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information & inspiration

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## Isom's Orchards: Cider, Scarecrows And Slushies

By Ali Elizabeth Turner

"Hop in," said Mr. Wes Isom as he made room in the official farm truck for me to be whisked away on a tour of the orchards and the remaining scarecrows from last year's scarecrow contest. Autumn is on its way, peach season is coming to a close,

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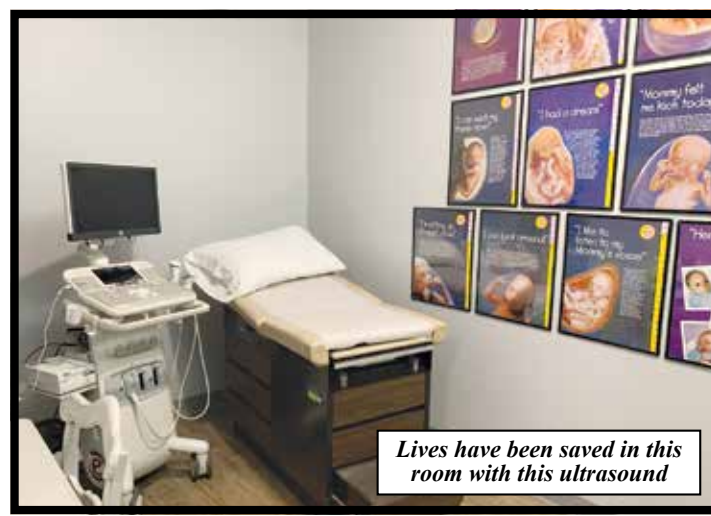
*Rosie the Riveter Scarecrow, Wes Isom, and 9 year-old twins Colter and Presley Hanson enjoying the iconic Isom's Orchard*

## The Women's Resource Center Bunco Bash

By Ali Elizabeth Turner

Nearly 35 years ago, Sav-A-Life of Limestone County was founded by a local couple with a passion for the sanctity of life and a vision of a local ministry that could lovingly serve women in crisis pregnancy situations. Since its founding, Sav-A-Life, now known as the Women's Resource Center (WRC), has

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*Lives have been saved in this room with this ultrasound*

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**Publisher's Point**

***When Humans Are Horses***

In the August 19th edition of *Athens Now*, Deb Kitchenmaster used her column space in "Horse Whispering" to write a wonderful article on a most remarkable piece of equine and human art in film form entitled, *War Horse*. What she did not know at the time was that *War Horse* was originally a children's book, then a play that was wildly successful all over the world for a number of years and a number of reasons, not the least of which was the use of humans as part of the "puppetry" that created the presence of the horse Joey as he makes his way through WWI. The resulting life lessons that are possible to learn from a piece of fiction suggested by true events are virtually endless.

In the film version, Steven Spielberg used more than

300 live horses as well as CG special effects to craft the story of one of the most intense "horse-and-his-boy" tales ever. As anyone who has seen the film will attest, it is impossible to view it and not ask at least once, "How did they do that?" In the stage version, a company out of South Africa called Handspring Puppets made life-size frames of horses with people in them expressing remarkably accurate representations of the movement of horses with stunning grace and agility. And it begs the same question, "How in the world do they do that?"

The sheer bodily strength necessary to pull off something that looks so realistic while at the same time creating a physical visual experience that is somewhat surreal is startling. How do the "hors-

es" do what they do with such skill? Or, perhaps put differently, how do humans inside of ingeniously designed frames move in such a way to accommodate the presence of another human on their backs and look like a horse?

I would like to hope that the cast members are all avid horse lovers from birth, but given the fact that this is a globally performed play, that is unlikely. What I do know is that the amount of work that it took to pull off such a performance is beyond me.

The answer to all of it, the "How did they do that?" that asserts itself in the film and the play, is the power of story, the power of creativity, and the determination that sometimes to get a point across

one must do remarkable things. More importantly, it is the power of teamwork coupled with an unrelenting vision to push the envelope in order to make sure that history is not forgotten that cries out for a "performance" of principles that is born out of the more important question, "Why would they do it?"

We live in a time when there are those who would either rewrite history or subtly erode it until it is no longer recognizable. There is limited passion to defend the Constitution from all enemies, foreign and domestic, and some would be relieved if the vision of the founders of our country becomes so dim that it just fades away. But what if American humans are willing to become so uncomfortable, sweaty, sore, and out of their comfort zone that they "become horses" in order to tell a story that is worth telling, and preserve a dream that is more than worth dreaming? I say, we just might create a global phenomenon that gets the point across, and does it with captivating creativity.

*Ali Elizabeth Turner*

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# Remembering The Thirteen

by Ali Elizabeth Turner



A year and a week ago, a disastrous drawdown and woefully ill-conceived withdrawal from Afghanistan caused the deaths-by-ISIS of 13 service members who were supposed to be headed home after having been in harm's way in a war that lasted for 20 years. Most of them were Marines, and according to every service member with whom I have discussed this travesty on and off the air, it simply never should have happened. However, I am not going to take any more space here to discuss the present administration's failures when essentially turning tail, leaving behind sophisticated equipment, and more importantly essentially abandoning American service personnel and civilians to face God knows what. It has happened before; no doubt it will happen again, and instead, this space is devoted to honoring the fallen.

Enter Alabamian Angel Brown who, along with her husband Jonathan, had already been ministering to soldiers by sending care packages, and the name of their organization is Good News Boxes. I can tell you, as someone who distributed care packages during the three years I was in Iraq, Christmas comes all year long for the Joes and Janes, Sailors, Airmen, and Marines when people from home remember them. They look like they just got a bike or a puppy when they open them up.

The day that took the lives of "The Thirteen," Angel was already in Costco

wheeling a flat down the aisle which was filled with "gold toe" socks, something that is a favorite amongst the soldiers. She got the news about what had happened, and tears began to flow right there in the middle of the warehouse.

In two days, the Browns raised two thousand dollars for soldiers as well as the families of the fallen, and the response from the families who lost their loved ones that day has been overwhelming. Angel wraps the packages with all kinds of greetings to the family, includes a handwritten note, and even puts on the outside of the box a note to the car-

- Marine Corps Staff Sgt. Darin T. Hoover, 31, of Salt Lake City, Utah*
- Marine Corps Sgt. Johanny Rosario Pichardo, 25, of Lawrence, Massachusetts*
- Marine Corps Sgt. Nicole L. Gee, 23, of Sacramento, California*
- Marine Corps Cpl. Hunter Lopez, 22, of Indio, California*
- Marine Corps Cpl. Daegan W. Page, 23, of Omaha, Nebraska*
- Marine Corps Cpl. Humberto A. Sanchez, 22, of Logansport, Indiana*
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- Marine Corps Lance Cpl. Jared M. Schmitz, 20, of St. Charles, Missouri*
- Marine Corps Lance Cpl. Rylee J. McCollum, 20, of Jackson, Wyoming*
- Marine Corps Lance Cpl. Dylan R. Merola, 20, of Rancho Cucamonga, California*
- Marine Corps Lance Cpl. Kareem M. Nikoui, 20, of Norco, California*
- Navy Hospitalman Maxton W. Soviak, 22, of Berlin Heights, Ohio*
- Army Staff Sgt. Ryan C. Knauss, 23, of Corryton, Tennessee.*

rier to please handle the box with care because it is intended for a hero.

When Angel graciously agreed on short notice to come on my radio show,

we did something that was difficult yet satisfying: she read the names of all 13, their branch of service, and their rank. It was tough, but as Angel

pointed out, their names had not ever been honored by the media, and it was my honor to participate.

What Angel and their organization want to see happen is that people are touched in their hearts far beyond what a pair of socks, a hand-carved cross from Israel, coffee from Honduras, a hand-written card, or other treats can provide. They want to make an eternal impact, and be used to heal broken hearts.

Of The Thirteen, there was one who leapt off the page when I saw her picture. It's not that somehow she was more special than any of the others, or the 170 Afghans who died that day. She just grabbed me, that's all. Her name was Nicole Gee. She was a sergeant in the USMC, and as you look into the eyes of this extraordinary Marine, I would ask, we would ask, that you would pray for her family, and consider helping the Browns to keep on blessing. Thank you.

**Go to [www.goodnewsgiftbox.com](http://www.goodnewsgiftbox.com) to learn more.**



**USMC Sergeant Nicole Gee**



# The Houston Memorial Library: *Where You Can Step Into History Every Day*

by Ali Elizabeth Turner

Did you know that Athens, AL, has one of the few open-to-the-public former Alabama state governor's homes that you can visit every Monday through Friday for free? Did you know that you can check out current best-sellers from this home, which is also known as the Houston Memorial Library? Did you know that it is also a museum that boasts items that were used by United States President Andrew Johnson when he was a young man working in Mooresville in the 1820s? This is just the beginning of the wonderful things you can learn, see, and experience at the restored building that housed a family from 1845 until the early 1900s. It is located at the corner of Houston Street and Market Street in Athens.

For decades, the 1843 Four-square-style home that used to belong to Governor George S. Houston was the only public library in Athens. I have chatted with Athens natives who remember those days well, and two of them help run the library today. Anita Raby taught at West Limestone High School and Vicki Steven-

son taught at Athens Middle School. They are both graduates of Athens State University and can tell stories by the hour about what life was like then. They also both share a concern for students of every "type and stripe," and understand that if young people don't understand our history as well as the treasures we have in this town, the loss to all will be immense.

Recently, the Houston Memorial Library received some grants from the Alabama Humanities Alliance as well as the Alabama Historical Commission. The grant money from the Alliance has gone largely to community outreach and advertising, and the Commission grant money has gone to repairing the facility and returning it to its original state. Anita told me that they will be building a replica of the front porch that was originally along the east side of the home, and showed me the old photograph that illustrates how that will look. The grant has also made it possible to film a virtual tour, so that people who are either new to the area or are visiting can know just what an excellent historical site we have here.

