

September 1 - September 14, 2023

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### Special Feature



**Caleb Lawler, CERTIFIED FINANCIAL PLANNER™**  
With Edward Jones:  
*Dreams Meet Diligence...*  
On August 28, Caleb Lawler, along with his family, friends, and clients, met together to celebrate the grand opening of...  
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## Car Line MOM: The Newest Devotional By Caris Snider

By Ali Elizabeth Turner

Five-time inspirational writer, speaker, wife, and mom Caris Snider never had any aspirations of being a writer. She never thought she would be interviewed on TV. She also never expected to fight, and win, a fierce battle with anxiety and depression, but it is that battle that has caused her by grace to take her pain and turn it into her purpose. She does so with humor and refreshing

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### Clean, Green and Beautiful

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We are gearing up to be busy this fall! September 9th We will have a booth at Superhero Day at Big Spring Park...  
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### Cooking With Anna



**Get Off Your Cactus!...**  
All of us have times in our lives when the journey is difficult. Sometimes the difficult part seems to last forever. Our cactus is heavy, burdensome, and an...  
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## Wild Hearts Cowboy Carriage Rides: Your Carriage Awaits You!

By Ali Elizabeth Turner

Born near Owens Elementary School in West Limestone County and growing up with cotton and horses, Stan Smith put in his 28 years at Steelcase knowing that he would one day return to his "first love"-- horses of all kinds. His dad was a farrier

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**Publisher's Point**

*The Case For Crème de Menthe Pie*

About a week ago, if she were still alive, my mother would have been 103 years old. I was blessed to travel to Seattle for her 100th birthday, and it was smack dab in the middle of COVID. I was not allowed to touch her, and we were able to sit outdoors at the assisted living center where she resided. I could see her through a clear plastic curtain, talk to and with her, and that was the last time I saw her alive. While I was visiting with her, about six blocks away from her residence, the Capitol Hill area of Seattle had been taken over by thugs and re-named CHOP or CHAZ, which stood for Capitol Hill Occupied Protest, or Capitol Hill Autonomous Zone. At that precise moment we were visiting, they were trying to burn down a police station. **Six blocks from my 100-year-old mother!** Thankfully we didn't know about it until after the festivities, and "her" day was just perfect.

Since I have been learning to be an adult orphan (seeing as both my parents are now gone), I have found that my gratitude for what they did, taught, and gave my siblings and me only continues to increase. There was a time when that was absolutely not the case, seeing as I was seduced by the '60s and its siren call of rejecting my parents' values and breaking their hearts.

But even at my worst, there was something my mom did in the '50s that I always appreciated, and I want to tell you about it.

My parents were avid bridge players, and they were part of a bridge club that would meet once a month. They would rotate whose house would be hosting that particular month's gathering, and the soirée would always include dessert and coffee. We had apple, black cherry, and Bing cherry trees in our yard that overlooked Puget Sound, so most of the time my mother would make a pie. Sometimes I got to be the one to climb the tree to pick the cherries, and climbing trees was a favorite pastime. But every once in a while, Mutti (pronounced MOO-tee and German for mama) would make crème de menthe pie, which is also known as grasshopper pie. I almost always got to have a taste before I went to bed. It would be many years before I would find out why, sometimes, when we had an abundance of fresh fruit that one of us would pick for the occasion, the menu choice for the evening would be the pie that was sweet, soft, green, and had a crushed chocolate cookie crust.

It was because Fred Wildish and his wife Jan were going to be amongst my parents' guests. Fred was a survivor of the Bataan



Death March of WWII, and my mom understood that there was a particular trauma to which Fred had been subjected, and she wanted to protect him from anything that might trigger a horrific memory. The Japanese would first starve our soldiers, killing multitudes, and then put rocks in the food they did give their captives. They knew that food would be wolfed down, and the hope was that either teeth would be broken or stomachs would be torn up. My mom was not willing to take the risk that a cherry might not have been perfectly pitted, and didn't want Fred

to encounter anything that would seem like a rock. So, if Fred came for bridge, cherries were out, and crème de menthe was in. It was a simple act of kindness, and I don't think Fred or anyone from Bridge Club knew that she did it. Eventually I did, though, and I am glad to be able to tell their story. These days are filled with news of people acting inhospitably, to put it kindly, and I just thought that we could all use a slice of Mary Ellen Hersman White's crème de menthe pie to remind us to be thoughtful, and more importantly, pay attention to the needs of those around us.

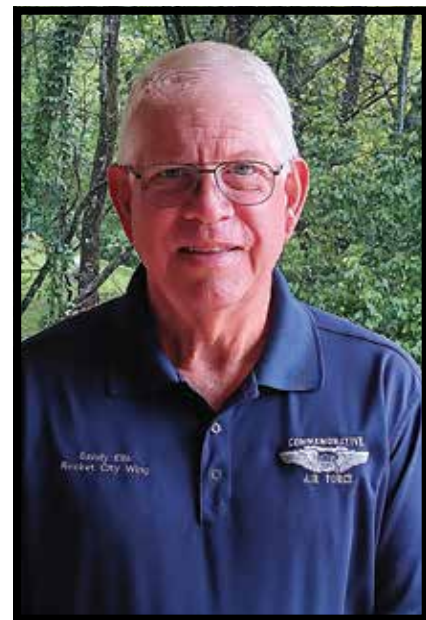
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# The Commemorative Air Force Wing Of Huntsville

by Sandy Ellis



lowed closely by another. Alarmed by the fact that unless something was done, only a few of these aircraft would survive in museums, and most people would never get to experience the sight and sound of these aircraft that did so much to win WWII. In 1961, this group decided to formalize their passion and create a 501(c)(3) organization to continue to purchase, rebuild, and maintain in flying condition one example of every fighting aircraft in the American inventory, as well as those of foreign nations.

The Commemorative Air Force Wing of Huntsville has a specific goal, and it is "dedicated to honoring American military aviation through flight, exhibition, and remembrance." The genesis of the CAF (originally known as the Confederate Air Force) was in 1957 with a group of ex-military flight instructors in Mercedes, Texas, led by a crop duster named Lloyd Nolan. These men had spent the war years teaching others how to fly, and consequently never saw combat or flew front line planes. Nolan saw that these historic aircraft were being sold off as scrap by the government. He and the others decided to look for a surplus fighter to purchase, basically as a toy. They finally found a surplus P-51 formerly with the RCAF. They purchased this aircraft for the grand sum of \$4500.

Today, the CAF owns over 170 WWII-era aircraft with 80 "wings" located throughout the U.S. and over 11,000 members. The Rocket

City Wing is one of the newest wings in the organization with approximately 35 members. We have been assigned an L-17 aircraft which hopefully will be received soon from the HQ in Dallas.

The Huntsville/Rocket City Chapter of the CAF has had some special events this summer. One was a chance to join other members of the branches of service for a night watching the Trash Pandas play. We also gathered at Pryor Field Regional Airport to hear a presentation by Zygmund (Zig) Jastrebski who discussed air operations during the Vietnam War. He went into great detail re: Operation Linebacker, a series of air operations that successfully took out bridges in and near Hanoi.



## COMMEMORATIVE AIR FORCE

On August 31, we had a Biergarten Summer Festival gathering at the Space and Rocket Center. More events are being planned, and we are hoping that our wing will grow as more people join in and enjoy them.

In conclusion, the CAF's mission is to "Educate, Inspire and Honor through flight and living history experiences" by providing opportunities for the public to not only see and experience these iconic aircraft up close, but even ride in many of the aircraft that are

equipped to do so.

We are hoping that by raising awareness of these historical aircraft and the pilots who flew them, we can cause our "wing to expand" in the North Alabama region. For more information, please contact Sandy Ellis, Wing Development Officer for the Huntsville CAF at [sandyellisfl@gmail.com](mailto:sandyellisfl@gmail.com). You can also get more information on our Facebook page, which is Commemorative Air Force Huntsville Alabama Chapter. Thank you!



*In July, CAF members gathered at Pryor Field to listen to a presentation on Vietnam war air operations*

# Special Feature

## *Caleb Lawler, CERTIFIED FINANCIAL PLANNER™ With Edward Jones: Dreams Meet Diligence*

by Ali Elizabeth Turner

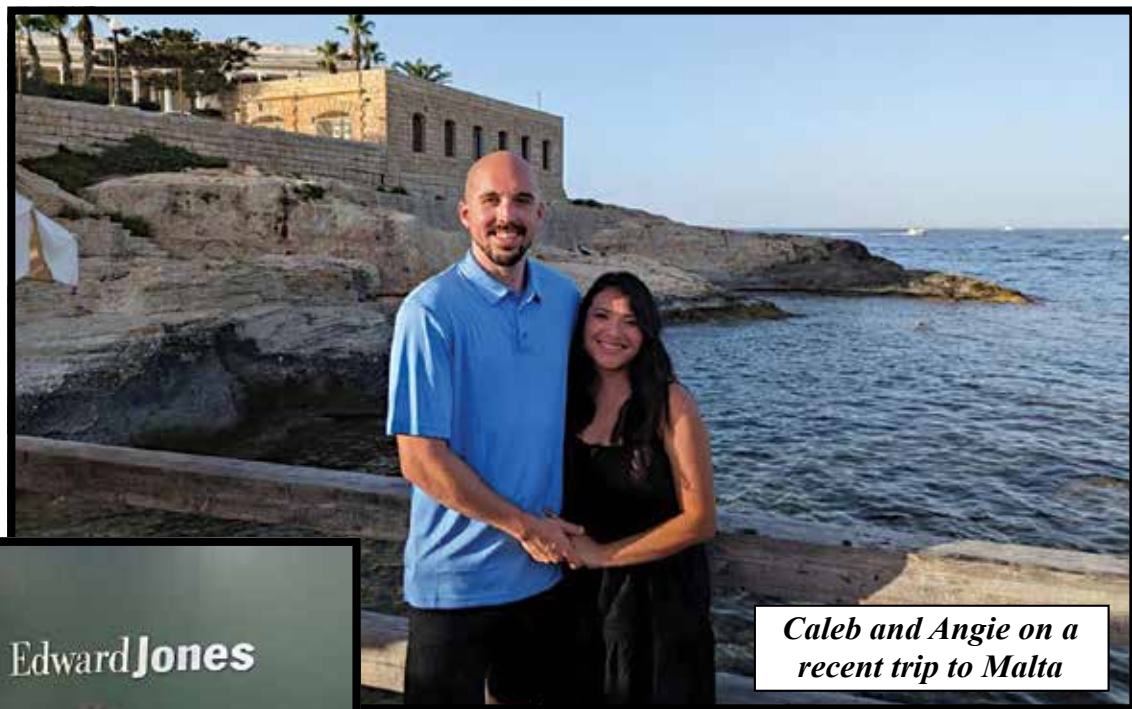
On August 28, Caleb Lawler, along with his family, friends, and clients, met together to celebrate the grand opening of his new office, located at the intersection of Capshaw Road and East Limestone in Athens. It was indeed a marriage of dreams and diligence, as Caleb had spent several months studying hard to become a CERTIFIED FINANCIAL PLANNER™ professional. At the time, he was president of our local BNI Chapter known as Limestone Leaders, and we all cheered him on. "It was like passing the bar exam," he said, and we were all immensely proud of him.

