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Run, Walk, Or Waddle
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It's almost time for our
17th Annual Duck and Run
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The 2021 Tennessee Valley Old Time Fiddlers Convention Is ON!

By Ali Elizabeth Turner

The year 2020 was many things, if not disruptive to
what we have come to think of as normal life. One of
the local "casualties" was the Tennessee Valley Old
Time Fiddlers Convention, an event that has garnered
a national reputation, and for more than a half-century

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Old Time Musicians will soon gather on the
ASU campus around the carving of a fiddler
made from the remains of a red oak tree

Rattle Them Palings And More: Pastor/ Coach Tee Jackson's Short Stories

By Ali Elizabeth Turner



Author, Pastor and Coach Tee
Jackson, (r) and his wife, Jackie

Tee Jackson is an ardent fan of the King, the Kingdom, and
the SEC, in that order. He has coached just about every sport
there is, including spotting for gymnastics, and he has always
had a heart to help kids. He is also the pastor of Shanghai
Baptist Church, and has ministered in a number of capacities
in our area. As far as the SEC is concerned, Tee has taught
and coached in Florida, Alabama, Georgia, and Tennessee.

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est. 2020

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Publisher's Point

No Hand Wringers Need Apply



We as Athenians, Alabamians, and Americans are in an inarguably tough, tough time. I have to be extremely cautious about how much news to watch regarding what is going on in Afghanistan. If I don't, I get so mad that I am afraid that I am going to make life so hard on my guardian angels that they have to go in to counseling. And, I can get so sad that I am no good to anyone, including myself.

The temptation to give in, give up, and resort to what I call spiritual hand wringing is just as strong for me as the next shlub, but this is no time for that. I also am quite capable of yelling about the abandonment of Americans and Afghanis, a ludicrous lack of leadership, criminal levels of corruption, and a style of self-serving narrative while supposedly comforting the bereaved that is staggering in its self-focus.

But I have chosen to expend my energies on two fronts: faith and focused fellowship. I'll explain. I know from having been a believer for over 50 years that prayer, both individual and with others, works. And there is nothing better at getting our attention than things that make us feel what we are as humans -- weak.

I recently received a call and voice mail from a remarkable woman of faith from another state who has 45 grandchildren. She

is a scrappy granny and is deeply invested in being there for her sizable tribe. The first thing that came out of her mouth was that she wanted to know if I was in Afghanistan. I told her, "I would be if I could be," and I know from having spoken to vets who served in the Great Sandbox that they would be there to help if they could, too. But, wait. There is a way that I can be, and so can you. I can "go there" on my knees. You might be tempted to ask, "What good is that going to do? Is the Taliban somehow going to start playing nice?" Nope. But here is something you need to know about what is going on the Middle East. By the thousands, natives to the region are having dreams and visions of Isa (pronounced

EEE-sa in Arabic) and are surrendering to His plans, even if that means losing their life on this side and waking up moments later in His presence. In addition, there is a youth revival going on about which more than likely you are not aware. I realize that if you are someone who thinks that all of life is confined to this realm that is going to sound straight up stupid, and that's okay.

But if you hold that position, then you need to, more than ever, be willing to thank a vet for the fact that your right to think and express your opinion that I am stupid at best and dangerous at worst is protected. Because, trust me, if you at this moment were in Afghanistan, and you let anybody know your

thoughts, your head might be held up for all to see over the wall at the airport.

Whether you choose to set aside time to "go there" or not, remember this: warfare prayer is not for the faint of heart, and the only One whose heart is strong enough to help you through whatever it is you are facing is the same one who gave Himself for you. Give Him your time, and no matter what, don't wring your hands. You were made to be better than that.

Ali Elizabeth Turner

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Why Jocko Willink HAD “To Be” In The Oval Office, If Only For A Day