There are now several bilingual pamphlets that are geared toward informing the Hispanic community about the library and the museum, and a new addition to the library is the Tuesday p.m. Chess Club. Vicki has a son by the name of Will who is a former

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Alabama State Chess Champion and who teaches chess in the Madison Public School System. Vicki told me that Will starts with four-year-old kids, and is fully capable of teaching champion-level chess to any and all who are willing to learn. She proudly told me that she had graduated from playing against the young ones, and had actually held her own for a full twenty minutes against an older student before she heard the fateful word, "Checkmate." I couldn't help but laugh as well as admire her humility and tenacity. She made me think that perhaps I need to give chess a try. Chess is taught and played from 5 to 7 each Tuesday evening.

There are books for sale every day at the library, but there is a huge book sale that is coming our way on Saturday, October 1 from 10 a.m. 'til 4 p.m. There is a solid collection of fiction, non-fiction, and children's books that have been donated to the library, and all are looking for a new home.

Some of the other features of the Houston Memorial Library are a genealogy room up on the second floor; a collection of the political cartoons of Charles Sykes, who was one of the best known political satirists of the early part of the 20th century; a wonderful collection of old photographs; antique furniture; old signs and posters; a sizeable display of

arrowheads gathered by local residents; a parlor piano; and a grandfather clock which, while not original to the Houston family, is accurate to the period. It was donated in memory of Bryan Brown by his family.

There is a lovely brochure put out by the Houston Memorial Library Foundation which I think says it best when it comes to describing what is possible to experience in this Athens antebellum home that "belongs" to us all:

Sit and enjoy a favorite book in the down-home, friendly atmosphere of the cozy climate-controlled library. The Houston Library seeks to provide a personal, old-time experience through the preservation of history and a simpler way of life.


The Library is open and waiting to welcome you. Won't you step into history one day this week?

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This project is supported by the Alabama Humanities Alliance, a state affiliate of the National Endowment for the Humanities.



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# Calendar of Events

## 9/11 Heroes Run September 10

7am-11am. Eastside Steps of the Limestone County Courthouse, 150 S Marion St. The 9/11 Heroes Run 5K welcomes runners, ruckers, and walkers of all ages and fitness levels to honor the heroes of 9/11 and those who've served our nations since.

## C.E.R.T. Training September 17

9:00am – 2:00pm. 100 N. Beaty Street, Athens. Interested in learning the proper way to clean and care for cemetery headstones and memorial markers? The Capt. Thomas H. Hobbs Camp 768 is hosting a class to teach the “Do no harm” method used by the National Park Service and others. \$10 to cover class, lunch, and supplies. Email [camp768@alscv.org](mailto:camp768@alscv.org) for registration information.

## Tea With Mrs. Noah September 17

2pm. Get On Board with a funny and touching drama based on Mrs. Noah & Life on the Ark! Coffee, tea and desserts provided. We will collect donations for the Women's Resource Center. Advance \$4, Door \$5. For questions: 256278-0391. Please register by September 10 at [www.ebcathens.com](http://www.ebcathens.com)

## Constitution Day Program September 19

A program commemorating the signing of our great Constitution in Philadelphia, Pennsylvania on September 17, 1787. 1pm in McCandless Hall of Athens State University. Dr. Jess Brown, professor Emeritus of Political Science at Athens State University, recently retired, will be the guest speaker. Dr

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

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

Brown is also a member of the Sons of the American Revolution (SAR). The event, jointly sponsored by the John Wade Keyes Chapter of the Daughters of the American Revolution (DAR) and Athens State University, is open to the public at no charge. For more information, contact Pam Porterfield at 205-789-2294.

## Trail of Tears Commemoration Day September 16

This annual event day marks the anniversary of the day when the last Cherokees arrived in Oklahoma and commemorates the people forced to marches from their tribal lands in the east to the lands of the Indian Territory (now Oklahoma) from 1838-1839.

## Battle of Sulphur Creek Trestle Commemoration September 24

9:00am – 1:00pm. Richard Martin Rails to Trails, Elkmont, AL. Join the Capt. Thomas H. Hobbs Camp 768 as we host the annual commemoration of the 1864 battle of Sulphur Creek Trestle at the site of the battle near Elkmont. Author and historian John Scales will provide information and stories about the battle and there will be displays of historical artifacts. No admission charged; donations welcome! Come enjoy a day on the Richard Martin Rails to Trails with us! Contact [camp768@alscv.org](mailto:camp768@alscv.org) for more information.

## 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](mailto:jhunt9155@gmail.com) or 256-614-3530.

## 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

# Learn And Serve... Athens Accepting Youth Commission Applications

by Holly Hollman



High school students in Athens who are interested in learning about and serving their city are encouraged to submit applications for the Athens Mayor's Youth Commission.

Youth Commission is for students in grades 10-12 who attend Athens High School, Athens Bible School, and Lindsay Lane Christian Academy, or who are home schooled in Athens. The mission of the AMYC is to teach students about local government's role and their role to be engaged and informed citizens.

Students will meet with mentors once a month October through May, and will participate in community service projects, a community grant program, and the student-led podcast called "All In With Athens." They must also attend an Athens City Council meeting and an Athens

City Board of Education meeting.

New this year is the Senior Buddy program. Martin & Hubbs Insurance is sponsoring this portion of the program which will pair Youth Commissioners with senior citizens who regularly attend at the Athens Activity Center. The center will house "mailboxes" where Youth Commissioners will leave cards of encouragement, letters and goody bags for their senior buddies.

"We also want to schedule time for Youth Commissioners to teach their senior buddies about using cellphones or laptops, and for the senior buddies to teach them things like how to play dominoes or how to sew," said Youth Commission mentor Holly Hollman. "We also want them to engage with each other at the center at the dance classes and other activities."

Police Chief Floyd Johnson, one of the mentors, said the program provides students a chance to learn about city departments, including the Police Department.

"They also learn about local non-profits, and they learn how they can contribute to our city," he said.

Mayor Ronnie Marks, one of the mentors, said Youth Commission is not just for the 4.0 GPA students.

"We need a mixture of



all students, and really, we would love to be that program that inspires a student who maybe isn't involved in something else," Marks said. "Not everyone is an athlete. Not everyone makes straight A's. If you have a desire to learn and serve, then we would love for you to turn in an application. One year a student simply wrote on

his application, 'I might be somebody one day.' Well, that's exactly the student we want to help build confidence in becoming exactly who he wants to be."

A committee will score applications. The program will accept about 40 students, which includes students who served last year.

Applications for Youth Commission are available online at [www.athensal.us](http://www.athensal.us), on the Athens Mayor's Youth Commission Facebook page and at City Hall in the foyer. Forms have also been sent to the schools. Applications from new candidates are due by Sept. 19 at 4:30 p.m. at City Hall.



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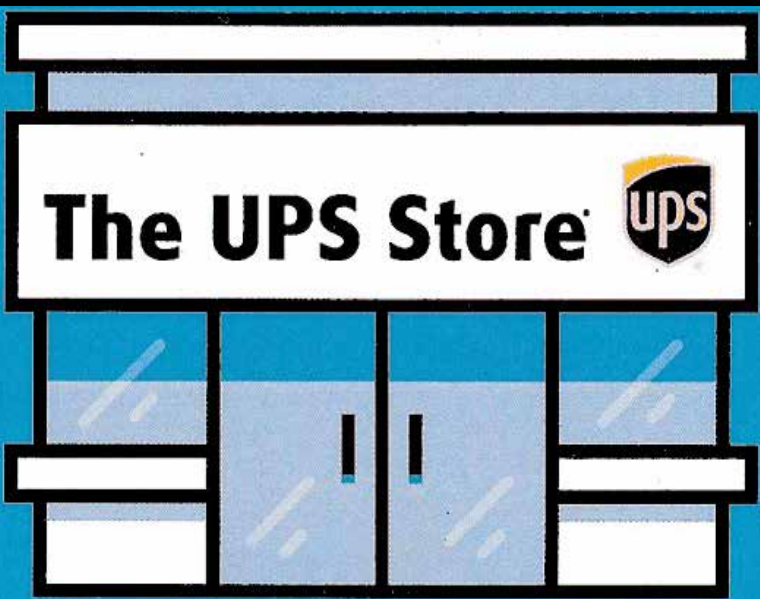
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*We want to thank Martin & Hubbs for its \$500 sponsorship of our Senior Buddy Program. The sponsorship will help fund materials for Youth Commissioners to provide cards, goody bags, snacks, etc. for their senior buddies at the Athens Activity Center.*





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# *Student Loans, Skittles, And Delayed Gratification*

by Phil Williams



**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).**

open it by himself so I recall asking, “Hey buddy, do you want me to open your Skittles for you?” He didn’t even look up and he just replied, “No sir. That’s okay.” I was surprised and asked, “Why not, buddy?” The response was not what I expected. He just said, as matter of fact as you please, “I might need them later.”

Need them later?! Whose child was this? A three year old was giving me a lesson in delayed gratification with a pack of Skittles!

Delayed gratification is not the norm in small children, but unfortunately it is also not the norm in our society. Too often people act less like my little guy 30 years ago with his Skittles and more like Veruca Salt, from the original Willy Wonka movie.

Do you remember Veruca? (First of all who names their child Veruca?) She was the character who demanded anything she wanted. She literally demanded anything that remotely struck her fancy. It was demanded right then, with no delays, no deferment, no delayed gratification.

One minute Veruca wanted a golden ticket to the Wonka Factory and demanded her father pull all of his employees off their usual jobs until he found her one. In another scene she wanted her own Oompa-Loompa. But then came the ultimate demand when she wanted a golden goose.

“I want it now Daddy!”.... “Right. Wonka!” said Mr. Salt. “How much for the golden goose?” When Wonka told the ever-expectant Veruca that she couldn’t have one of his golden geese she had a complete come-apart. The song “I Want It Now” was basically

her tantrum song. Among other lines in the song was this gem: “I want the world, I want the whole world, I want to lock it all up in my pocket, it’s my bar of chocolate, give it to me now!”

You may recall that her character left the movie when she stepped on the meter that measured the golden eggs and she was dropped down the garbage chute because in Wonka’s words she was a “bad egg.” Nicely played Mr. Wonka.