Caleb's hard work paid off, new office space opened up, and although he is only in his early thirties, I believe he is headed for a long, successful career. I can say, as someone with very limited exposure and experience when it comes to finance and investing, Caleb has a gift for making the complex understandable for the average person, and that is one of his many "secret ingredients" of success.

By way of background, Caleb is a graduate of UNA, and thought he would pursue a career in software engineering. While he genuinely loved it and was successful in his field, what he found he wanted to do more is help people with whom he could meet face to face. It was at a family BBQ that a relative suggested he look into becoming a financial advisor with Edward Jones, and he has never looked back.

Edward Jones is a privately held, solid, reputable financial advising corporation well known for how it gives back to the community and teaches its advisors to do the same. I asked Caleb for an example, and he said, "When I was taking my initial training, they

had seasoned veteran agents come in on their own time and teach us how to help our clients, what to say to say to them, how to ask the hard questions. That's how they do business, and that's why I took the 'leap of faith.'" He further describes Edward Jones as a company that concentrates on getting to know clients -- finding out their needs, goals, and dreams, and then developing a strategy that meets those needs. Having



*Caleb and Angie on a recent trip to Malta*



*Caleb and Angie Lawler with their daughters Sophia, Zoe, and Mia*

a high emotional quotient (EQ) is critical for success with the company, and it is something that I would say from knowing him for several years is one of his strongest gifts. Once Caleb finds out what is important to potential clients, he asks, "Is this goal attainable? If not, how can we change things so that it can become attainable? How can we get them back on track?"

Edward Jones is all about encouraging their advisors to get in touch with their "why" when it comes to the reason they chose to be financial planners. For Caleb, it was his grandfather. His Papaw worked hard all his life, had no one to guide him regarding his financial fu-

ture, and his retirement which was unexpectedly followed by his passing was a challenge for the whole family. Caleb wants to do everything he can to protect seniors on down to helping young people prepare for the future, even in a time of a highly unstable economy, rocky political landscape, and rising global tensions.

What can we glean from history as it pertains to finances, and is there any reason for us to have hope? While it's necessary to reiterate that investing always involves risk, here is what Caleb taught me, using the weather of North Alabama as an analogy:

"What I want to share with people is that downturns are



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normal, and negative years are normal. Just like living in North Alabama, there will be storms, and sometimes tornadoes. Sometimes they will affect us, and sometimes not. When you look at history and look from the Great Depression until now, averaging out good years and bad, three years will be positive, one will be negative. The good outweighs the bad. We tend to remember the bad, but we need to look at the odds, especially the long-term perspective. It's important to be appropriately invested. That's where I come in and say, "Okay, here is where you need to be, and here's why. We'll discover information together, and here's what we can do."

One thing that is on Caleb's agenda is to increase his ability to be of service to people

who have private wealth by becoming a Certified Private Wealth Advisor. Achieving this designation is no small task, and I am sure he is up to it! If you are building your financial future, are looking for responsible ways to increase the size of a diverse portfolio, are in need of understandable financial information, education, and direction, then call Caleb Lawler of Edward Jones Financial Services today and make a no-obligation appointment. Caleb will give you help and hope.

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# 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).

## Food Truck Friday! September 1

11am - 2pm. Join First Metro Bank + Singing River Dentistry for FOOD TRUCK FRIDAYS at their newest location in Athens, located off Hwy 72 + Lindsay Lane on the first Friday of every month thru October 6th. No need to pack your lunch, stop by.

## Living Free - Quit Nicotine For Good September 5 and 7

A remarkable program with remarkable results! Free to the public. Athens Public Library, 603 S Jefferson St. Located in the Steel Case Board Room. 5pm. 10 sessions in all. Registration: <https://form@jotform.com/232148612350145> or contact 256.658.7477.

## SUPERHERO DAY! September 9

10:00am - 2:00pm. SUPERHERO Day Returns! Athens-Limestone Tourism, with the help of Eli's Block Party founder Kristie Williams, will be hosting the 10th Annual SUPERHERO Day! Street Parade! Walking Parade! Vendors! Food Trucks! Carnival Rides! Fun Games and Activities! And did we mention... SUPERHEROES!!! Check back for more details to be added soon. This is a FUNdraiser for Childhood Cancer and the Tourism Association. We appreciate your help and support. Call Tina at 256.232.5411 to Sponsor, Donate or Volunteer.

## 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.yesterdayevents.com](http://www.yesterdayevents.com)

FB: [www.facebook.com/YesterdaysEventCenter](https://www.facebook.com/YesterdaysEventCenter)

## 9/11 Heroes Run September 9

7:00am - 9:00am. Join us as we honor the heroes of 9/11 and the wars since. The 5K race for runners, walkers, and runners is at 7 am, starting and ending at the Courthouse Square. The proceeds from the race benefit Athens Fire and Rescue Auxiliary and the Travis Manion Foundation. [athens@911heroesrun.org](mailto:athens@911heroesrun.org)  
[www.travismanion.org/events/911-heroes-run/2023-athens-al/](http://www.travismanion.org/events/911-heroes-run/2023-athens-al/)

## Art Walk on the Square - September Autumn Leaves September 9

10am - 1pm. Businesses in quaint Downtown Athens Square are hosting a fun four-month interactive Art Walk on the Square program. The program created by Sonya Gordan, hosted by Athens Arts League and High Cotton Arts is a hand-picked itinerary for the art lover. Visit select businesses on the Square in Athens that showcase hand-created art or have art-related items or classes for your enjoyment and entertainment. Art lovers, aspiring artists, residents, and travelers are welcome and encouraged to participate. Start your Saturday morning at 8am by picking up your Art Walk brochure & map from the Athens-Limestone Visitors Center's outside kiosk.

## Athens State Alumni 5K September 30

The Athens State University Alumni Association will be hosting its inaugural Fiddlers 5K and Kids Fun Run at 7:00 am. The race route will begin and end at Athens State University and will showcase the historic district in Athens including locations such as the famed Donnell House and Beaty-Mason Mansion. The Kids Fun Run is free and will also start and end on Athens State University's campus. Athens State's mascot, Hebrew the Bear, will be present to meet the runners and cheer them on. Participants for both events are welcome to run or walk their respective courses. Registration is now open. For more information or to register for the race, please visit: [www.athens.edu/fiddlers5k](http://www.athens.edu/fiddlers5k)

## 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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 Contact: 256-658-7477



**Constitution Day 2023: The John Wade Keys Chapter (JWK) of the Daughters of the American Revolution (DAR) has announced Constitution Day to be held on Friday, September 15 at McCandless Hall of Athens State University. This annual event, jointly sponsored by Athens State University, celebrates the signing of the Declaration of Independence on September 17, 1787. The public is invited to attend starting with a free hot dog lunch at 12:00 noon in the Sandridge Student Center and provided by Cafe 1818. The speaker for the program which begins at 1:00 p.m. will be Col. Mark Frederick, Command Chaplain for the Space and Missile Defense Command, Redstone Arsenal. The Tennessee Valley Chapter of the Sons of the American Revolution will once again present and post colors. Music will be provided by the Athens High School Concert Choir and by JWK member Julie Estes on the flute. For additional information, call JWK Regent Pam Porterfield at 205-789-2294.**

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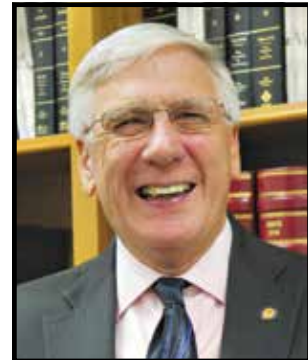
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# What Makes Ronnie Roll