by Ali Elizabeth Turner

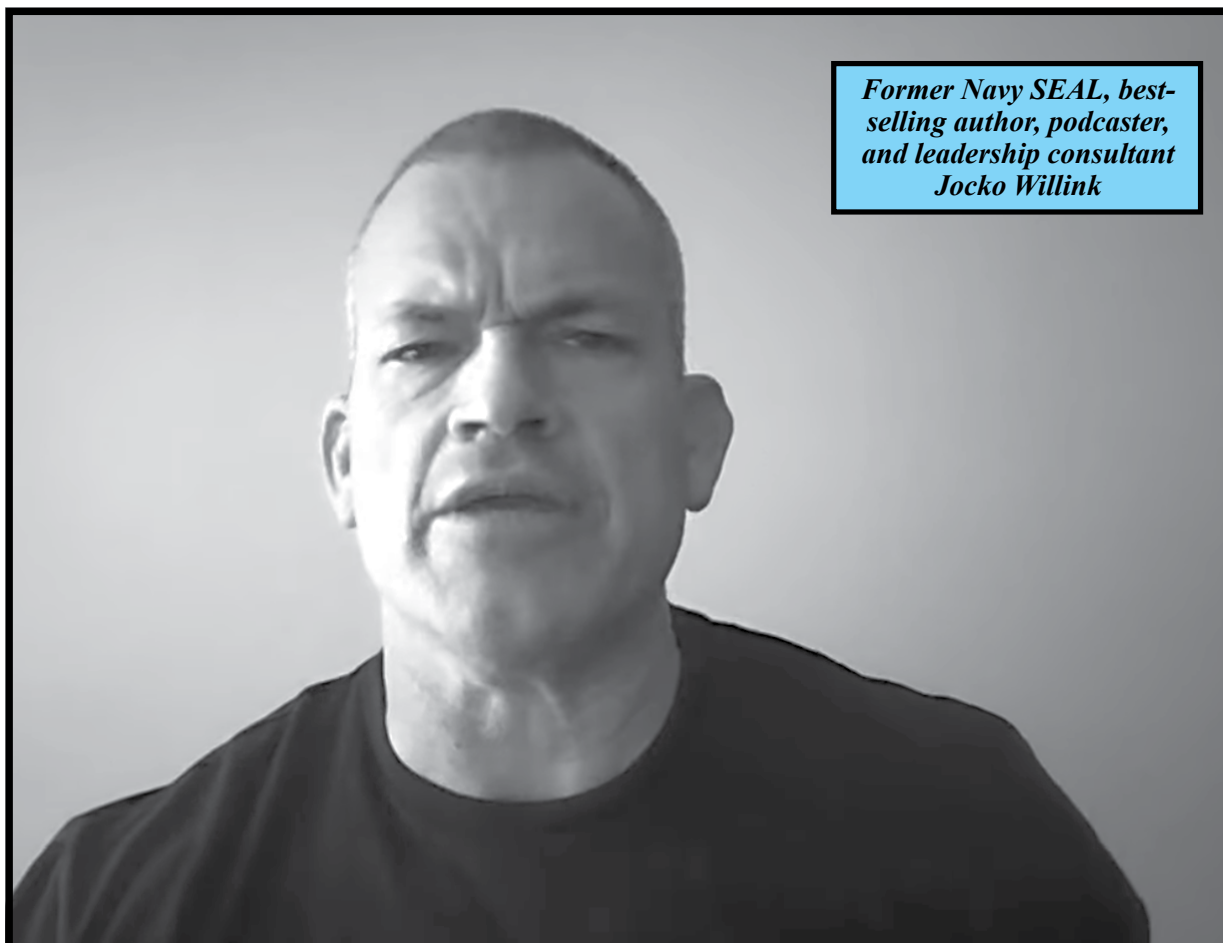


Former Navy SEAL Jocko Willink recently produced an “Address to the Nation” from the standpoint of what he would do about Afghanistan if he were the CNC, the Commander in Chief. It is stirring and it is stunning. It reflects the values of every soldier I know, and listening to it strengthened me to the depths of my soul. It has gone viral, and has had hundreds of thousands of views. The introduction begins with the following: “If I were president, and I had put our country into the current situation in Afghanistan, I would tell America, our allies, our enemies, and the world, something like this...”

Jocko goes on to enumerate the kinds of actions that would be taken against the Taliban in order to protect Americans and Afghans, and it can

be described in three words: courageous common sense. And while I know that these days both sides of the issue are more than capable of nuclear name-calling, there is a brilliant thing that warriors do that I observed when I was in Iraq, and if I were a betting woman, I would bet Jocko wrote and delivered his address for his own sanity and for the sanity of service members everywhere. This includes those who endured the fall of Saigon, Benghazi, and most recently in Afghanistan those who went rogue in order to rescue, or would have if they could have.

In Djibouti an incident occurred where warlords invaded a village, lined up the men, brothers, and fathers on one side, and the women and children on the other. They walked down the line of the women and children and



*Former Navy SEAL, best-selling author, podcaster, and leadership consultant
Jocko Willink*

cut off the hand of every other person. The men were so traumatized by not being able to protect and defend that they shattered completely, and joined the warlords and fought for them in exchange for no further brutality toward the families. Essentially, in a moment, they became “true believers,” albeit against their will. Their manhood had been ma-

nipulated.