Veruca’s movie-character father did her no favors. Good ‘ol Mr. Salt was a sycophantic enabler of her inability to delay gratification. Basically, the Veruca character faced no consequences in her life and got whatever she wanted when she wanted it. Her hapless knucklehead of a father simply encouraged bad behavior by constantly feeding her addiction to immediate gratification.

What I just described is what we just saw last week with President Joe Biden forgiving hundreds of billions of dollars in student loans. Joe Biden is poor old sycophantic Daddy Salt, and the progressives who screamed on behalf of the millions of people who signed up for loans that just had them wiped out are like a pack of Verucas.

Now before my trolls are triggered and start sending out liberal rejections of my analogy, let me acknowledge that I know that not everyone who signed up for a student loan asked for it to be wiped out. I am also keenly aware that not everyone who is currently paying off their student loan debt is going to have heartburn when this ridiculously bad overreach of executive

power is enjoined by the Supreme Court for being unconstitutional.

But there are a large number out there who are clicking their heels in the air because Daddy Salt just bought them a golden goose. No responsibility. No understanding of the fact that the contractual obligations which someone entered into freely are considered enforceable as a matter of law. No recognition that tens of millions of others who had no involvement with that contract are now on the hook to relieve them of their self-inflicted debt. They want it now.

Let’s be clear, when Joe the Plumber took out a personal line of credit on his house to fund the new work truck and tools he needed to start his own business, he didn’t come to Daddy Salt and ask that the loan go away.

When young men and women entered into the military service and served their country for a term of enlistment, many of them in a war zone, they earned a GI Bill to pay for their schooling.

When hard working parents began saving and choosing to forego family vacations, or not eating out fancy restaurants, so their child could go to college, they didn’t get a payout for what they paid in.

When kids worked hard and sweated and toiled for years to earn (actually earn) a scholarship for academics, or athletics, or leadership, or band, or ROTC, they didn’t ask for additional compensation for their years of effort to qualify for the scholarship.

Or how about the millions of folks who did in fact take out a student loan who then worked, and scrimped, and saved, and

sacrificed, and just finished paying it all off with that sense of satisfaction that only a loan payoff can bring, only to watch in disbelief as a whole generation of Verucas had “Daddy Salt” Biden pay theirs off without blinking an eye.

Estimates are now that the plan as put forward in President Biden’s sugar daddy plan will cost the taxpayers of America over \$300 billion, with some estimates reaching as high as \$1 trillion over time with all tangential matters thrown in. One well known pundit said recently that the Biden student loan bailout is the largest, most expensive executive action in the history of the United States. I believe that it also clearly indicates that Joe Biden has no regard for the separation of governmental powers. He has once again acted in complete contrast to his constitutional authorities.

But President Biden knows he is on thin ice here. This is his schtick. “Daddy Salt” Biden will pander to his Verucas on the progressive left, knowing full well that it can’t be done.

My son understood delayed gratification when he was 3. He eventually ate that pack of Skittles but he did so when he was good and ready and probably enjoyed it even more because he had delayed a bit. My hope is that sometime very soon the Supreme Court of the United States steps in and fills the role of Willy Wonka by simply telling “Daddy Salt” Biden and all the loan-forgiveness Verucas, “NO!” Student loan Verucas are bad eggs and we should not let them have the golden goose.




## Slinkard On Success

# “Q” Is For Quality

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)*



We are now to letter “Q” in the “ABCs of Slinkard on Success” and our word is “Quality.” It seems too often people want to focus in on quantity and make it all about the numbers while forgetting the importance of what quality can provide. Quality changes results. The higher the quality, the better the results. The higher the quality, the better life becomes. We can all benefit from this word, and we need to focus on becoming quality focused.

I believe that for us to improve our lives, we need to have a better comprehension of what words mean. The definition of quality is: “The standard of something as measured against other things of a similar kind; the degree of excellence of something.” Ultimately, this word will have different meanings to different people. What I deem to be high quality might be perceived as low quality by someone else. Others may be willing to spend more money on a particular product all because they perceive the quality to be better.

The choice is up to everyone to make, but I believe for people to make changes in their life, they must first see the need to change their life. It is a reality that some people feel they are just fine with where they are financially, socially, and economically. They have no desire

nor zeal to improve their current situation while others are constantly seeking ways to improve their lives.

I believe those people who have no desire to change their current situation are the ones who could potentially use the change the most. I think it is important to point out that sometimes it is not that people do not want to change their current situation, but they feel as if they are unable to make changes to their current situation. This is the wrong way of thinking, and we need to realize that life is about the decisions we make.

When we make quality decisions, we are able to get quality results, or we get closer to obtaining the quality results. It will not always be easy to get what we want, but we need to focus on improving the choices we make. I believe anyone can change their life if they can just get the right momentum going in their life. I had a family member who seemingly made bad decision after bad decision, and it seemed as if life was always beating him down. His quality of life was low. Finally, one day he realized his lowliness in life was the direct result of the decisions he had made.

Quality is what we make of it. Life is what we make of it. To have a good quality of life is going to require us to work at it. We are responsible

for what happens in our lives, and we must focus in on making better decisions to improve that around us. Making quality decisions is about building habits -- and the better the habits, the better our lives become. There are characteristics or quality traits that are needed to make a positive impact in your life. What qualities are you needing to improve in your life?

We need to have the ability to place our lives, our actions, our thoughts, our words, under a microscope to be able to see if we are producing

high-quality results or low-quality results. All these attributes contribute to what kind of person we will be. Will we be a highly productive member of society, or will we be a low, non-productive member of society? The choice is ours to make. What will we do?

We have a generation of people being groomed to believe they are the victim of the circumstances around them. We have a generation of people believing they are owed everything and entitled to anything they want. Their quality of life will be low,

especially as we see the ideology of socialism creeping into our youth. Make no mistake about it, we live in the greatest society known to man with boundless opportunities and the quality of life can be there...if we so choose. Your life – good or bad – is up to you to make. What is stopping you right now from living the life you have always dreamed about? We, as individuals, set the standard for what we will accept and reject in life. The higher the quality that we focus on, the better results become, but the decisions are up to us to make.







Clean, Green And Beautiful

# Adopt Your Ducks For The Wacky Quacky Ducky Derby \$2,000 Grand Prize Could Be Yours!

by Lynne Hart, Keep Athens-Limestone Beautiful

It's Wacky Quacky Ducky Derby time! On Saturday, October 8, hundreds of little yellow rubber ducks will race down the spillway at Big Spring Memorial Park in Athens vying for one of several great prizes, including the **\$2,000 GRAND PRIZE!**

Specially-designed and numbered rubber racing ducks can be adopted for \$5.00 each, or a Quack Pack of 6 ducks can be adopted for \$25.00. Each Quack Pack purchaser will also receive a special gift to be announced. The name of the purchaser and their duck numbers are entered into our computer so we know who adopted each duck.

The ducks are then raced in heats. The number of winning ducks in each heat will be determined by the number of prizes at the time of the event. Heat winners will then be placed in the Championship Race. The first duck through the duck trap in the Championship Race will win the Grand Prize of \$2,000! All ducks in the Championship Race will take home a prize based on the order they come through the trap.

Our wacky ducks have been running amuck each year since 2001! All prizes are donated, so every dollar spent to adopt ducks goes directly to the KALB organization and supports our

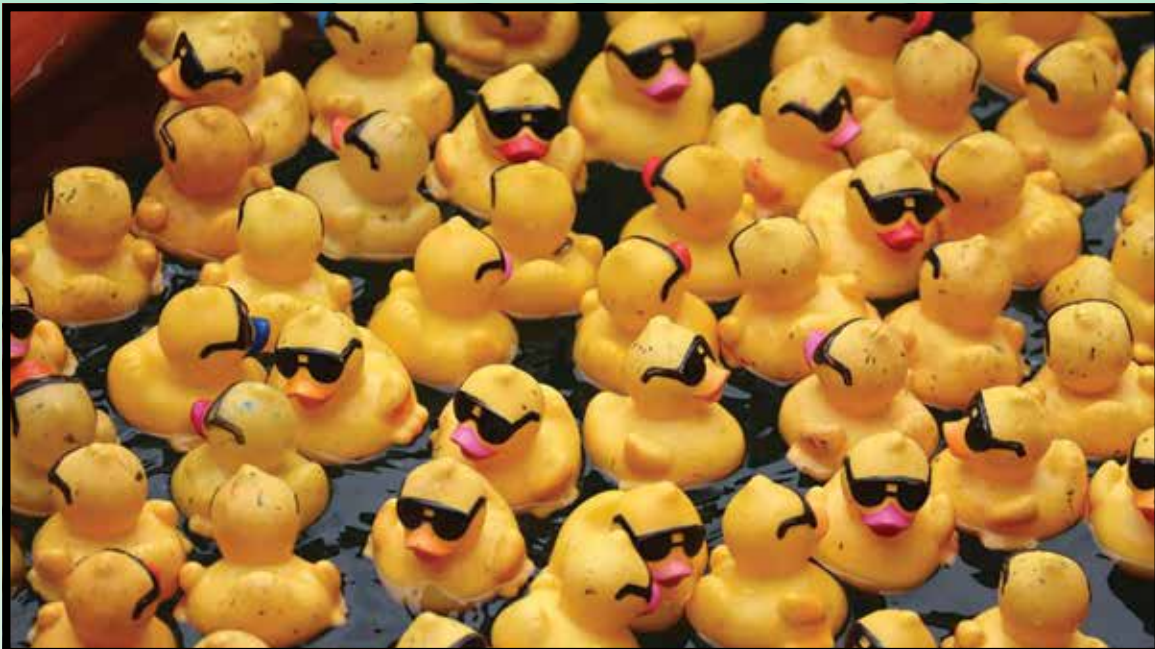
programs. Activities include community clean-ups, Adopt-A-Spot, classroom and community education, annual Earth Day & Outdoor EXPO, household hazardous waste collections, and more.

Here is a current list of prizes, with more coming in weekly!