## *The Budget, The Census, And Other Boring Stuff*

by Ali Elizabeth Turner

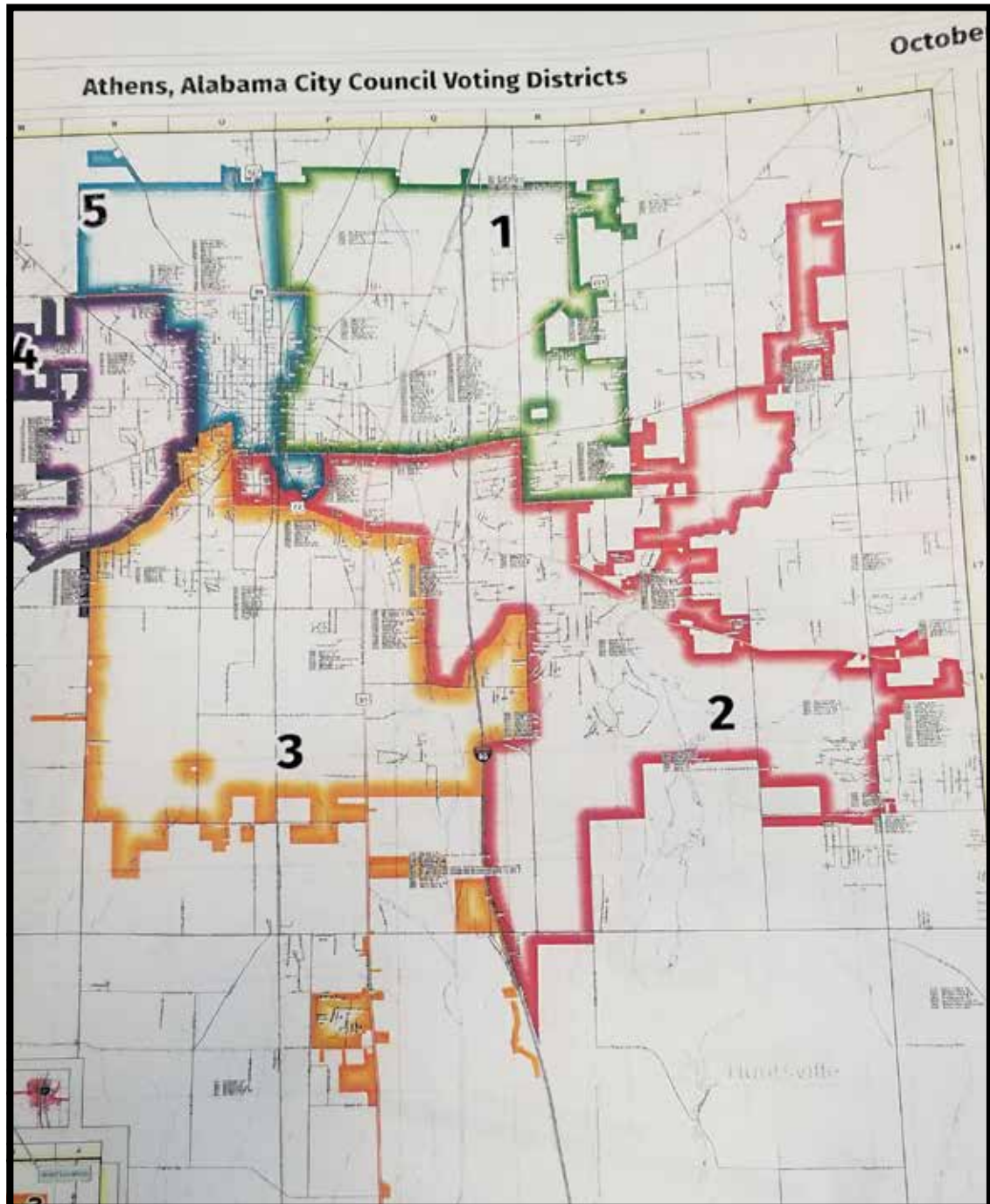


Over the years, I have interviewed Mayor Ronnie several times pertaining to the subject of budgets, and almost always I comment about the fact that he is one person who genuinely enjoys the topic. This past Monday morning was no exception, and September is the kick-off of the process of “grappling with the green” and where it is going to be spent. The entire city council of Athens works hard to be good stewards of our tax dollars, and with the fact that no one is new to the process, the mayor feels it will go well.

As always, much of the discussion regarding the allocation of funds is going to center around our growth as a city as well as a county. How do we prepare? What can we do to get ahead of anticipated needs? What needs to be shored up in order to handle growth well, and what needs to be completely rebuilt or built for the first time? These are not small expenditures when you consider adequate levels of fire protection, police protection, and other first-responder categories.

Another situation that needs to be addressed is choosing a City of Athens police chief, and making the promotion permanent. Chief Floyd Johnson retired earlier this summer after over four decades of service on the force. Captain Anthony Pressnell has been serving as interim police chief. He has served our city since 1989. The City Council will decide whether to promote in-house or seek applicants from outside the city.

The U.S. Census is inadvertently affecting the life and decision-making responsibilities of our city. In 2010, our population was 21,897. In 2020, it had grown to 25,400. Now it is estimated to be at 30,000. What that does is require the City to re-district for the City Council, and most folks are not aware that the whole purpose of re-districting is to do whatever is possible to keep the numbers in each district as close to the same level as possible. “The purpose is representation based on the population as a whole,” said Mayor Ronnie. He also added with a laugh,



“If you are going to run for city council, you need to make sure that you live in the right district.” What he is referring to is the debacle during the 2022 election in Alabama where people were not aware that the lines had been redrawn and they were campaigning in the wrong district for a position for which they could not technically be elected. Redistricting in Alabama

as a whole has gone to the Supreme Court level, and there are new guidelines that need to be followed. “We will have public hearings to make sure this is done the right way,” said the mayor.

Mayor Ronnie also wanted people to know that he has established a task force to address the complicated and controversial topic of homelessness. It is made of citizens and

officials, and will look at every equitable angle possible to balance the demands and promises of the Constitution as it pertains to property ownership and how best to help those who for a number of reasons find themselves unsheltered. It is a gnarly topic, indeed; one about which we prayed. And then, once again, it was time for Ronnie to roll.

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# *Ronald Reagan, Where Are You?!*

by Phil Williams



It was Friday night in the fall of 1981 at Milton Frank Stadium in Huntsville. Grissom High School was playing, and I was standing near Coach Stiles on the sidelines. The game was not going our way, and all of sudden, Coach waved his arms in the air and yelled, “Herschel Walker, where are you?!” It was one of those funny/not funny moments. Herschel was a sight to behold in college football back then and won the Heisman trophy the next year. Coach was invoking the name of the greatest running back of the day as a means of wishing he had a deeper bench to work with that evening under the lights.

Here’s one for you: “Ronald Reagan, where are you?!”

That’s how I feel when I look at the current state of politics. We’ve just had the first of the GOP primary debates. I see statesmanlike demeanor in some of the current slate of candidates. There are some Reaganesque glimmers of hope. But there is no consistency yet.

I say yet because I can sense a turning. There is a growing dissatisfaction with status quo politics and establishment solutions. Regardless of who prevails, in the end we need a new face to rise.

What was it about Reagan that still sparks a sense of hope? There

were aspects of his presidency, and phrases he coined, that are still referred to today. It was the “Reagan era,” a time of “peace through strength.”

Reagan marked the end of the Cold War, and a “trust-but-verify” foreign policy. Referring to the United States as a “great city on a hill,” he espoused a “rendezvous with destiny” that resonated with Americans. His term was vividly defined by leadership moments, such as when he defied his advisors and famously went to the Brandenburg gate in West Berlin where he boldly said, “Mr. Gorbachev, tear down this wall.” Ronald Reagan helmed a return to an age of prosperity, national pride, military strength, and international respect.

When Ronald Reagan passed away in 2004, mourners stood in line for the better part of a day on the National Mall to pass in front of his casket as he lay in state in the Capitol rotunda, his coffin flanked on all sides by an honor guard from each of the military services. His connection to the public evoked passion and a sense of connection. The Reagan era was defining.

My father, himself a career Army officer, talked about the Carter years in what he referred to as the time of the hollow Army. Dad was able to serve through the first term of the Reagan years, and

the difference was night and day.

Reagan was more than just a great president. Something about him gave our country back its pride. He defeated communism without firing a shot. He revived the economy. He restored the sense that America was unapologetically free and that government was not always the answer. He was legitimately comfortable in front of a microphone, able to crack a joke or crack a whip, or both, without blinking or looking lost.

Reagan had a dynamic career in Hollywood and entered politics at a relatively late age. He was fifty-six when he was first elected to public office and nearly seventy when he became president.

What Reagan lacked in political experience he made up in leadership. With oratory skills honed over decades before entering public life, he had the ability to deliver mere words in a way that grabbed hearts and minds. He came out early and strong in opposition to communists in Hollywood labor battles and his work as spokesman for General Electric in the 1950s made him a television star.

But the real kicker came when Reagan gave a 1964 televised speech, “A Time for Choosing,” on behalf of Barry Goldwater’s presidential campaign. Also referred to as Reagan’s “Ren-

dezvous with Destiny” speech, it is said to have jumpstarted his political career, and should be mandatory viewing in civics classes today.

Californians, at that time, were experiencing big government, high taxes, urban riots, campus unrest and antiwar protest, all of which sounds eerily familiar. Reagan was elected to two successful terms as governor of the Golden State. In 1980, after suffering through the Carter years, Reagan won the nomination to be the Republican candidate for president of the United States. Four years later, I was old enough to cast my first vote for his reelection.

I say all of this to point out that the years leading up to Reagan’s election were tumultuous. The U.S. economy was in the pits, public spirit was in despair, and our national image was tarnished. Foreign governments struggled to respect the U.S. as a force on the international stage.

But keep this in mind my friends, it took a Carter to bring us a Reagan. Think about it, and let that sink in. It took a Carter to bring us a Reagan.

This past week, I watched in amazement as the current president of the United States took a second vacation in one month. While whole communities in Hawaii burned, he vacationed on the beach, and when asked to come visit the

devastation, he took a short break from his 9-day vacation at Lake Tahoe. We are watching one of the most tone-deaf presidencies in U.S. history. And 2024 can’t get here soon enough!

I am not at all enamored of our current president. I respect and salute the office but I want a new office holder. I am already looking at the horizon for 2024, and I believe we may find that it took a Biden to bring us the next Reagan.

Ronald Reagan, where are you?! Stay tuned folks. There’s one coming.

*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

# Build Consistency For The Life You Want

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 want success in life, then you must learn how to build consistency in your life. I have been reflecting upon what contributes to the success of an individual, a group, a team, or even an organization, and I believe the biggest impact is consistency. What does this mean? What does this look like? The definition of consistency is “acting or done in the same way over time, especially so as to be fair or accurate.”

One can say that the word consistency is all about the process the individual, group, team, or organization has in place for how they go about their daily routines, and we need to realize something. We are all consistent in our lives whether we understand it or not. We have all built consistencies in our lives that impact the successes and failures we will see in our lifetime.

Sometimes we obtain failure because we are consistently taking the wrong actions or displaying the wrong behaviors. Other times we obtain success because we are consistently taking the right actions or displaying the right behaviors. We must take the time to become students in the game of life. We must slow down in order to properly evaluate what we are doing on a daily basis which brings us triumphs and

also brings us tribulations.

Once we take the time to properly examine our lives, we will be able to understand the good, the bad, and the ugly qualities that make up our daily lives. With this knowledge, we will be able to teach ourselves how to build consistency in various aspects of our life that we previously thought were beyond our control. The funny thing is that when you start to pay attention to certain areas of your life, you will notice quickly both good and bad changes in these areas. If the change

is positive, keep on doing it, but if the change is negative, then you must re-evaluate the action you will be taking.