In Iraq, I was told that if you wanted to utterly break a man, you did not have to touch him. If you restrained him, brought in a woman, raped her and then killed her, again, shattering would have been the result. So, what does that have to do with Jocko “broadcasting” from the White House? I saw soldiers, when they knew that they could not do anything about a situation, plan mock rescues and scenarios in order to keep their sanity. I know the effect that Jocko’s address had on me, and my guess is that it did the same for any

who listened.

This brings me to my main point. Be especially aware right now of the needs of soldiers who were in the Middle East. By that, I don’t mean be patronizing or do what we have come to call “cut their meat for them,” i.e., treating them like children, just find a way to say something along the lines of, “I can’t imagine what you are going through with this, but I want you to know that I appreciate you, and I know the people you helped over there do too.” That’s it. If they want to talk, listen. If all they can do is nod and walk away stiffly, let it go and pray for them. You can’t go wrong with that.

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Blake's Beat

North Alabama Zoological Society In Agreement To Purchase Two Limestone County Properties To Develop First Modern Zoo Park In Decades

by Blake Williams

Following an extensive search, the North Alabama Zoological Society (NALZS), a not-for-profit organization headquartered in Huntsville, Alabama, has identified expansive space on two separate properties to support a new zoological park in Limestone County.

According to NALZS research, the United States has not seen such an expansive nonprofit zoo or zoological park built from the ground up in roughly 45 years as the one NALZS is planning. NALZS is looking forward to creating a historic partnership with Lansing Companies, who is purchasing the 687-acre multi-use site on which the zoological park site will be built. This development is easily accessible to all communities across North Alabama from US-72, US-31, and exits from I-565 or I-65 at the Huntsville Browns Ferry exit.

Spanning 279 acres, the central portion of the park will be a traditional walking zoo located just north of Martin

Line Road and adjacent to I-65 south of Tanner. In the park, there will be three Adventure Trek Areas representing national parks and preserves from North America, Asia, and Africa. Beyond observing wildlife, guests will be able to ride horses, zipline, and safari through these areas.

NALZS has also identified a second property north of the City of Madison along Limestone Creek and is working with private landowners to purchase the property. The 200-acre property is an extension of the zoo and will focus on sustainable farming research for humans and animals. Sustainable agriculture products from the site will be used to feed the animals and supply the restaurants at the zoo. NALZS will share more information about this property in the coming weeks.

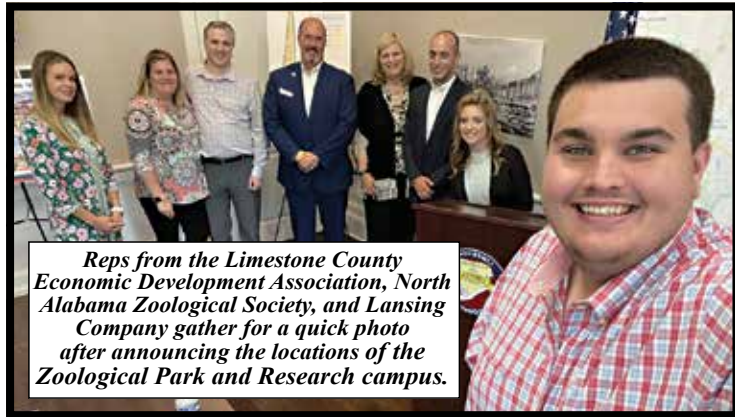
"We have been working on the project for the last two years setting the groundwork for creating a much-wanted experience in our area," said NALZS Executive Director Ethan Woodruff. "Oth-

er regions and communities our size have them, now is the right time for North Alabama to get one."

The amount needed for NALZS to purchase both properties from Lansing is around \$11 million. The Society is currently working with corporate and civic leaders to secure funding as well as seeking help from the community for the land purchase.

"As one of the largest land developers in the country, a project such as the North Alabama Zoological Park project will be such a blessing to the community and we expect it will bring substantial economic growth to the I-65 corridor that will be a catalyst for further highly beneficial projects in not only Huntsville, but also nearby Athens and Decatur," said Lansing Companies President and CEO Greg Lansing. "We are so grateful to Ethan

Woodruff and the entire NALZS team to be a part of this landmark project."



Reps from the Limestone County Economic Development Association, North Alabama Zoological Society, and Lansing Company gather for a quick photo after announcing the locations of the Zoological Park and Research campus.



Attendees gather for a news conference to announce both sites for the North Alabama Zoo project at the Limestone County Economic Development office in downtown Athens on S. Beaty Street.