- **\$2,000 Grand Prize**
- 1 Night Stay at Marriott Shoals Hotel and Spa plus Dinner for 2 at 360 Grille
- \$250 Osborne's Jewelers Gift Card
- \$250 Cash - Morell Engineering
- \$100 Cash - First National Bank
- \$100 Cash - Morell Engineering
- \$100 Hobbs Jewelers Gift Card
- \$100 Publix Gift Card
- 4 Flex Tickets - Theatre Huntsville
- 2 Flex Tickets - Theatre Huntsville
- 2 Flex Tickets - Theatre Huntsville
- Lazy Duck Award for last duck in each heat provided by Dub's Burgers

### HOW TO ADOPT DUCKS

• Adopt Ducks Online: Scan the QR Code on this page which will take you to the event webpage. Scroll to the bottom of the page for online adoptions. You can pay using PayPal or a



credit or debit card.

• Mail In Adoption: Scan the QR Code. Scroll to the bottom of the event page for a link to print out an adoption form. Mail with your check to KALB, P.O. Box 1089, Athens 35612.

• Stop at the KALB office at 125 East St. to pick up an adoption form.

• Watch your email for our newsletters with links to adopt online or print an adoption form. Not on our email list? Send an email to KALBCares@gmail.com and ask to receive our newsletters. We never share or sell email address and we never spam. Let us keep you informed.

KALB staff and commission members appreciate the community support we receive through memberships, volunteerism, sponsorships, and participation in fundraisers. THANK YOU!



Become a Fan



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## Cooking with Anna

# Love Never Fails

by Anna Hamilton

*Can you believe it? We have come to the end of the love articles. I cannot tell you how much I have enjoyed these last few months discovering what true, Godly love looks like and feels like. I have been changed for the better and I hope you have as well.*

*I Corinthians 13:8, simply sums up the gospel of Christ in 3 small words, only 14 letters, "Love never fails." True Godly love will never fail us. Worldly love will fail, but true, unconditional Godly love will never fail us. The love that I Corinthians speaks about is the love God has for us and the love we are to have for those around us.*

*When we speak of love, most of us, immediately think of a romantic love, and that's how I viewed love for a large part of my life. The love I just knew would happen for me would look like a Disney princess movie -- every bird would sing, and all the woodland creatures*

*would scurry about my feet as I was swept away by Prince Charming. Newsflash, true love doesn't involve raccoons and birds. It is hard work and keeping Christ in the center of your relationship.*

*I grew up in church and had heard countless sermons of God's love, but I never fully understood exactly what that meant, or to be honest, what that would look like in my life. In college, I dated someone that I was convinced I would marry. Even when he didn't love me the way the Bible says a Godly man should love his spouse, I would convince myself that's what love was; that's the kind of love I deserved. I chased after his love and caused myself endless nights of tears and heartaches. True Godly love does not make you miserable. I would pray to God to make him love me*

*continued on page 23*

## Chicken Pot Pie Soup

### Ingredients:

3 cups cauliflower florets  
1 tsp onion powder  
1 cup frozen mixed vegetables  
8 oz cooked, chopped chicken  
1 cup chicken broth  
2 Tbsp Parmesan cheese

1 tsp garlic powder  
2 Tbsp olive oil  
¼ tsp sage  
¼ tsp thyme  
Salt and pepper to taste

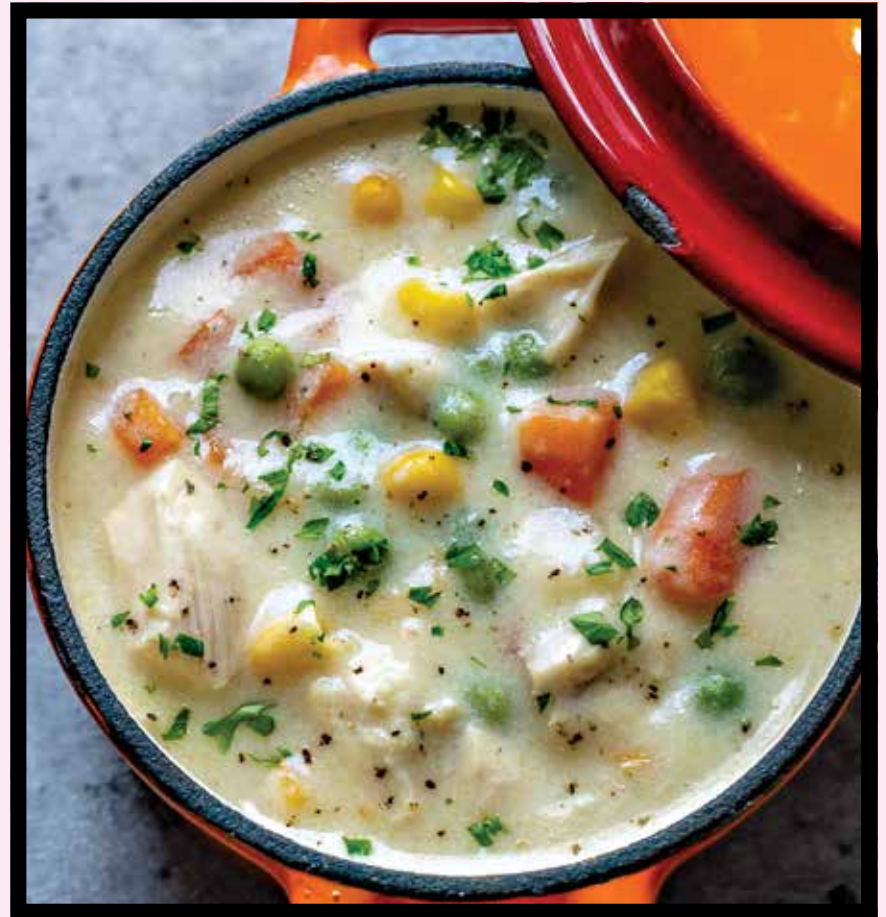
### Directions:

*In a pot, add cauliflower and enough water to just cover the florets. Cover and cook until cauliflower is tender. Once tender, drain but keep ¼ cup of the cooking liquid.*

*Place cooked cauliflower into a blender or food processor. (If you don't have a blender or food processor, feel free to just mash the cauliflower with a potato masher.) To the cauliflower, add the olive oil, Parmesan, sage, thyme, garlic powder, onion powder, salt, pepper and ¼ cup cooking liquid.*

*Purée, or mash, until smooth.*

*Add frozen mixed vegetables to the pan and sauté until warmed through. Add chicken and chicken broth to mixed vegetables and stir to combine. Add puréed cauliflower and*



*cook until warmed through. If you feel it is too thick, add more chicken broth or water until you reach the consistency your family likes.*

*Once soup is combined, feel free to allow to simmer on the stove, or place in your crockpot on warm until ready to eat. Enjoy!*



# Why Drinking More Water Isn't Enough

by Danny Moon

**Staying hydrated takes more than just increasing your fluid intake. Here's everything you need to learn about hydrating yourself at a cellular level.**

When we think of hydration, the first thing that comes to mind is plain water. You've probably seen many professionals talking about the amount of water that you need to drink to stay hydrated. However, simply filling your body with water doesn't always ensure proper hydration.

If you want to make sure your body has enough fluids to work properly, you need to understand the way your cells work. Proper hydration only occurs if you manage to get the water inside your cells. Unfortunately, many people are not aware of this. They

oversimplify the concept of hydration, which leads to creating inadequate hydration strategies. Finding the right strategy for your body requires the knowledge of all of the factors that come into play to stay properly hydrated.

## INTRACELLULAR HYDRATION – THE CORNERSTONE OF HEALTH

Many myths surround hydration, so we first need to explain the way water circulates through our system. Your gut plays an essential part in making sure your body gets enough water. The water that you drink goes to your intestines and needs to transfer from the intestinal lining into your cells through the bloodstream.

About two-thirds of all the

water in our body is in the lymph system and cells. So why do the majority of people have issues with ensuring actual hydration, even though they might drink enough water? The answer revolves around your cells' ability to absorb water.

As we age, our body's ability to move water from the extracellular environment to the inside of the cells weakens. This leads to the accumulation of oxidative compounds that damage our health and speed up the aging process. Experts believe that if you managed to stay perfectly hydrated, you could not only slow down aging but may even reverse it.

With the build-up of oxidative compounds, inflammation occurs. This is because hydrogen can't interact with the cells prop-

erly. Since one of the main hydrogen carriers is water, ensuring that it enters your cells is the key to staying healthy.

## IMPROVING HYDRATION WITHOUT INCREASING WATER INTAKE

Increasing your water intake isn't enough to keep your cells hydrated. The main reason behind this is intracellular water hydrolysis. This is the process of water breaking down into hydrogen and oxygen. To maintain an optimal ratio, your cells need to contain enough water.

The problem occurs when the electrical charge across the micro membrane isn't high enough to pull in water. So if the only thing you do is drink more water, the only thing that will happen

is that you'll pee it out before it enters the cells. The solution is to increase the electrical charge. The good news is that there's an easy solution for this, and it involves fiber and electrolytes.