The bad thing about being consistent in a positive manner is the amount of work it actually requires. In life, many people know and understand what we should be doing, but knowing and doing are two completely different things. This is where we have to take the time to be intentional as we set out to build consistency.

In Galatians 6:7, the Bible states, “...For whatsoever a man soweth,

that shall he also reap” – and this is a leading reason we must focus on the intentions of what we want to achieve. If we go at it half-heartedly when we sow, then the result is we are going to reap half-heartedly. You are going to get back what you put in. Now, this is another hard point for many people. Take a look in the mirror and tell me what you see. Do you see a person who gives 100% of everything you have, or do you see someone who is cruising through life?

If you are just cruising through life waiting for

someone else to bring your dreams to you in the middle of the night, I’m going to go ahead and tell you it is just not going to happen that way. If you want to achieve your dreams, you’re going to have to go get them for yourself. You are going to have to be consistent in everything that you do to help ensure the success you are looking for.

If you say that you have already figured out how to be consistent, then might I kindly ask you to mentor someone else so they too can hopefully achieve the same level of success? Let’s be honest; we all are consistent in our lives but the question that remains is simple. Is it a good consistency or is it a bad consistency? What are you going to do to make yourself better today than you were yesterday?

We have one shot at this life, and we need to be living in the now. We need to continuously build from day to day so we can accomplish our heart’s desire. It is going to take work, and it will not be easy, but we must remember the law of sowing and reaping. What you are sowing today, you are going to reap tomorrow, but too many people become lazy when it comes to their future. What you are experiencing today is because of what you did yesterday. Take the time to build consistency for the life you want.





Clean, Green And Beautiful

# Get Out Your Calendars!

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

256-233-8000 or email us at [KALBCares@gmail.com](mailto:KALBCares@gmail.com) to get started.

## September 30th

Enter through the Hobbs Street parking lot for FREE Shred Day at Athens State University. The Better Business Bureau of North Alabama and KALB will host the FREE drive-thru event. We will accept up to five bags of documents to be shredded, medication (the Athens Police Department will be on site to take them), and electronics! The only televisions that we will accept are plasma and flat screen. This will be STRICTLY ENFORCED!

## September 30th

The Athens-Limestone Beau-



tification Board will be hosting a B.Y.O.P. (Bring Your Own Pots) Fundraiser starting at 9 a.m. at the KALB Office (125 East Street). Just bring us your empty pots and we will plant them for fall! Book an appointment for top priority on time and colors! We will have a price list ready soon. And we will have people there to help you make your choices.

## October 5th-7th

We will have a booth set up at the Old Time Fiddler's Convention at Athens State University to adopt QUACK PACKS for the Wacky Quacky Duck Derby! We will be there until time for the races to begin on Saturday afternoon!

## October 7th

The Annual Wacky Quacky Duck Derby will begin at 4 p.m.! We will start racing ducks down the spillway for chances to win BIG PRIZES!!! Cash, a one night stay at the Shoals Marriott with dinner for two at 360 Grille, a round of golf + golf cart at Canebrake, cash, an Osborne's gift card, a massage from Newman Massage, cash, Huntsville Theater tickets, a Hobb's gift card, an Alabama Magazine subscription, and just in case I forgot to mention it, CASH!!! Ducks are available for adoption now. You can stop by the office and fill out an adoption form and pay cash or check, or you



can adopt through our website ([www.KeepAthensLimestoneBeautiful.com](http://www.KeepAthensLimestoneBeautiful.com)) and pay through PayPal. We will also have them available at Superhero Day and at the Fiddler's. Receive a Papa Murphy's

coupon for 25% off your order of \$20 or more with every Quack Pack adopted! And as always, you don't have to be present to win.



(256) 233-8000

[KALBCares@gmail.com](mailto:KALBCares@gmail.com)

[www.KALBCares.com](http://www.KALBCares.com)



## September 9th

We are gearing up to be busy this fall!

We will have a booth at Superhero Day at Big Spring Park! We will be there from 10 a.m.-2 p.m. with fun games for the kids to win FREE ducks adoptions to enter the Wacky Quacky Duck Derby! We will also have Quack Packs for adoption, coloring sheets and litter bags. This is a FUNdraiser to ELIminate childhood cancer hosted by the Athens-Limestone Tourism Association. There will be superheroes, games, rides, and FOOD!

## September 16th

World Cleanup Day is September 16! We would LOVE to support your business, organization, team, club, etc. in a litter cleanup. We will loan you all of the supplies and help you organize the event. Just give us a call at





## Cooking with Anna

# Get Off Your Cactus!

by Anna Hamilton

*“Being negative only makes a journey more difficult. You may*

*be given a cactus, but you don’t have to sit on it.” Joyce Meyer*

*All of us have times in our lives when the journey is difficult. Sometimes the difficult part seems to last forever. Our cactus is heavy, burdensome, and an inconvenience. How you carry your cactus makes a huge difference. Hold it too close and you will be covered in cactus spikes, hold it too far away and you will drop it and chance ruining it. You can put it under you to hide it, but you will end up*

*with spikes in places you don’t want.*

*Being negative is a choice. It’s hard to see a way to be positive when it seems your entire path is lined with cacti. At some point in our lives, we all have faced, what seemed to be an impossible journey. Everything we did, everywhere we turned seemed to be lined with difficulty. Everyone around us seemed to be walking in a field of flowers while puppies ran at their feet and butterflies fluttered above their heads.*

*We aren’t promised a life free of difficulties, but we are*

*continued on page 23*

## Jalapeno Popper Chicken Zucchini Casserole

### Ingredients:

- 4 zucchini*
- 1 ½ cups cherry tomatoes*
- 2 cups Monterey Jack cheese, shredded*
- 2 Jalapenos, sliced*
- 1 lb. chicken breast*
- Blackening seasoning*
- Salt and pepper to taste*
- 1 cup Italian bread crumbs*

### Directions:

*Preheat oven to 400 degrees.*

*Coat both sides of chicken breast with blackening seasoning, salt, and pepper. Lightly coat a frying pan with oil. Fry chicken until cooked through, around 5-10 minutes. Dice cooked chicken breast and set aside.*

*Dice the zucchinis and cut the cherry tomatoes in half. Place diced vegetables and chicken into a*



*casserole dish and stir together. Top with 1 ½ cups of shredded cheese.*

*Bake in preheated oven for 15 minutes, or until cheese is melted and zucchini is soft.*

*Remove from oven and top with breadcrumbs, jalapenos, and the remaining cheese.*

*Bake an additional 15 minutes or until brown and bubbly.*

# Let Food Be Thy Medicine

by Nick Niedzwiecki - Owner, CrossFit Athens

Nutrition should be the foundation to any health and fitness model you choose to follow and is the case with CrossFit. You may be stepping over dollars to pick up pennies when it comes to your health and fitness success. What should nutrition look like? Here is the definition we use in CrossFit, it is simple, not easy.

“Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that will support exercise but not body fat.”

These two sentences capture a nutritional approach that, when applied with our workouts, yields incredible health and fitness. A healthy diet is linked to solving most health problems in today's society. High blood pressure, obesity, type 2 diabetes, heart disease, and many other chronic diseases can be greatly reduced, if not cured, by living the simple definition of nutrition listed above. What does this look like in life?

Eat meat and vegetables -- Meats should be low to moderate in fat and vegetables low in carbohydrates. Both should be cooked through a method that does not introduce additional fats and oils, i.e. grilled, baked, broiled, or boiled. White fish, chicken breast, low-fat beef, and turkey breast paired with non-starchy vegetables such as Brussels sprouts, asparagus, cabbage, and tomatoes.



**Nuts and Seeds --** Pecans, almonds, pistachios, and walnuts are great places to start with this food group. Raw or lightly roasted and salted are the best way to go for these but be careful not to consume too many. One small handful a couple of times a day will get the job done.

**Some fruit --** Fruit is essential to a well-balanced diet and we should not stray away from it. Sugars occurring in fruit are not of concern!

**Little starch --** Starchy vegetables include white potatoes, sweet potatoes, corn, green peas, and carrots, just to name a few. We want to keep the intake of these lower than our non-starchy vegetables listed above.

**No sugar --** This is where the magic is. Eliminating added white sugar from your diet will be the difference in being healthy and not. Sugar occurs most in processed foods, this is anything that comes in a package.

Sticking to the above instructions will be essential in helping to remove sugar from your diet.

Why eliminate sugar? Sugar is addictive; it turns on reward pathways in your brain and causes withdrawal. But trying to break the sugar addiction can be very challenging alone.

I challenge you for the month of September to try and eliminate as much sugar from your daily life as possible. You won't be perfect and that's fine, no

one is perfect. This will bring light to something you may have never focused on in your life, and having daily challenges is a great way to grow stronger, physically and mentally!

Need help with your nutrition? Please feel free to reach out to CrossFit Athens at [info@crossfitathens.com](mailto:info@crossfitathens.com) and we will answer all your questions! We even have a nutrition program that will begin on September 6, 2023, and is open to everyone!

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# Car Line MOM: The Newest Devotional By Caris Snider

by Ali Elizabeth Turner

*continued from page 1*

honesty for the benefit and encouragement of fellow travelers. I think it's safe to say that her works will lift the spirits of all who read them, whether or not you are getting in the car line two times a day.

Caris is the oldest (by one minute) of a set of twins. She and her brother grew up in a loving Christian home, and she became a believer when she was 8 years old. She struggled with cerebral palsy on one side of her body, which hindered her ability to move freely. As a result, she was bullied and mocked beginning in the first grade. There was an incident with a boy that was especially painful, and her understandable response to just "try harder, work harder, and be perfect" slowly began to take its toll. "I became a 'stuffer,'" Caris told me, and added, "I was completely pressured by perfection." It took a long time, but the day came when she could not stuff her emotions any longer, and a "perfect storm"

emerged that caused her to hit rock bottom. She had a miscarriage after having one child, and the waves of ensuing worthlessness seemed relentless. Caris just wanted Jesus to take her home, and came to the point where she believed everyone in her life would be better off without her. Outside of her doctor's office, the Lord tenderly told her to "look up," and that act of obedience was what started her recovery. Several things served to help Caris fight back, crawl out, and stand. She got counseling and, for a brief time, was on medication. She became a part of a community where it was safe to not be perfect. She journaled, she worshipped, and her "survival song" during that time was "Revelation Song" by Jenni Lee Riddle. The lyrics are uniquely suited to helping anyone get their eyes off of themselves or others, and on to God and His beauty. The journaling eventually turned into a talk that was about how anxiety felt like an elephant on her chest, and she was asked to speak

about it. That led to a 10-day devotional that was printed locally, and kept selling out of the Christian book store. It was expanded to 31 days, and during COVID, she got messages from all over the world telling her how much it had helped. She wrote a version of "Elephants" especially for tweens as well as a version for younger kids. It was her two daughters who encouraged her to write for their respective age groups because they wanted other kids to get the help they needed.

