 orbital mission in 1966.

On July 20, 1969, Buzz Aldrin was one of three astronauts to make the historic Apollo 11 mission to send man to the moon. He was right behind Neil Armstrong as 600 million people – the world’s largest television audience in history – watched him set foot on the moon. He was 39 years old, and he had just performed one of the greatest feats in human history.

“The magnificence of our achievement for humanity was that we were there. But when I looked around I saw the most

desolate sight imaginable. No oxygen, no life, just the lunar surface that hasn’t changed for thousands of years — and the blackness of the sky. It was the most desolate thing I could ever think of.”

Four days later, his world came crashing down. As the crew returned to earth, Aldrin became absorbed in negative thinking. His future was over.

Upon returning to earth, during the required three week quarantine, Aldrin began an alcohol bender that lasted for nine years. Shortly after his return to earth, in the midst of being decorated and celebrated, his marriage of 21 years crumbled and ended. His distinguished military career went up in flames.

Only a few years after receiving the Presidential Medal of Freedom, Aldrin was working at a Cadillac dealership, not making a single sale. After flying into a drunken rage with his girlfriend, he was arrested for domestic violence.

Aldrin had gone from the “next big thing” to telling about the next big thing. “What does a man do for an encore?” He had peaked at 39 years old, and had nothing to look forward to.

“I wanted to resume my duties, but there were no duties to resume. There was no goal, no sense of calling, no project worth pouring myself into.”

Who Aldrin was had become more important than who he was becoming. His past was bigger

than his future, and it cast a dark shadow over his life. His imagination and zest for life fizzled into depression, lack of meaning, and hopelessness.

It wasn’t until 1978 that Aldrin realized that a lack of vision in his life had driven him to despair, and he sought help. Without a sense of purpose, he had reverted to avoiding pain and pursuing pleasure.

There is a popular notion that you must “discover” your purpose. But your purpose isn’t something you discover, it’s something that you choose. Stop looking for it, and choose it. When you are driven by purpose, you will overcome

hurdles and pain in order to become the person you want to be. You will grow and develop and always go on to achieve. You will “never be the former anything.”

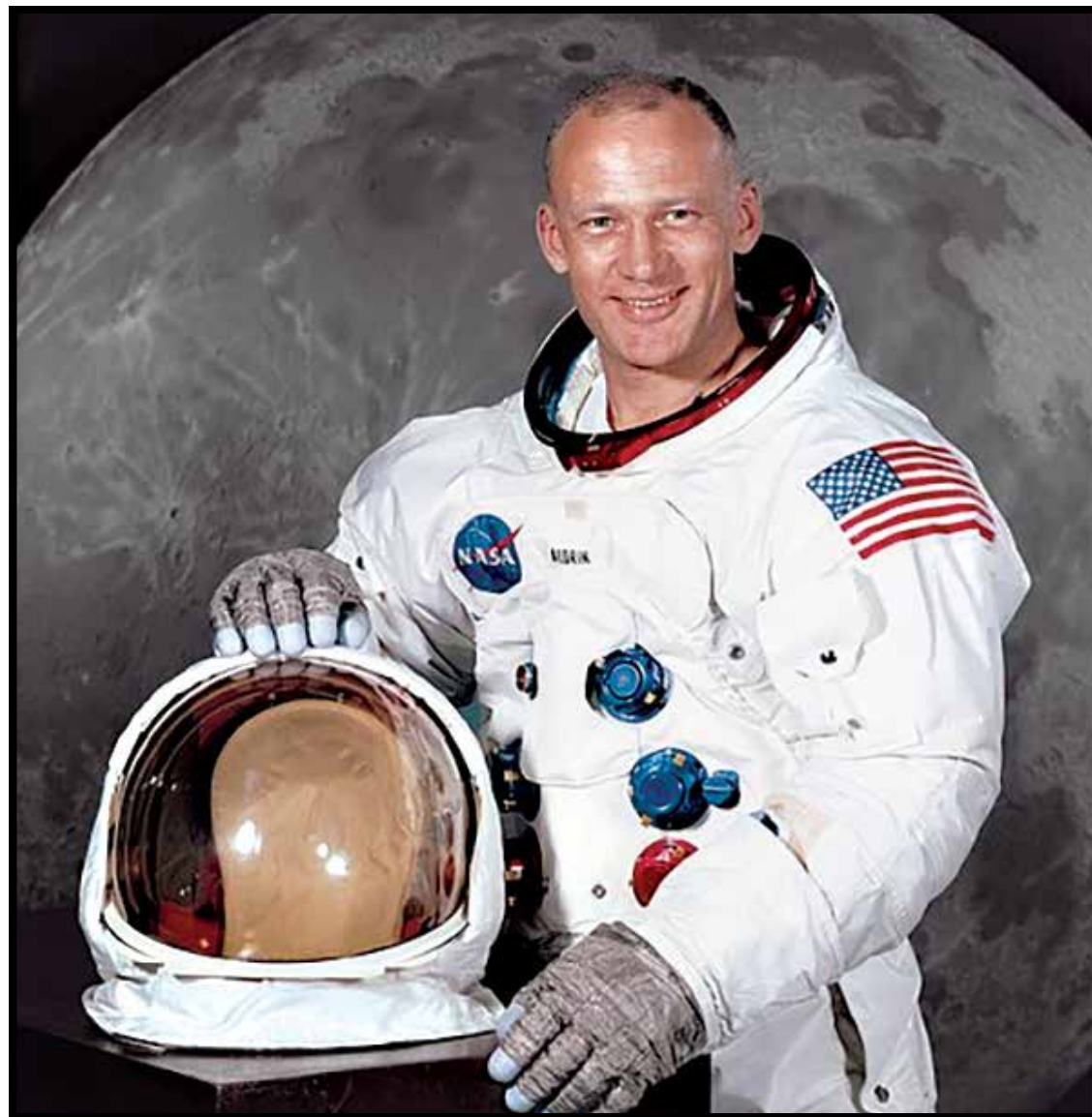
With a new sense of purpose and a love for life and adventure, Aldrin went on to serve on the Board of Directors for the National Association for Mental Health. He has written nine books, several of which have detailed his struggles and journey of personal growth. He has been sober since 1978. Today he serves on the Space Advisory Committee of the United States and remains a “Global States-

man for Space.”

“One truth I have discovered for sure: When you believe that all things are possible and you are willing to work hard to accomplish your goals, you can achieve the next “impossible” dream. No dream is too high!”

“Pick an amazing dream and go for it. Don’t merely make a living; make a life. Launch out farther than you’ve ever gone before. Today, you have a shot at forever.”

- Buzz Aldrin, No Dream Is Too High: Life Lessons From A Man Who Walked On The Moon



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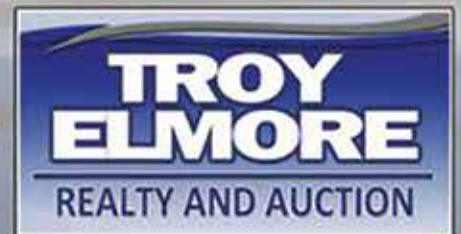
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~ Elvis Presley



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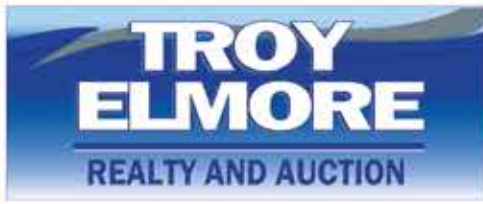
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