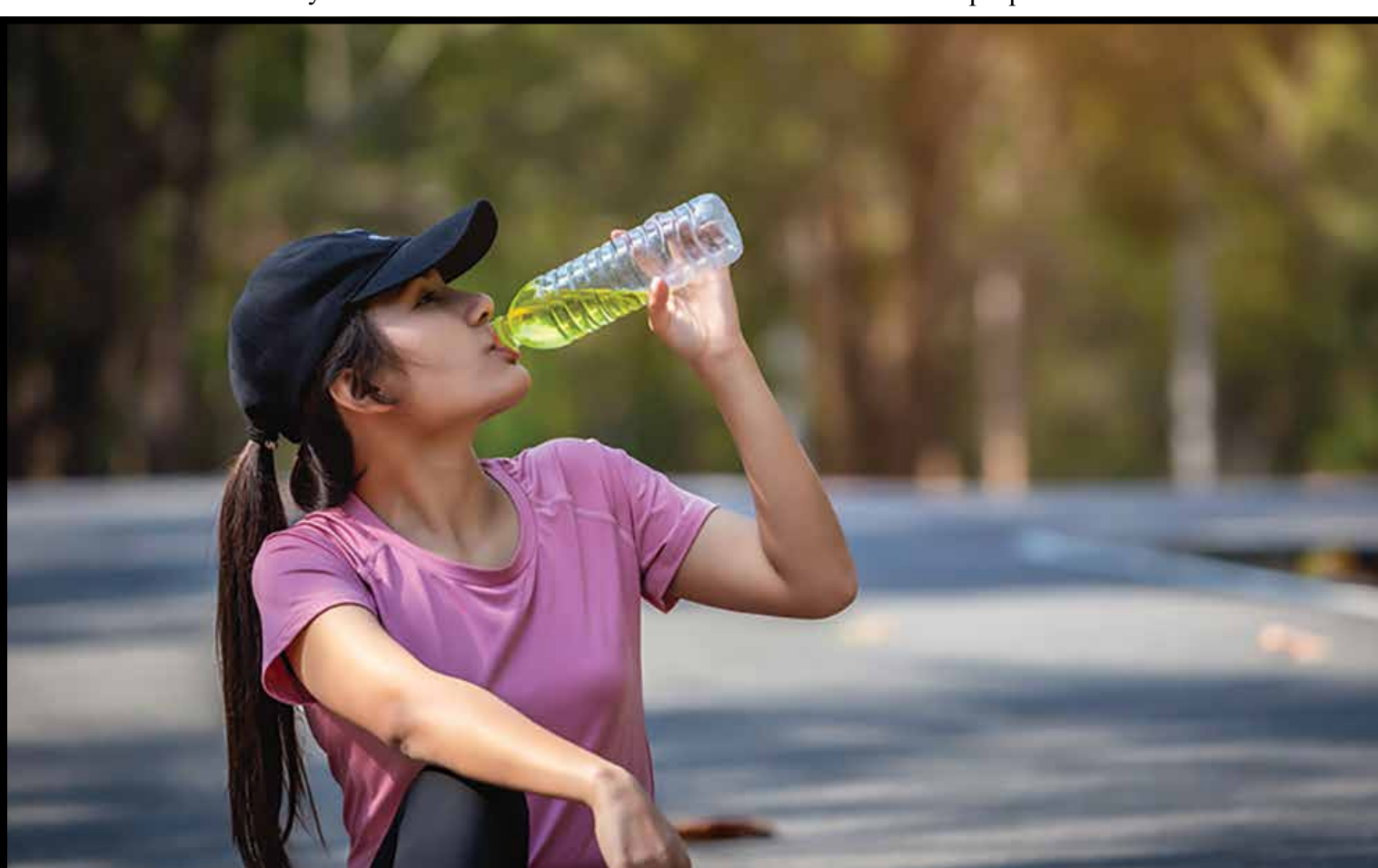
## THE ROLE OF ELECTROLYTES AND FIBER

When it comes to micro membranes, the intake of fiber and electrolytes is paramount. Fiber helps your body absorb water at a higher level, and you can find sources of fiber in fruits, vegetables, nuts, and many other foods. If you maintain a good fiber intake, you will rehydrate much faster, without the need for more water.

To build electrical charges necessary for proper hydration, drinking water rich in electrolytes is of the utmost importance. They increase the level of electrical charge across the membranes, thus ensuring higher water absorption. This way, your cells pull in the water you drink and you're hydrated at a cellular level. However, it's important to know that you shouldn't drink electrolyte-rich water only. Instead, drink plain water and electrolyte-rich water intermittently.

## THE FINAL WORD

Now that you understand how cellular hydration works, you can make the necessary changes to ensure proper hydration. This will not only improve your health but also give you more energy and slow down aging, among other benefits.





# Isom's Orchards: *Cider, Scarecrows And Slushies*

by Ali Elizabeth Turner

*continued from page 1*

and the cider and refreshing cider slushies, for which the Isom's stand has become so famous, are now available. The 2022 season has not been easy for any American farmer anywhere, and thankfully the Isoms have been at it long enough to know that even with the effect of COVID, inflation, supply chain challenges, scarce amounts of fertilizer, increase in petroleum prices, and difficulty getting seed, triumph is theirs and their legacy lingers.

Mr. Wes showed me the places that survived the horrific twisters of 1974, which wiped out all but 14 acres of the orchard's peach crop. "That's what got us going with veggies," he said, and added, prior to 1974 it was just the orchards that were

under the Isom banner. I was also treated to viewing the site of the newest batch of peaches that were just planted this spring, and will be ready to harvest in 4 years. As Wes reminisced about the storm, he made a comment that illustrates well how farmers have always worked together. "Everybody had to rebuild, and everybody helped each other," he said.

By way of history, it was Wes's grandfather, known as E.K., who started growing peaches before the outbreak of WWII. His son, Wes's father, whose name was Joe, established the stand on US Hwy 72 in 1957. They added the apple orchards in 1966. The land was originally worked by mules, and the use of trucks came comparatively late. The Isoms used a book that was published by Auburn University that served as a

guide for what could be robustly grown on the acreage without wearing it out. For generations, the Isoms have rotated crops, let the land rest, and have nourished and replenished it so that it yields nutritionally dense produce and preserves the soil. They recognize that they are blessed, need to be good stewards of what they have been given, and Wes's working philosophy is: "We try to do the best we can." He also puts it another way: "We knitted and gritted and worked."

The Isoms currently own a total of 360 acres on the north and south sides of US Hwy 72 in Athens, and the official address for the iconic stand is 24012 US-72, Athens, AL 35613. Today, Wes and Marlene's family run it together with them, and it has grown to include U-pick grapes, U-pick flowers, vegetables, several types of peaches and apples, and their famous cider in the fall. I learned something about apple juice vs. cider from Mr. Wes. Apple juice is always made from just one type of apple. For example, if you have honey crisp apples only, and press the juice out of them, you have apple juice. If you combine several types of apples and do the same thing, you have cider.

In recent years, Isom's has added a slushy machine that makes refreshing "slurpable" drinks that are pure cider and pure ice, nothing more. These slushies are the best I have ever had, and are a big hit throughout our area. For those who are just traveling through and who make the trip to the stand



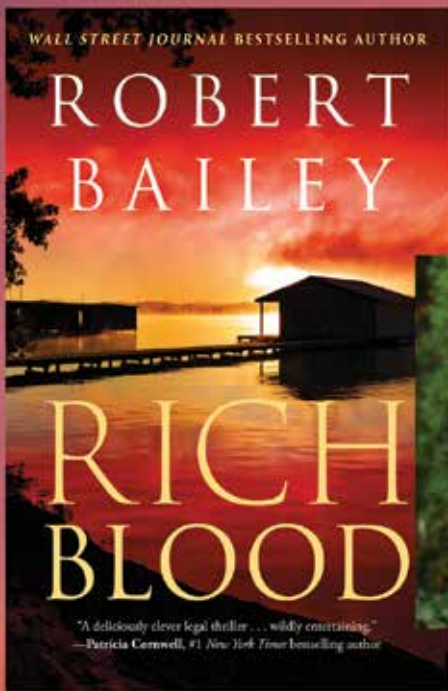
while they are on their journeys elsewhere, the trip is definitely worth it. "Every batch of cider is different, and has a 17% - 18% natural sugar content," Wes told me.

One of the best parts of the fall is the annual Scarecrow Contest. They began it in 2017, did not do it during COVID, and it is back by popular demand. When Wes took me to see Rosie the Riveter, there was a family right near it that cuddled in and proved that while Rosie might be a bit worse for wear this much later, she is still charming. Rosie was made by a group of women engineers out of Huntsville. "She hasn't scared any crows, but we love her," said Wes. Much

further across the orchard was another scarecrow that was supposed to be Wes himself. If you look closely at the clothing, you'll see Wes's service shirt with his name on it being sported by the scarecrow. "There will be cash prizes for the scarecrows," he said. First prize is \$400, second prize is \$300, and third prize is \$200. The scarecrow contest opens up for display on October 1, and will stay up all month, Marlene Isom told me. It is these kinds of folks working this kind of land and giving so generously that makes Limestone County such a grand place to live, and you owe it to yourself to stop by Isom's today and taste and see... that their stuff is good!







PRESENTED BY



**SEPTEMBER 8 - 6 P.M.**

TICKETS AVAILABLE AT [ALCPLFOUNDATION.ORG/EVENTS](http://ALCPLFOUNDATION.ORG/EVENTS)  
Robert Bailey is the Wall Street Journal bestselling author of the McMurtrie and Drake Legal Thrillers series, which includes *The Final Reckoning*, *The Last Trial*, *Between Black and White*, and *The Professor*, as well as the Bocephus Haynes' series, which includes *The Wrong Side* and *Legacy of Lies*. He is also the author of the inspirational novel, *The Golfer's Carol*. For the past twenty-two years, he's been a civil defense trial lawyer in his hometown of Huntsville.



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MAKING SENSE OF INVESTING

## Tea with Mrs. Noah

"Mrs. Noah - AKA **M.O.M.**" (**M**ADNESS, **O**DOR & **M**ERCY!)



**Must register by September 10th to attend.**

**Advance tickets \$4 by mail or \$5 at the door.**

Mail check to:  
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Attention: Carolyn Hughes  
P.O. Box 145  
Athens, AL 35612

For questions contact Carolyn Hughes 256-278-0391 (text or call).  
Adults and children 12 years and older.

**GET ON BOARD with a funny and touching drama based on Mrs. Noah & Life on the Ark!**

**Saturday, September 17th, 2:00 pm.**

**Emmanuel Baptist Church  
1917 HWY 72, Athens, AL  
Located in the CLC**

**Coffee | Tea | Desserts Provided**

**We will collect donations for the Women's Resource Center.**

**PLEASE REGISTER BY SEPTEMBER 10TH.**

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# Cover Story

# The Women's Resource Center Bunco Bash

by Ali Elizabeth Turner

*continued from page 1*

ministered to the women, men, and children of this area. The WRC has helped untold expectant mothers to make life-affirming choices, in many instances saving the lives of their unborn children. The center has provided tangible support to mothers and their infants; helped women and men explore the facts about adoption so they could determine if adoption fits their particular situation; provided life skills training to mothers and fathers; shared information about local resources to benefit their clients; and lovingly ministered to women suffering emotional trauma resulting from having had an abortion.