Caris' newest book has just been released, and the title is *Car Line MOM: 100 Days of Encouragement for the Mama Who Gets Everybody Everywhere*. It is simultaneously deep and light hearted, funny, and challenging. I have a copy and had the opportunity to take it out for a "test drive" in a literal car line the other day. I thoroughly enjoyed it and wanted to share one of my favorite entries which is from Day 59. This particular day's devotional is entitled "Time to Unpack



Snider Family: (L-R) Caris, Zoe, Allye, and Brandon with "Cooper Hashbrown"

the Lunchbox" and deals with bitterness. The analogy Caris uses is the horror of finding, in one of her kids' backpacks, a half-eaten lunch that had been "ripening" all summer. It was discovered the day before school started back, and its unique odor was a literal gagger. Caris enjoined, "It's time to unpack the lunchbox in your heart. The unforgiveness, anger, bitterness and hurt you have been holding onto is causing

pain to you, not those who instigated the dispute." She includes Scripture, an action step, as well as a prayer at the end of each day's entry. She also does a beautiful job of reminding every car mom that it all goes by so quickly, and that believe it or not, the day will come when the "Mama-who-gets-everybody-everywhere" will actually miss the car line.

*Car Line Mom* is now available on Amazon and is published by B&H Publishing out of Brentwood, TN. It can be found as well at [carlinemom.com](http://carlinemom.com). Arm yourself with it when you are in the car line, and let it strengthen you when you are not. The book and the author are a gift to all, and I am grateful that both have come into my life.



**Caris Snider**  
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# Tennessee Valley Spotlight

**Mondays at 10am  
1080 AM WKAC**



# Wild Hearts Cowboy Carriage Rides: *Your Carriage Awaits You!*

by Ali Elizabeth Turner

*continued from page 1*

(someone who puts shoes on horses and cares for the health of their hooves) and taught Stan the craft as a teenager. Stan also used to rope calves in rodeo competitions.

For Stan, COVID ended up being a blessing because it provided a backdrop to develop what has become amuch-loved part of tourism in our area: carriage rides. Stan traveled to Ft. Worth and West Virginia for his replica carriages, and he even has an open hearse as well as one that is glass enclosed that are from Canada. He also has a Cinderella “pumpkin coach,” a doctor’s buggy, and two long wagons with several seats for groups.

As charming and varied as the carriages are, even more important are the horses and the burro in their role of what Stan refers to as “an experience.” The horses are the true heroes and brains of the operation!

Here they are:

Miss U is a six-year-old mustang from Nevada, and formerly was considered “unadoptable;” hence the “U.” Stan has had extensive experience on the Ride TV Channel series

Extreme Mustang Make-over, and transformed her into a beautiful horse that is one of the favorites of his stable. The mustang make-overs involve taking a wild mustang that usually has never been around people at all, has never even had a halter put on them, and in 120 days, transform them into a horse than be around people and enjoy it. In the past, Stan has won the “reserve champion” prize and designation, and is going to keep after it until he wins. There is something about mustangs that likes to show off a bit once they have been gentled and trained, and Miss U is no exception. For one of her tricks in the competition, she first jumped over a couch, and then sat down on it! She is clearly no longer “unadoptable,” and she clearly loves her human.

Big Jake is a Percheron cross, and looks like the standard draft horse one would see in Central Park. He is a big ol’ sweetie.

Jewel and Bonnie are Percheron sisters who are used to pulling in places such as Nashville, and neither reacts to loud sounds.

Uber is the quarter horse that brings in the bride at weddings, and has pulled during Mardi Gras, which is not an easy gig for horse

or man.

And then there is Amos the burro. Most of the time Amos has saddle bags on both of his sides at parties and serves as the beverage dispenser. He can also pull a mini-carriage and is a favorite with kids.

Stan is quick to point out that he absolutely could not run Wild Hearts on his own, and is grateful for his crew. I did get a chance to talk to Chelsea Cobb who spoke for all of them when she said, “Getting to work with Stan is an adventure. He is personable, is deeply rooted in Athens, and Wild Hearts has a small-town feel. He does everything he can to make sure people have a good time and an experience they will never forget.”

Wild Hearts Cowboy Carriage Rides is not just something that you will encounter on the weekend at the Limestone County Courthouse Square, although with festival season coming up in Athens-Limestone County, you can bet they will be there throughout. Stan told me that they have been a part of wedding proposals, quinceañeras, and proms. Another unusual venue that requires just the right and respectful touch is burials. A horse-drawn hearse that carries the departed to their resting place can actually serve to add some dignity and warmth to a difficult situation.

Recently, Stan had the great joy of providing a carriage ride as part of a birthday celebration for a woman who had turned 103! The grin on her



*Stan Smith and his inestimable crew*



*Athens State University is the perfect place for a prom night carriage ride*



*Amos the beverage burro*

face shows what it meant to have such an unusual experience at that stage of her life.

Speaking of experience, that is what drives Stan and his team. I asked him why people should “hop in the Wild Hearts carriage,” and here is what he told me: “We are not in the carriage business, we are in the entertainment business. Let us make your special day unforgettable.”

Call today for all your “carriage needs,” or come

to the Square this weekend and let Wild Hearts Cowboy Carriage Rides take you on a memory-making ride. Your carriage awaits...

Wild Hearts *Cowboy* Carriage Rides



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Owner & Coachman

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# *A Vision For True Community And Its Rewards*

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



One aspect that business leaders overlook is the reservoir of goodwill that emerges when they give back or invest in their surrounding areas. When business leaders disregard the value of community outreach and betterment, they are falling into a pit of missed opportunities and potential drawbacks. First and foremost, these leaders may overlook the bridges that could be built, the relationships that could be formed, and the understanding that could be gained by engaging with their communities. A lack of empathy and understanding can transpire into blind spots within the organization, hindering innovation and growth. Furthermore, their mission may seem devoid of benevolence, pushing away potential customers who value businesses that display a sense of philanthropy and responsibility. In a world where customers prioritize ethical practices, this lack of community involvement can result in a loss of customer loyalty, trust, and ultimately, business revenue. While the rewards of investing in communities may not be immediately apparent, it is essential for professionals and business leaders to understand the benefits associated with community engagement. When done

correctly, these investments lead to greater mutual understanding and a stronger sense of purpose, transforming businesses into agents of positive change.

By partnering with local organizations, creating initiatives that uplift marginalized communities, or simply carving out time to give back, business leaders can use their power and privilege for the greater good. These acts of generosity not only have a positive impact on the community, but also build lasting relationships with customers and stakeholders. Ultimately, there is no better investment than investing in the betterment of your own community.

Famous CEOs have often emphasized the value of community partnerships and outreach. Just consider Microsoft's Satya Nadella, who once stated, "Our mission is to empower every person and every organization on the planet to achieve more." This sentiment underscores the value of partnership, indicating that success lies not only in individual achievement but also in the empowerment of others. Similarly, Indra Nooyi, former CEO of PepsiCo, emphasized the importance of corporate responsibility, stating, "The primary reason we are successful is that we have stayed true to

our values." By this, she underscored the importance of benevolence and empathy in driving a company's success.

Marc Benioff, the CEO of Salesforce, takes this further by integrating philanthropy into the company's business model through the 1-1-1 model, whereby the company contributes 1% of product, 1% of equity, and 1% of employee hours back to the communities it serves. Speaking on this, he said, "The business of business is improving the state of the world." By highlighting the significance of community involvement, these industry leaders illustrate the benefits of businesses becoming more empathetic, understanding, and committed to building bridges with their communities.

Of course, while there are numerous benefits to be gained from community engagement, it is also important to recognize the potential pitfalls that come with it. Blind spots and biases can easily lead a company astray. Therefore, it's important for business leaders to make sure they have done their due diligence and taken measures to ensure that they do not become part of the problem. By taking a holistic approach and actively engaging with their local communities, business leaders can foster meaningful

relationships that will benefit both sides in the long run.

At its core, corporate responsibility is about more than just giving back—it's about creating a more vibrant and equitable world. As business leaders continue to invest in the community, they create a ripple effect that can have far-reaching impacts. By building bridges between businesses and their local communities, these leaders are creating a more equitable future for everyone, and that's something we should all strive for. The key is to make sure that corporate responsibility involves both understanding the mission of the company as well as recognizing the impact it has on its surroundings.

In various instances, professionals and business owners have made commendable strides toward improving their communities. A prime example is Tony Hsieh, the former CEO of Zappos, who invested \$350 million in the Downtown Project aimed at revitalizing the blighted parts of Las Vegas. Another example is the philanthropic efforts of Howard Schultz, the former CEO of Starbucks. Schultz launched the "Create Jobs for USA" initiative, aimed at stimulating job growth in the United States, in addition to Starbucks'

commitment to hiring 10,000 refugees globally.

Similarly, Chobani's founder, Hamdi Ulukaya, has made it his mission to assist refugees. He has not only offered jobs to refugees at his factories but also pledged the majority of his wealth to helping refugees through his personal foundation, demonstrating a profound level of benevolence and empathy. These examples underscore the significant, lasting impact that professionals and business owners can have when they choose to invest in their surrounding communities, embodying the core values of understanding, responsibility, and bridge-building.

As the renowned African American civil rights leader, Martin Luther King Jr., once powerfully articulated, "Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness. Life's most persistent and urgent question is, 'What are you doing for others?'" This call to action serves as an enduring reminder for professionals and business leaders of their responsibilities beyond their corporate boundaries and the indispensable role they play in uplifting their local communities.