The WRC has historically held an annual banquet or gala with celebrity keynote speakers as its primary fundraising event. This year, however, the annual fundraiser will have a different look and feel. This year's fundraiser will be fun, loud and sport a "Mom's

Night Out" type of vibe that reminds us that it's time to celebrate so many things that have changed, from the overturning of Roe v. Wade to putting the pandemic in the rearview mirror.

To that end, Lindsay Lane Baptist Church is going to let WRC host a Bunco Night and Silent Auction in their gym on the evening of September 15 from 6:30 to 9 p.m. I had never heard of the game, and Donna Graham, the new WRC Executive Director, and Ashley Bell, the new WRC Advancement Director, explained it to me and sent me YouTube videos so I could see for myself. It absolutely looks like a blast to participate and Ashley and Donna said they are expecting between 100 and 120 women to show up.

Bunco is simple enough, is a social dice game, one of true chance. Ashley explained, "Because your opponents change each round, it's a great game to get to know many people without the awkwardness that can come with social events. It's easy

to learn and you do not need to know how to play to participate in this event. We will embrace a "learn-as-you-go" attitude and will also give a brief tutorial at the beginning of the event. At the end of the event, prizes will be given to the player with the most and least buncos."

In addition to the ten-dollar-per-person entry fee, there will be a silent auction whose winners will also be announced at the end of the night. Ashley told me that the silent auction items are beautiful, and they are confident that the auction will also be able to add to the resources of the Women's Resource Center. There will be refreshments in the form of tea, water, and popcorn, and if you just want to register, come to the event and cheer on your favorite player, you can do that as well.

In order to register, you need to scan the QR code that is shown on the flyer here. Another option is to email, and that address is [publicrelations@wrcathens.org](mailto:publicrelations@wrcathens.org). You can reserve your spots and



then pay at the door the night of the event.

Let's move on to the more serious stuff that can be found at <https://wrcathens.org>. Here you can get the help and care you need if you are in a pregnancy situation, planned or unplanned. The services of the center extend to fathers as well as women who are seeking post abortion care. The WRC helps with car seats, diapers, baby formula, clothes, and other necessities, provides fellowship, Bible studies, parenting classes, ultrasounds, and more. It is NOT an organization that gives medical advice or professional counseling. It is a community of caring, non-judgmental people of faith who have been touched by abortion or adoption and just want to help. Here is what they say about themselves:

*The Women's Resource Center in Athens has supported local families for over 30 years through pregnancy and parenting related services. We offer free, compassionate, and confidential help for*

*both women and men as they make family planning decisions. The education provided is not intended to diagnose any condition or pregnancy and should not take the place of your medical practitioner. We provide credible health education; however, it is not intended to be a substitute for professional, medical, legal, or counseling advice. Free & Confidential*

The Bunco night itself is for women, but any person, church, family or organization is welcome to help the WRC financially or by volunteering at any time. Helping people to choose life brings joy, so get in on the fun on September 15 and beyond.

## Women's Resource Center Athens

727 Market Street West,  
Athens, AL 35611  
Hours: Tue 10-4, Wed 10-2  
and Thu 10-4:30  
Phone: 256-233-5775





## Learning As A Lifestyle

# I'm Just Being Honest— Candor and Consideration

by Eric Betts

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



Professor Adam Grant is a bestselling author who specializes in popular science. He is a professor at the Wharton School of the University of Pennsylvania and also an organizational psychologist. He suggests that the phrase “I’m just being honest” is a poor excuse for being rude. Grant is a scholar who has conducted studies on the science of motivation, generosity, original thinking, and rethinking. He has been considered Wharton’s top-rated professor for seven straight years. Additionally, Fortune has recognized him as one of the world’s ten most influential management thinkers for those under 40.

Grant makes an extremely thought-provoking comment in relation to leaders known for candor in their communication strategies. He says, *Candor is being forthcoming in what you say. Respect is being considerate in how you say it. Being direct with the content of your feedback doesn't prevent you from being thoughtful about the best way to deliver it. Rudeness is a disrespect for others that is not expressed directly.* What often occurs in the delivery of honest communication is the inability to separate candor from rudeness. Being rude may be considered candid, but the type of candor that successful leaders express is absent of the rude type.

The first five words in the following list are words that are synonyms for candor and the last eight are words that are negative words related to candor according to Merriam Webster:

- overt
- blunt
- ungracious
- unmannerly
- rude
- tactless
- uncivil
- thoughtless
- undiplomatic

Among the last eight words within the list describing negative candor, the word “thoughtless” is particularly revealing. Giving a little more thought of how the communication is delivered may make all the difference. The key is being thoughtful and honest, simultaneously.

However, this does not mean that a leader should retreat in their efforts at honesty and trust building within an organization. Honesty is as important as togetherness; in fact, it is the prerequisite for togetherness. Lorne Rubis is an expert on building corporate cultures, abundance mindset, personal leadership, and business goal

setting. He has more than 40 years' experience advising CEOs from start-ups to well established large corporations in both the private and public sector. Rubis serves as faculty at Harvard University in its Professional Development Division of Continuing Education. Grant agrees with Rubis in his view of respectful honesty within an organization's teams. According to Rubis, honesty is indispensable and a far better alternative to whispering, hinting, covering up, or placing a false coloring on a negative situation.

Lorne Rubis says that *candor and transparency are vital components for establishing trust.* Rubis argues that most employees or volunteers can indeed handle the truth or criticism and will in fact welcome it. He adds that it is equally disrespectful to assume otherwise of a team member. It is wrong to assume that team members cannot handle negative facts.

*When you lead a team and feel that you need to withhold or*

*“spin” information for “their own good,” If you’ve been around organizations for more than a few days you know there are few secrets (if any). Everyone has a confidant they tell... We whisper but others hear us... We huddle in odd meetings, and people notice... We leave “secret” memos at copy machines, etc. So be straight and candid before the rumor mill creates more uncertainty. More importantly, it’s just the respectful and right thing to do.*

Rubis explains how to engage team members with both candor and respect. He advises his students that the key is to address the problem or process rather attacking the person. This means that one can be honest about situations without insulting a team member with rudeness and thoughtless words. Rubis agrees with Grant in stating that leaders should hold themselves personally accountable for being respectful. Many leaders do not realize that they are being disrespectful. Rubis humor-

ously says that it is like spinach in the teeth. Remember that candor works both ways. If those you are leading, and those around you believe or tell you that you have a rude manner, you should believe them, the same way if someone tells you that you have spinach in your teeth. Hiding behind honesty, frankness, or bluntness may make you feel better about yourself, but does not help the overall health of the organization. If you intend to be candid as a leader, be willing to expect candor from others about the nature of your candidness. They welcome honesty, but not insults and condescending words.

Leaders don't make excuses about potential personal flaws, but they work on themselves daily for their own growth and that of the organization. Let this be the working philosophy of your organization. Honesty can exist without incivility or ungraciousness. It is true that some may not have a generous or gracious personality, but it doesn't take much to study, attend seminars, or read books on how to effectively communicate as a leader. Any message that is worth communicating is worth thoughtful consideration on how it is to be delivered. Tactless messaging does not work to create an honest or transparent environment. Many will feel intimidated or bullied. They will perform their tasks, but will be limited in their creativity or ideas due to fear. Additionally, the words that loom the largest in Rubis' philosophy is that respectful communication is not merely a strategy for a success, but it is the *right thing to do* as we each seek to realize our potential in this life.



- forthright
- frank
- honest
- open



# *In Harm's Way - Part II*

by Jerry R. Barksdale

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South Vietnam, 1968. No one had to tell Major Clarence R. Little that Vietnam was a dangerous place. He had survived two thunderous mortar attacks and been shot by a Viet Cong sniper. Would his luck hold? Would he live to see his wife Diane and their two young sons again back in Sunnyvale, California? They never missed watching the nightly news, hoping to see him.

He was riding shotgun in a Jeep through "Mine Alley," a stretch of road heavily mined by Viet Cong. Unknown to Little, they had buried explosives in the road with wires running to a tree line. A VC waited to set it off electrically by touching two wires together when an American vehicle passed over it. Standard policy, when seeing a mine hole, was to go fast and stop short or go slow, then speed up.

The driver spotted a mine hole and slammed on his brakes. The VC touched the wires together, but his timing was off. The blast occurred in front of the Jeep. Little's luck was holding. "I got hit in the right hand with shrapnel." No big sweat.

While on patrol, a booby trap with trip wires connected to a hand grenade was discovered. They marked the spot by laying two palm leaves over the trip wire, about a foot off the ground, so

that his soldiers could see it. One man didn't see the leaves and trip wire. A sergeant ran up to Little and yelled, "Mine!" Little turned around and looked at him just as it went off. "His back protected me. He had eleven holes in his back."

Little, with shrapnel in his left leg, picked up his sergeant and carried him to a chopper. Both were evacuated to a hospital in Saigon.

After his leg was sutured, Little limped over to the officers club and ordered two drinks, drank one and carried the other back to his wounded sergeant. "You'd better down it now," he said and went outside and sat down.

"I'm mad at you," a woman's voice said. He turned and saw his nurse. "Why are you mad at me?"

"You brought one of your men a drink, but didn't bring one to me."

The next morning Little awoke in the hospital and saw a medic outside cutting up sand bags and putting them on the grass to make it grow. The combat veteran nearly lost his cool. "I'd been begging for sand bags for months to protect lives and here they were using them to make grass grow in Saigon." Little had enough of the hospital. He asked his nurse for permission to go purchase a new uniform. "You can't leave the hospital," she said. "You

have another six days before you heal." Finally she relented. Little purchased a new uniform, dressed and hightailed it to the airport where a Caribou aircraft was revving up. "Where you guys going?" he asked the Australian crew. "To the Mekong Delta, Yank."

"Can I hop a ride?"

"Climb aboard Yank."

Little landed in Vinh Long Province, spent the night in a fancy four story military building and was having chow in the mess hall when his old friend, Col. Rausch walked up. He invited Little up to the fourth floor for a drink. "When I walked in, it was a dance

floor with orchestra pit and a bar," says Little. "Very unwarlike."

He sat down at the bar and ordered a Coke. "Have you had many of these?" he asked Rausch, referring to the dance. "Oh yeah, this is about the 5th or 6th dance we've had, every Friday night about 9 p.m. till midnight!" Little's alarm bell went off. Pattern! Never, never establish a pattern. He excused himself, went downstairs, grabbed his .45 pistol, shoved it in his back waist band and returned to the bar. Little's instinct was correct. "Sure as hell at midnight I heard a machine gun." He ran over to a windowed door that lead to

a balcony, looked down and saw the muzzle blast of a machine gun near the front gate. Knowing that a .45 pistol was no match for a machine gun, he ran back inside looking for a rifle; Little went down to the first floor and saw a soldier holding a carbine with a banana clip. "Give it to me!" Then he asked, "Are there any "friendlies" across the street?" The soldier was hesitant. "My God man, I'm going to kill them! Do you have any friendlies across the street?"

"No sir! I'm not that drunk," replied the soldier.

Little hurried back to the fourth floor, jumped over a man lying on the floor, and went to the balcony. He chambered a round and opened fire at the muzzle blast. Machine gun bullets stitched the wall within a foot of where Little stood. He emptied the carbine at the muzzle blast. "I ran back inside and had to jump over this same guy again. He was the colonel in charge of the whole damn thing." Little ran downstairs looking for ammo. The soldier didn't have any more, so he returned the carbine, pulled out his .45 pistol and went out the back door and over to the corner of the building. He saw the duty officer standing by the gate pillar. The duty NCO was behind the other one.

*To Be Continued...*



*Major Clarence R. Little*



# So You Think You Don't Need A Groomer

by Joel Allen



Hello, folks! Years ago, I had an uncle who had a bad fall and shattered his hip. After being in a hospital bed a few days, his long hair had twisted up and became matted to the point that it was causing him some inconvenience. When hair does this on people and animals, things start happening like knotted hair and sores, and there usually is no way to correct this except to shave the affected area of hair or cut it off. That's exactly what happened to my uncle, and Mom asked me to cut his hair. After I gave him a fade haircut, he was not happy but at least he had no more knotted hair and

could take care of it easier.

So, why am I telling everyone this story? Because there are many who get dogs that require grooming to keep them healthy but do not understand the full extent of the maintenance required. I've been informed that there are breeders who sell dogs that supposedly "do not shed." We can argue all day about the "hypoallergenic" breeds, but shedding hair and dander is always there. In curly coats, the shedding hair gets trapped and causes mats close to the skin. Once the hair becomes wet, it stretch-

es and pulls tight. When dried, the hair pulls the skin and can cause sores if not properly attended to. Another added bonus to this? A lovely home for parasites to breed and feed on your dog. "Dinner is served!" the flea shouts. "Scratch, scratch," goes the dog.

"What dogs need grooming?" many are asking themselves. All of them! Some of them are easy to care for yourselves, but this also depends on your knowledge, equipment, skill level, and desire to do it. There are dogs with long hair, double coats which are mainly on herding dogs, curly coats which are

your poodles and poodle mixes, wire-haired dogs of the terrier breed, and the short-haired dogs that have their own specific grooming needs.

It is wise to do your homework on the dog(s) that are brought into your family. If it is a mixed breed or "Heinz 57" dog, look at their coat and determine which breed is predominant and what might be required for their care. Pure breeds will have their own definition, but I caution everyone to not listen to the breeders stating that their dogs do not require grooming but just a couple times a year.

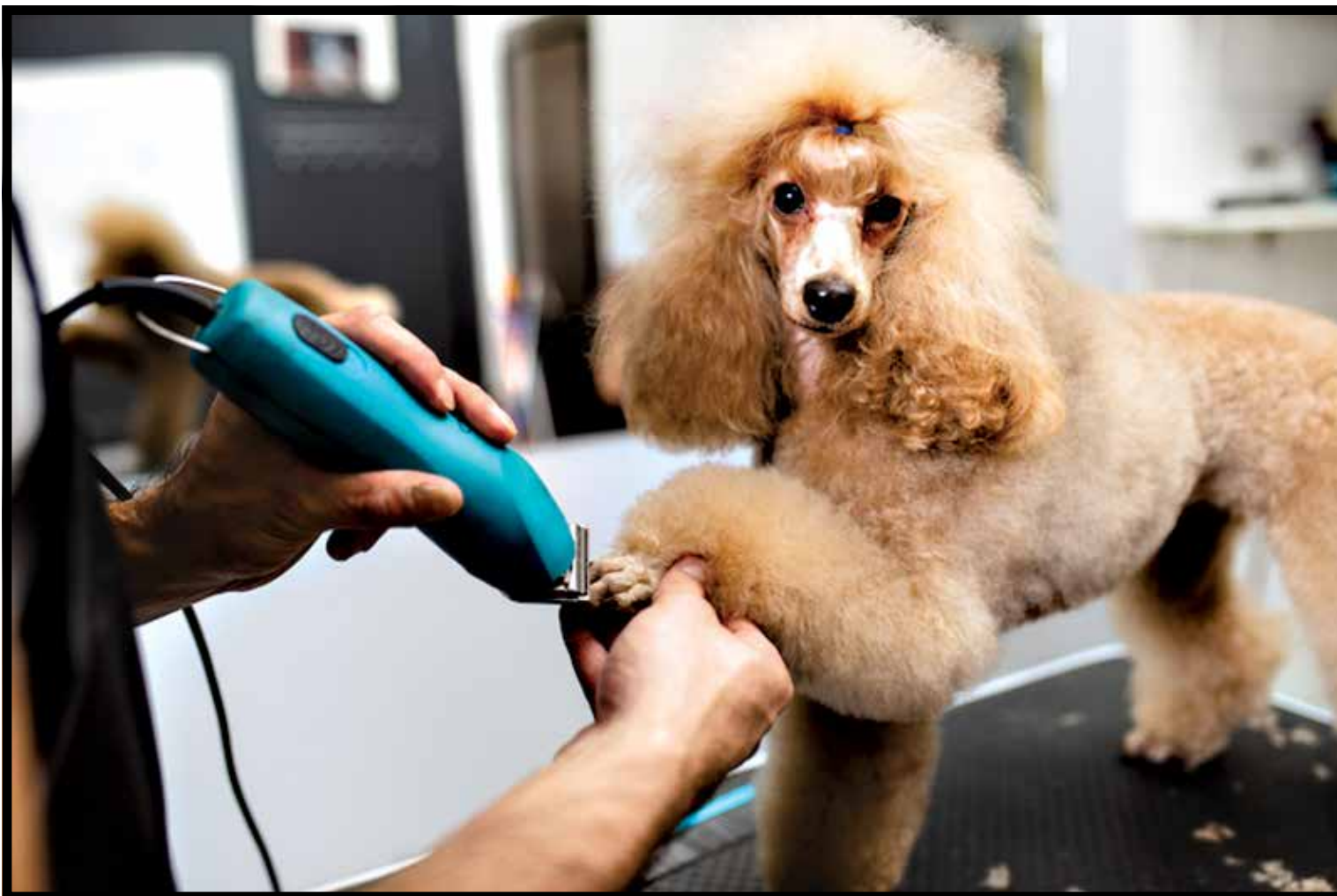
I have heard from a few groomers that dogs are being brought in with matted hair; long toenails causing misalignment in their paws; yeast infections in eyes, ears, and feet; teeth with tartar build up; and wrinkly skin that catches moisture and eye discharge on their muzzles. This becomes a cocktail of bacterial problems for the dog(s) and often will lead to health issues and costly vet bills.

Hey, I understand that many people find it difficult to pay for or find professional services due to what is happening in our country. There are other ways to effectively meet your pet's needs. Online through master groomer videos is an excellent choice depending on your circumstances.

So, folks, another month has come and gone. Be safe and enjoy the month of September and remember, "Leaves are falling and dogs are shedding." May we finally get some cooler weather.

*"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**  
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# Breaking The Habit Of Morning Anxiety

by Lisa Philippart,  
Licensed Professional Counselor



***“Nothing happens until the pain of remaining the same outweighs the pain of change.”***

**- Arthur Burt**

In my last article, we discussed the problem of morning anxiety, concluding that it is a habit. And although this means it will take some time, effort, and patience, this habit can be broken. Let's look at some effective ways to stop waking up with anxiety. Please don't feel like you need to start doing all of them right away.

The first tip I give you is actually the one I'd recommend that you try first. In many cases doing that one thing alone is enough to break this habit. Stop sleeping in. If you want to get out of this habit, you need to break the pattern of immediately worrying and then feeling anxious when you wake up. The simplest way to do this is to just get right out of bed in the morning. No "snoozing," no trying to fall back asleep, no breathing exercises in bed to calm yourself down. Just get up and get on with your day. When you get out of bed immediately, you don't give your brain the chance to worry because you are preoccupied with other things...taking a shower, getting breakfast, going for a walk, etc. Do this repeatedly and your brain will start to unlearn this nasty lesson of waking up

to worry. Easier said than done of course. But set yourself a challenge of not sleeping in for 7 days in a row and see what happens.

One of the most subtle but powerful reasons morning anxiety sticks around is because we mistakenly interpret physical aches and pains as signs of anxiety, which then leads to more anxiety. It's an easy mistake to make because anxiety often causes physical symptoms like muscle tension, upset stomach, headaches, etc. But there are all sorts of reasons you might wake up with physical discomfort...bad sleep posture, a poor mattress, or sleep apnea. It is also important to validate your anxiety. What causes anxiety to stick around is that we worry about anxiety. When you do this, it teaches your brain that anxiety is dangerous. This creates a vicious cycle of anxiety leading to worry leading to more anxiety and more worry. Instead, acknowledge it plainly and remind yourself that just because it feels bad doesn't mean it is bad. Say to yourself: *“Well, I'm waking up anxious again. It's not really surprising since it's a habit. And even though I don't like feeling this way, I know it's not dangerous to feel anxious. The best thing I can do right now is get out of bed and take a shower. I know that I usually start feeling better once I get on with my day.”*

Getting out of bed right away is tough! I know. But I've found that people who



regularly get out of bed right away have one thing in common -- an enjoyable morning routine. Maybe you could set your alarm ten minutes earlier so you have time to make a nice cup of coffee. Or maybe you save your favorite podcast for your morning commute. Whatever you choose, remember that when you have something enjoyable to look forward to, you'll be more likely to get up for it by getting right out of bed and breaking the anxiety cycle. Other suggestions I have for you include getting moving early by exercising, minimizing daily stressors, making a to-do list the day before, scheduling a worry time on purpose, and improving your sleeping environment.