# A Lawyer Scarce As Chicken Teeth

by Jerry R. Barksdale

[www.jerrybarksdale.com](http://www.jerrybarksdale.com) [fb.com/jerry.barksdale.7](https://fb.com/jerry.barksdale.7)

romantic and exciting to me at the time. Carrying a briefcase chock-full of mysterious law books and wearing a pinstripe suit looked pretty cool too. On trial date, Johnson plead guilty and asked for mercy. None was given. Twenty-four months and 23 days later, just past midnight, he was electrocuted.

At the time, I knew Bruce only by reputation and sight. His wife, Mary Kate (Garth), had died 9 months earlier at age 37, leaving 7 minor children. Bruce, who never remarried, raised them in the old antebellum Tanner-Garth house (1845) on N. Madison Street. Bruce was handsome with thick gray-blond hair parted slightly off center, spoke with a cultured Southern accent, and had great command of the English language. He had attended George Washington University before WWII and graduated from Alabama Law School in 1948. I was to learn that Bruce also had a mercurial temperament as well as a humorous side.

In 1971, I met Bruce for the first time in court. It didn't go well. He had scheduled a deposition before a court reporter on a Saturday morning without consulting me. I called and told him I had two young boys and spent my Saturdays with them. I requested that he reset the deposition to another time. He gave me a lecture. "No sir! Young man the law is a jealous mistress and he who would pursue her must woo her."

I moved for a protective order and the hearing was set

before Judge Newton Powell. Bruce and I were seated across from each other at a small table. He began lecturing me and pretty soon we were standing, nose to nose, shouting at each other. The judge reset the deposition. I won. I should have been happy, but I wasn't. I knew what I had to do. I called Bruce.

"Bruce, hear me out." He was silent. "I apologize for my conduct. I'm just a young whipper-snapper and I disrespected you. It was your representation of Joe Henry Johnson that captured my imagination and motivated me to become a lawyer – just like you. I wanted you to know that."

"Is that all?" he asked.

"Yes sir." I didn't know what to expect.

"Whyyy, Jerree, that's the nicest thing anyone has ever said to me." And that day we became friends, as close as courtroom gladiators battling each other can be. Bruce was full of great stories. The "keeper of the lore," I called him.

While he was attending George Washington University, WWII broke out. The clerk of the local draft board summoned Bruce home. "I'm already contributing greatly to the war effort," he told her.

"Doing what?"

"Operating the elevator part-time for the Department of War," he replied.

"Pack your bags, Bruce." And he was off to war.

I loved Bruce's humor. In his later years, Bruce talked loud, like someone who had

learned to whisper in a sawmill. During the 50th Anniversary Celebration of the end of WWII, I interviewed and wrote over 65 stories of local WWII vets. One day at lunch, I asked Bruce about his war service in the South Pacific, thinking he might have a hair-raising tale of life or death with Japanese. He said that Charles Lindberg, America's hero who flew the Spirit of St. Louis non-stop from Long Island, New York to Paris in 1927, was at his base. Lindberg, a civilian, was there as a consultant for United Aircraft Company, who manufactured the Corsair Fighter. He was helping squeeze more performance from the airplanes. "My buddy and I were sitting in our tent with the flap rolled up," said Bruce, loudly, "when Charles Lindberg walked past carrying a roll of toilet paper, headed to the latrine. I said to my buddy, 'Who back home would believe I saw Charles Lindberg on the way to take dump?'"

Every head in the restaurant turned our way. "That's the most interesting thing that happened to me during the war," Bruce added.

"Bruce," I said, "I don't think I'll write that story." The truth is Bruce was a Lt. Col. In intelligence.

The last time I confronted Bruce in court was during a heated divorce case. He represented the husband, a rather subdued fellow, and I represented his wife who had a volatile temper when angry. And she was angry that day. The judge ordered us into a witness room to work out a settle-

ment. That's not going to happen, I thought.

"Bruce," I said to him privately, "my client will go off like firecracker on you and your client. For goodness sake, don't say a word when she does or we'll never get this case settled." And I was correct. She verbally attacked her "sorry" husband and his "crooked" lawyer. Bruce never uttered a word. Finally, after she vented, we settled the case. I couldn't believe it. Afterwards, I said to Bruce: "You just sat there and never said a word, I just don't understand."

"Whyyy, Jerree, you asked me not to." I like to think that phone call I made to him 30 years earlier, apologizing for being a young whipper-snapper, contributed to his silence.

Bruce served as Chairman of the City Board of Education, Scoutmaster of Troop 21, Director of Athens Housing Authority, President of Limestone County Bar Association, Alabama Bar Commissioner, and member of the Rotary Club. He was an elder and Sunday school teacher at First Presbyterian Church of Athens. He represented both the Limestone and Athens Boards of Education during the turbulent days of school integration. His steady hand helped bring about a peaceful end to school segregation in Limestone County. Bruce died in 2008 at age 87.

Good lawyers are like chicken teeth. Scarce. Bruce Sherrill was a good one.



It was nearing 5:30 p.m. on Sunday, November 1, 1959, in the tiny community of Gourdsville in northern Limestone County when evil struck. The Limestone Democrat proclaimed it "the county's most brutal crime in history." It guaranteed 17-year-old Joe Henry Johnson a seat in "Yellow Mama," Alabama's infamous electric chair. He would be the last person from Limestone County to be put to death at the hands of the State. This most odious crime would set my life on a new course.

Johnson, who lived nearby with his parents, raped and brutally murdered Miss Dicie Boyd, age 60, in her barn. He then entered the family home and savagely beat her 89-year-old mother, Rowena Boyd. She survived.

Johnson, with innocent blood still on his hands and underwear, signed two confessions. Bruce Sherill and David Patton, both WWII veterans, were appointed to defend Johnson. The best they could hope for was to save his life. I turned 19 two days after the rape/murder and at the time was a senior at Athens High School in the Diversified Occupation Program, working 70 hours a week at McConnell's Funeral Home. My goal was to become an undertaker. But Johnson's trial on January 20, 1960, changed my life and sent me in a different direction. I wanted to become a lawyer like Bruce Sherill. Struggling to save a human life in court seemed

# Another New Addition

by Joel Allen



Hello, folks! Another month has blown by and we are another step closer to the upcoming holidays. I know, I know, last month's article was titled "A New Addition to the Family" but that was from the dog's perspective and this one is different. Let us look at the "hooman" side of the coin so to speak. I had the privilege of adding a new nephew a few weeks ago to the ranks of our family. John and Kelly Howard were blessed with a beautiful baby boy and they named him Talon. Like most of us hoomans, we have canine family members, and in the Howard's case, they have two Great Danes, another dog, and some cats.

Now we all know how most cats are when a hooman baby is brought home. But a Great Dane?! If they have never seen a baby, they tend to become curious. They will sniff at the baby. They might even paw at the baby with no harm

intended, but those PAWS are HUGE! So, be cautious and careful with large-breed dogs because they do not know their own power sometimes, and we hoomans tend to get upset and think they do.

So when Talon came home from the hospital, John and Kelly introduced him to Kaison (mixed shepherd, collie, lab maybe?) Baldr and Mags (Two Danes). Kaison knows what babies are like already but Baldr and Mags?...they were curious, to say the least. They sniffed Talon over and recognized him as family but they still were like, "What is this?" The only real incident that has happened, so far as I am told, is that Talon farted and it scared Mags, LOL... and I will add that Baldr has taken the protective role and watches over Talon. In fact, I am told Baldr will come and kiss the baby on the top of his head and then lay down where he can watch over the baby and stand guard against

the dangers of the world.

Okay, ask yourselves how can we introduce a new family member from the hooman side to our dogs? This could be a visiting uncle or aunt or someone the dogs do not know. I have observed in the past that a dog's behavior will change for the better or worse when someone new visits or moves in.

This is what I would do first: I would have the new family member come in to the house living area. I would start with my pack leader, if I had more than one dog (NOTE: Your pack leader does not mean you, the pack leader, but your troublemaker). Introduce the new hooman and show them who they are and watch their reaction to the new addition. Second, after my pack leader, I would introduce what I would consider the second in command and so on and so forth. Everyone has control of the meet-and-greet initially but it is how it's handled

that will make or break the outcome.

As I have said, a dog's behavior can change when a new addition to the house is made from the hooman's side of things. I have seen some sad situations because we hoomans have decided that our dog is not worth keeping when a baby is born. We don't deserve the loyalty and love a dog has for us, the hoomans. Some might get mad when I say this, but this actually happens. More people out there get pregnant and then oust the dog. This article is to help those who would do this realize that, in my opinion, it is wrong to do. Some of us worry too much about what our dog's reaction to something new in the home might be but never bother to see if that might actually be the problem, not just our imagination from watching a movie like Cujo. Remember, and I did not coin this, I think preacher and writer T.D.