I've saved the toughest suggestion for last: Sometimes the biggest cause of morning anxiety is working in a career you dislike. This one's tough because

a career is obviously not something most of us can change quickly. Many of us have other people dependent on our work and career, so switching to something that's more meaningful can seem like it's not an option. And honestly maybe it's not. However, I think you owe it to yourself to at least consider this point strongly if you've tried all the other suggestions here without much success. Why wouldn't you be waking up with anxiety each morning if you had to do spend all day doing work you despised? To test

this, check to see if your morning anxiety is noticeably worse on mornings you have to go to work. You may need to seriously explore the possibility of changing careers, or at least seeing if you can change jobs, companies, or departments. All you need to know: Morning anxiety is a habit. And habits can be broken.

*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)

# Love Never Fails

by Anna Hamilton

*continued from page 13*

*the way I loved him...thankfully, God answered that prayer with no. My heart hurt. I doubted myself and if I would ever find the one to share my life here on Earth with.*

*God had to use this time to shape my heart. He needed me to learn what true Godly loved looked like and felt like. I had to learn to let God's love sustain me and not keep my happiness attached to someone here on earth. God's love would be enough for me, and I needed to know that. At the time, I didn't know if I would survive that heartache, but I did, and God made me a better person, a better Christian for it.*

*Once I finally decided to completely cut ties from this person, I had a peace come over me. I decided to change my prayer from "God please let him love me" to "God please let me see people the way you see people, let me see into their hearts." I started adding this to my prayers and almost 2 weeks later, I met my husband. He is the most Christ-like person I have ever met. He opened my eyes to what true Godly love looks like in practice.*

*My husband shows me Godly love every day, and this*

*study has forced me to learn how to love myself the way God loves me. That has proven harder than I thought, but I am glad that I am on the path to true self-acceptance and knowing that God made me exactly the way he wanted to make me. That God's plan for my life will be one to prosper me and guide me if I am walking in His ways. I hope you have enjoyed studying I Corinthians with me as much as I have. I am looking forward to starting our next study for the rest of this year.*

*This week's recipe is perfect for the cool fall weather right around the corner. It is a crowd pleaser, is perfect for the crock pot, and is sure to be a hit with your family. As always, feel free to swap out any veggies or proteins to make this recipe work for your family. I hope you enjoy this soup as much as my family does!*

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. And now these three remain: faith, hope, and love. But the greatest of these is love." I Corinthians 13:4-8a; 13*





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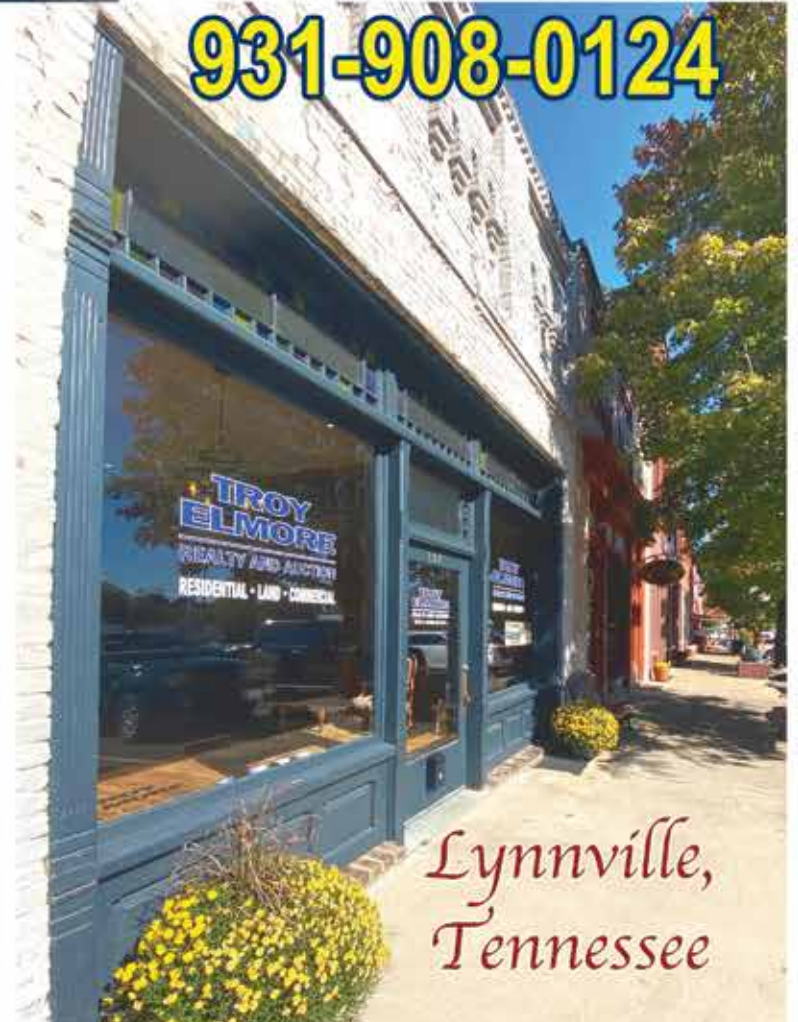
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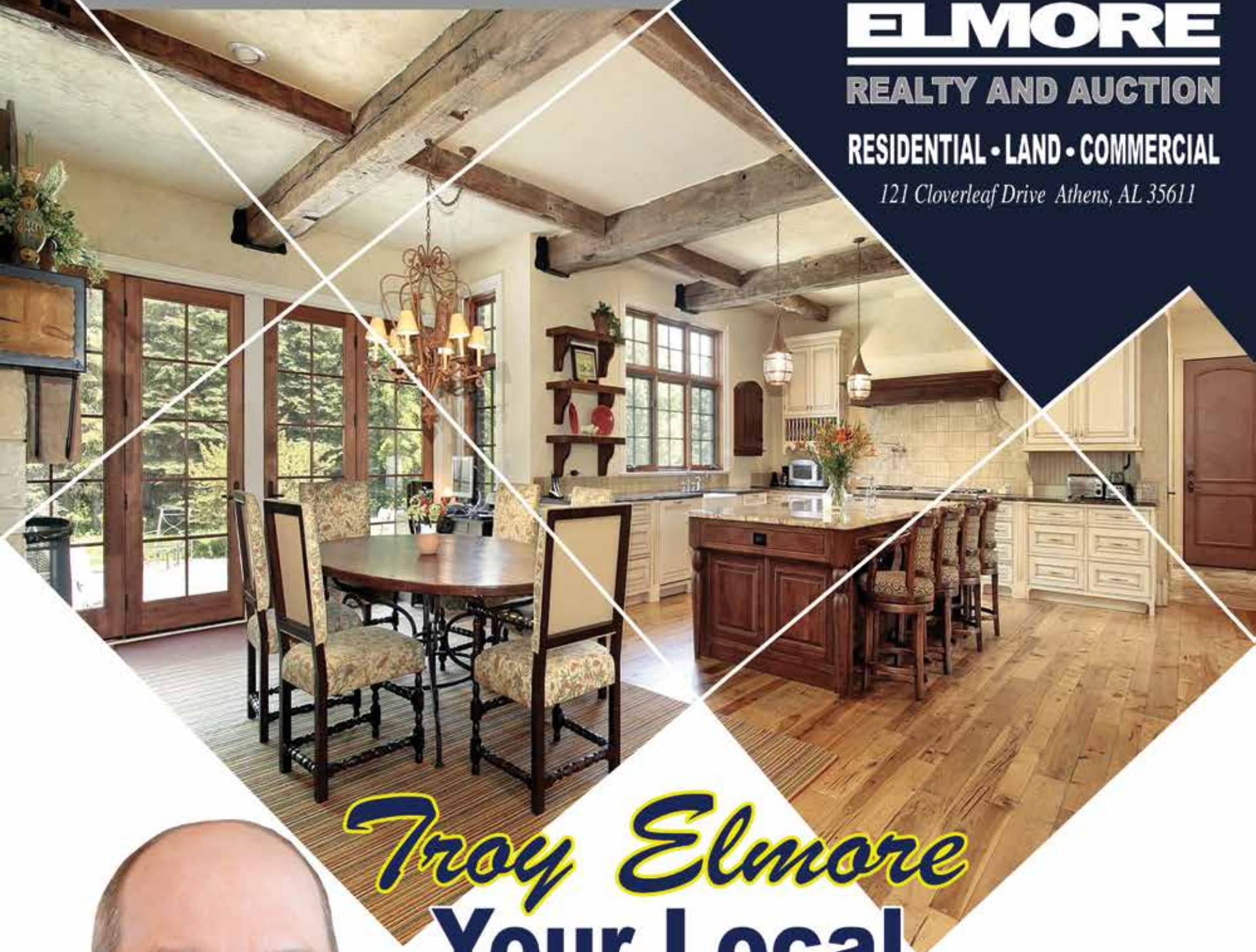
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*“Some people look for a beautiful place. Others make a place beautiful.”*

*~Hazrat Inayat Khan*



**ANSWER KEY:**

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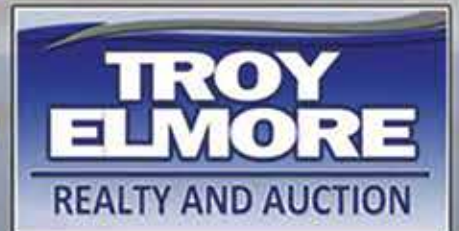
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