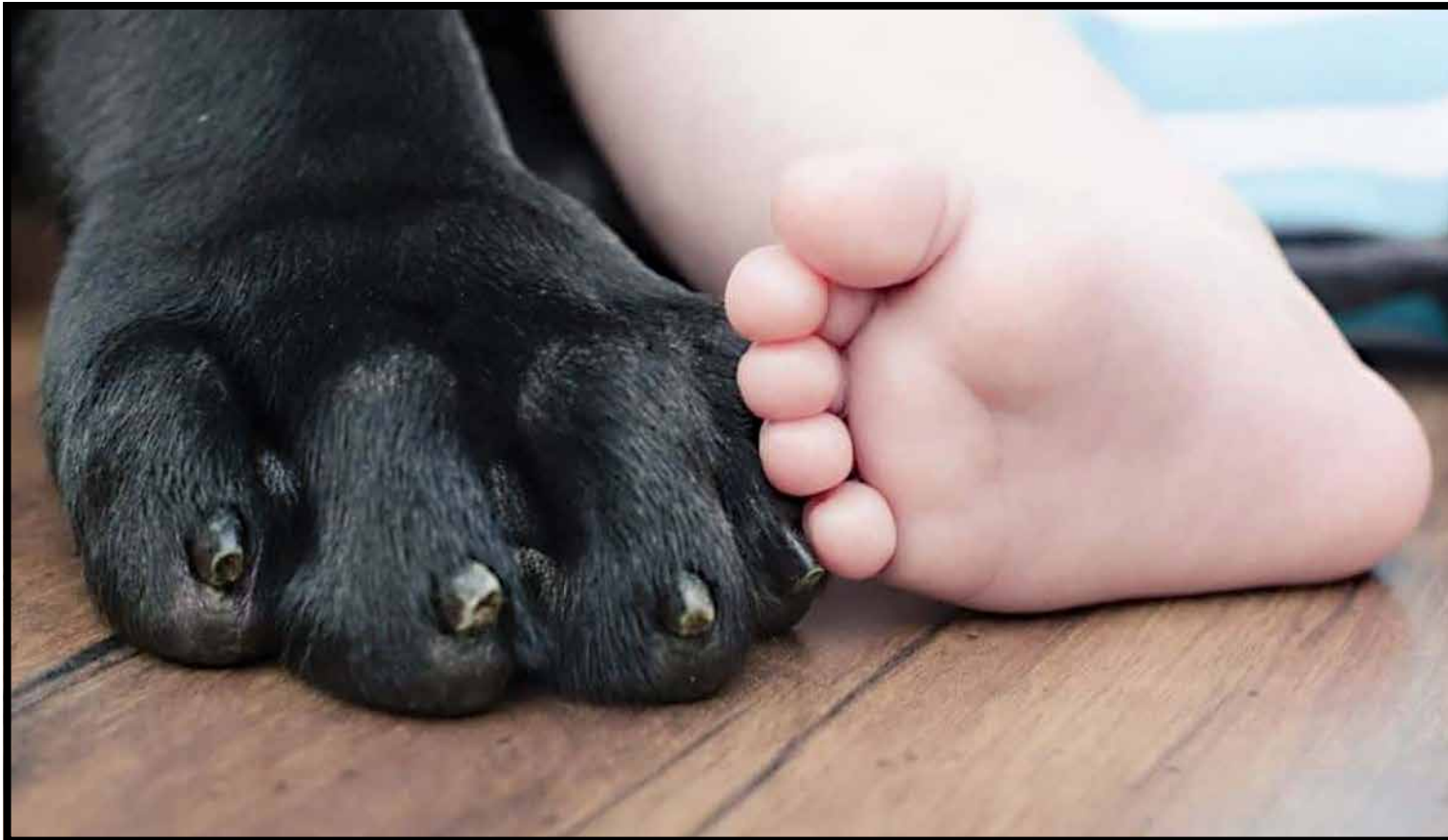
Jakes might have, FEAR is False Evidence Appearing Real.

Anyway, I did not want to "browbeat" anyone about this very issue. I only want our hoomans to take the time and see if the family canine might be an angel in disguise sent here to protect the family. I know that when I was growing up, we kids had nothing to fear when our dogs were there. Even the grandparents had to ask permission to get around us in the dog's presence. Grab a kid with a Great Dane around and find out!

Lastly, understand that when we take on a dog it should be a lifelong commitment. New baby comes into the family? Train your dog and see what happens before giving up and packing their bags for the shelter or worse, like dumping them somewhere (an ultimate betrayal). A family member moves in? Blood is not thicker than water, I have learned, so guess what?! "It's me or the dog" will not work in my opinion because if someone tells me that, they are going to find out real quick who stays and goes. It won't be my dog! Take the time to train your canine family member and see. We never know what these angels might do or help us with. God gave them to us, after all, to help us on this Earth I call "Purgatory."

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

**Joel Allen  
256-651-2211**



# How To Tolerate Short-Term Anxiety

by Lisa Philippart,  
Licensed Professional Counselor



*Do what you can,  
with what you've got,  
where you are.*

**- Theodore Roosevelt**

In my previous article, I promised you that I would address the topic of short-term anxiety. When I lived in Colorado, I received extensive training in Dialectical Behavior Therapy or DBT. One of the “pillars” of DBT is distress tolerance. Distress tolerance is a person’s ability to manage actual or perceived emotional distress. It also involves being able to make it through an emotional incident without making it worse. Those with low distress tolerance tend to become overwhelmed by stressful situations and may sometimes turn to unhealthy or even destructive ways of coping with these difficult emotions. Everyone experiences a wide range of stress and anxiety during life. These experiences can range from daily annoyances to major events such as job loss, divorce, or the death of a loved one. Whether the stress is large or small, your ability to manage distress can play a role in how you handle various situations. Learning distress tolerance skills can make an incredibly positive difference in your ability to handle difficult emotions. Let’s look at some of the various types of distress

tolerance techniques from DBT.

Distraction can be a highly effective way of taking action to increase your distress tolerance. It involves a variety of methods to take your mind off your feelings of discomfort. Improving the moment involves a variety of strategies to help make the stressful situation more tolerable. Some examples include visualizing a relaxing scene, “looking for the silver lining,” or taking a mental break to do something pleasant. Another strategy involves thinking about the potential pros and cons of either tolerating the distress or not tolerating it. It can be a useful tool for thinking through the short-term and long-term consequences of an action.

Rather than focusing on things that cannot be changed or that are out of your control, radical acceptance involves just accepting things as they are and letting go of feelings of regret, anger, or bitterness. (Not easy to do, I know!) And lastly, the strategy of self-soothing can be a way to calm yourself and keep negative emotions in check. Different sensory experiences that involve sight, sound, smell, taste, and touch can all be used to quiet stressful moments.

Practicing these distress



tolerance skills is the next step. Here are some suggestions:

1. **Get active:** Do something you enjoy, such as taking a walk in a park. Think of it as, “What would you be doing now if you weren’t so upset?”
2. **Contributing:** Get outside of yourself by focusing your attention on helping others. Volunteer at a school or local animal shelter.
3. **Comparing:** Think of a time when you were even more emotionally distressed than you are now. How many crises have you survived? All of them!
4. **Opposite action:** Ask yourself, “What’s the opposite feeling to the distress I’m feeling now?” Then do something to make you feel

the opposite way. For example, if you’re feeling angry, watch a comedy.

5. **Thinking big:** The idea is to fill your brain with other thoughts so there’s no room for distress. If you are in a crowd, guess each person’s profession.

6. **Put your body in charge:** It’s based on the idea that where your body leads your emotions will follow. So get going! Run up and downstairs. If you

are inside, go outside. Your body and emotions will thank you!

This information is just an overview of some of the distress tolerance skills. If you find this helpful, please take time to explore DBT further.

*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

# The Hemp CBD Craze – Not Crazy After All

by Roy Williams

Have you heard about CBD, an extract from hemp, that is changing people's lives?

With over 100 cannabinoids proving to support almost every system of the human body, CBD may very well prove to be the go-to, all-natural supplement of the 21st century. Proven benefits now include decreased inflammation and pain, reduction in number and intensity of seizures, reduced anxiety, and better sleep than ever.

In one study published in the European Journal of Internal Medicine, 93% of elderly patients reported relief from joint pain. In a 5-year study from Harvard and Beth Israel Medical Center, CBD users saw 16% better insulin levels, 18% better insulin metabolism, smaller waist circumference and better HDL levels.

According to a study published by the Salk Institute, researchers found that hemp targets neural inflammation and removes toxic proteins in neural cells. Reduction of neural inflammation and toxic proteins may actually reduce the odds of dementia and

possibly Alzheimer's.

Oxford University found that a single dose of a compound in hemp supports healthy blood pressure in volunteers. In that study, 900 healthy male volunteers were given 600 mg of a CBD compound and a placebo in a randomized, placebo-controlled study. The hemp users had better blood sugar control and 16% lower fasting insulin levels compared to non-users.

In another study, a single dose was found to support healthier blood pressure, mood and anxiety improvement, and 94% of patients reported symptom relief for dozens of different health issues from using CBD. Three of the most impressive results were 45% improvement in sleep, many reporting the best sleep of their lives; greater memory retention; and up to 75% reduction in pain of all types.

With so many studies from all over the world, it is no wonder that CBD is fast becoming the go-to, all-natural supplement for so many people. Add to that the fact that CBD has no negative side effects, is nontoxic, and



can be taken along with any prescription, and you begin to understand why it is the future of healthy support for practically everyone.

The reason CBD works is because cannabinoid receptors are embedded in the cell membrane all over the body. Some of the cannabinoids fit pain receptors while others fit glucose receptors, which explains the pain reduction and better blood sugar levels. Many cannabinoids can pass through the blood-brain barrier reducing inflammation in the brain, improving moods, lessening seizures, and decreasing anxiety.

CBD or hemp is so effective that it threatens to end all Big Pharma's monopolies, which in my humble opinion is a great thing. Because of the pharmaceutical industry's ability to manipulate the FDA and the medical profession for over 50 years, there have been no cures for any disease released

to the public.

Note: I didn't say there have been no cures but no cures have been released, and the reason for that is because the billions of dollars they are bringing in comes from treating the symptoms of disease, not curing disease. The cures are there and CBD may prove to be the straw that breaks the camel's back. Shall we pray?

With that said, let me suggest that you pay attention to what is happening in the hemp and CBD industry. It is growing by leaps and bounds, thanks in part to President Trump's help to make it legal in all 50 states. Because of that legislation more and more double-blind, placebo-controlled studies are sure to come.

Remember what Jesus told us in John 8:32, "The truth will set you free." If you listen closely, you can hear the freedom bells ringing. If we the public maintain the pressure on our elected officials, we can keep our

country moving toward medical freedom. Over time we may even be able to force the insurance companies to cover proven and effective all-natural treatments for disease instead of forcing us to be dependent on their synthetic drugs.

When it comes to selecting the right CBD for your issues, let me suggest you come by Herbs & More in Athens or NHC Herb Shop in Killen. With over 30 years of nutritional experience and having dedicated the time and effort to find the highest quality supplements on earth, you can count on us to carry only the most effective CBD oils, capsules, gummies, and now the 24-hour patch, which is working wonders for those suffering from all types of pain. Come see us today or call 800-745-4408 for more information.

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Cooking with Anna (continued from page 13)

## *Get Off Your Cactus!*

by Anna Hamilton

*promised a life where our burdens and worries can be lifted if we are walking with Christ. As humans, it is hard to let go of whatever is bothering us. We like to hold onto our problems like a favorite teddy bear. In Matthew 11:28-30, Jesus tells us, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Jesus also tells us to place all of our anxiety on him. "Cast all your anxiety on him because he cares for you." 1 Peter 5:7*

*It can be scary to give your cactus to Christ. Giving up that control is so scary. But giving up your cactus will be such a relief. You aren't burden and heavy, you can live life without fear, you can help others to find Christ. Psalm 56:3 says, "When I am afraid, I put my trust in you." Psalm 18:6 tells us, "But in my distress I cried out to the Lord; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears." Psalm 3:5-6 says, "Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."*

*Don't let a difficult part of your journey encourage you to sit on your cactus. Lean on the Lord when this life is difficult. Giving your worries and burdens to Christ will keep you from becoming bitter and having a hard heart. It shows others around you that you are living by faith and fully trusting in Christ to see you through your difficult times. This simple act of faith will help others around you find their faith and help lead them to a life in Christ. "Cast your burden on the Lord-He will support you! God will never let the righteous be shaken!" Psalm 55:22*

*One of my favorite passages is 2 Corinthians 4:8-9, "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." Everything in this world will try to crush us because this world is not our eternal home. This world is temporary and will one day be struck down and destroyed, but if we are in*

*Christ, we will not be crushed. We are treasures in jars of clay that Christ is protecting. Even when our paths are lined with cacti, we will not be destroyed.*

*If you are carrying a cactus today and are thinking of sitting on it to rest, I urge you to just let Christ take the cactus from you. Give Him all your burdens and worries. Learning to lean on Him for everything will completely change your life and is a work in progress. You will always have some sort of cactus to hand over but keep doing it! Your example of strength and faith will help so many others on their paths.*

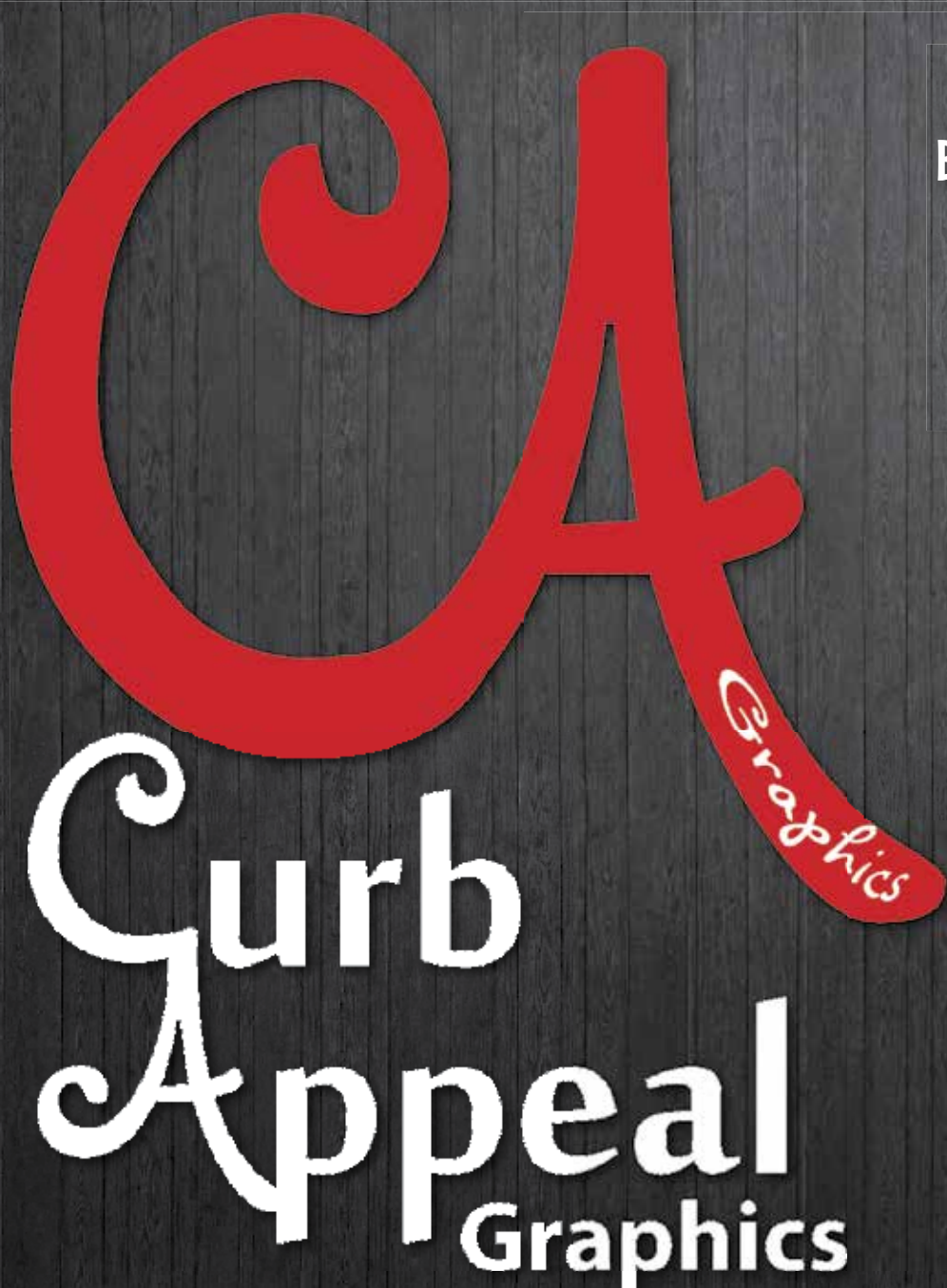
*Where I live, school is back in session and football has already begun. One of my favorite gameday treats is the delicious jalapeno popper. It's spicy, it's crispy, it's cheesy. I mean, what's not to love, besides the fact they are usually deep fried and make you feel heavy and sluggish. This week's recipe is a version of a jalapeno popper that you can enjoy without feeling heavy. It is packed with extra veggies and is sure to be a crowd pleaser! You can enjoy it with veggie dippers, over rice, or just own its own. I hope you love it as much as my family does.*

*"God is our refuge and strength, a great help in times of distress. Therefore, we will not be frightened when the earth roars, when the mountains shake in the depths of the seas." Psalm 46:1-2*



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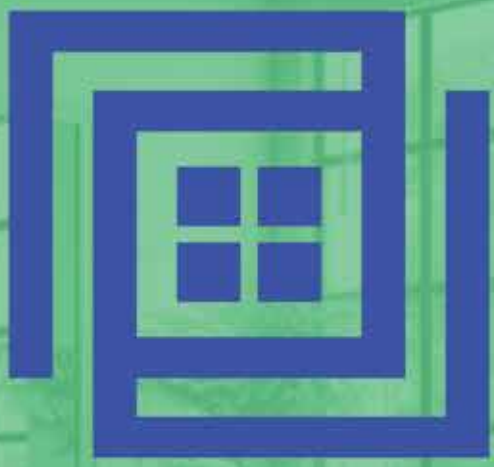
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"Don't let yesterday  
take up too  
much of today."  
  
~ Will Rogers

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



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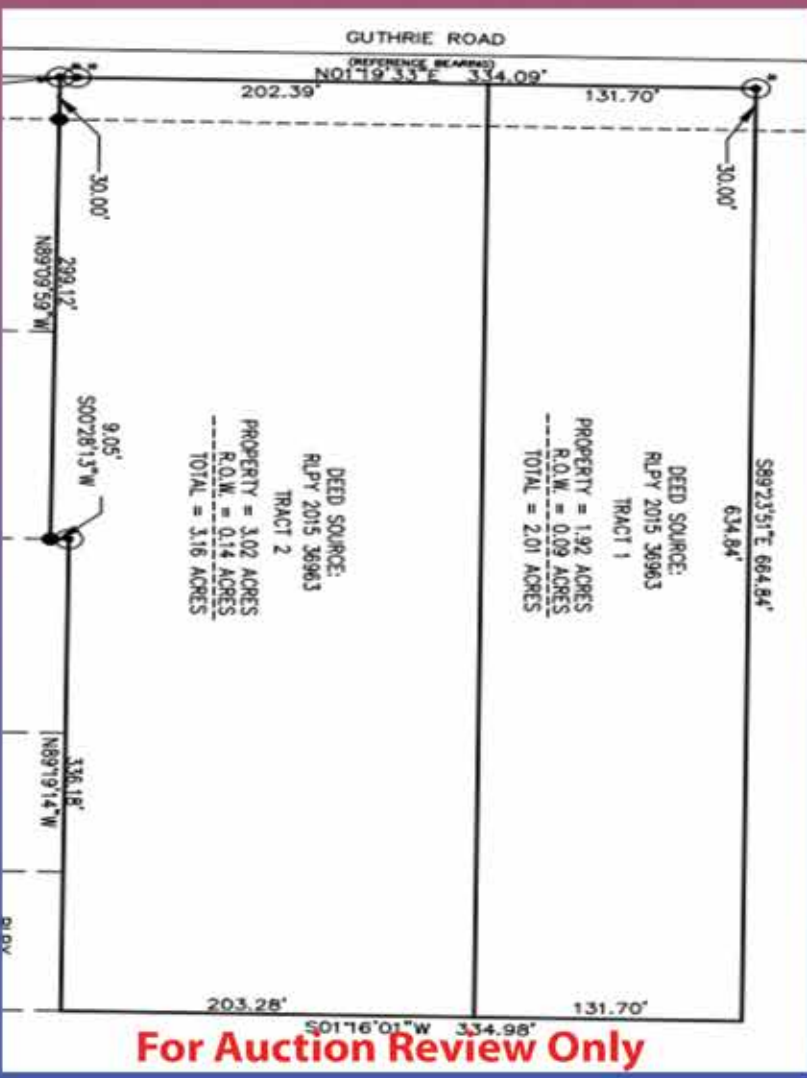
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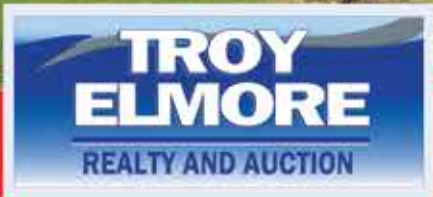
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