Extensive market research indicates a zoological park and aquarium would be successful in the greater Huntsville area. An economic impact report from the University of Alabama in Huntsville shows that once the park is built it is estimated to generate more than \$100 million for the local economy with a quarter of a million visitors a year. The park will be built to Association of Zoos and Aquariums (AZA) standards with the goal to be AZA accredited within the first year of operation.

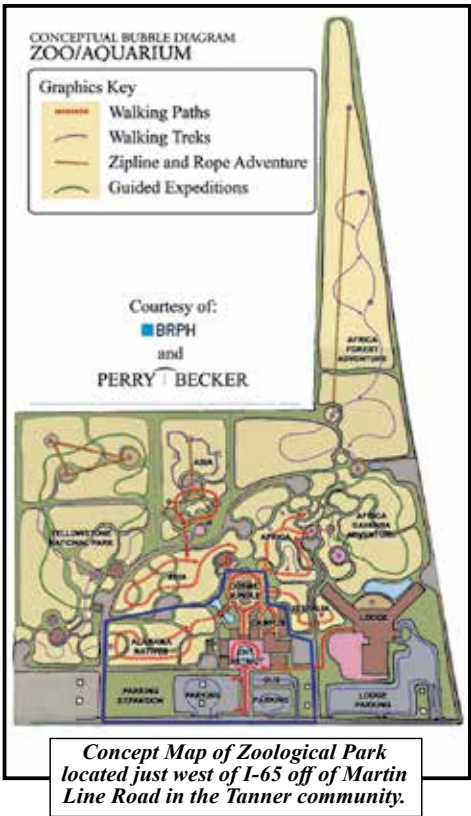
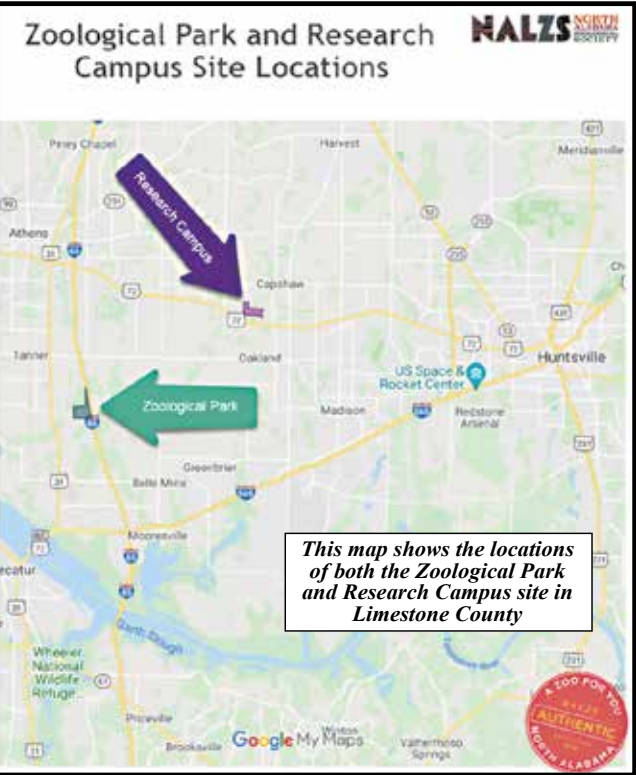
"Limestone County continues to be blessed by growth and the addition of this unique North Alabama Zoological Park, by the North Alabama Zoological Society, to our county is exciting," said Limestone County Commission Chairman Collin Daly. "We welcome the addition of this landmark project and look forward to being a part of its success for many years."

"We are delighted that the

North Alabama Zoological Society has chosen Limestone County to call home for this one-of-a-kind project," said Limestone County Economic Development Association President and CEO Bethany Shockney. "This investment will be a very unique economic driver for tourism, and I certainly expect this to be a catalyst for other major complementary projects and activities to follow."

"This is exciting news for Limestone County, and Athens stands ready to assist with this opportunity for our area," Athens Mayor Ronnie Marks said after the news conference held at the Limestone County Economic Development office.

The community can support this endeavor by visiting the NALZS website and click 'LOOKING TO DONATE ... CLICK HERE' at the top of the page or by emailing development@nalzs.org.



Calendar of Events

Veterans' Museum Closed for Labor Day

The Alabama Veterans' Museum and Archives will be closed Friday, September 3 through Monday, September 6 in observance of the Labor Day Holiday. Coffee Call for Saturday, September 4 has also been canceled.

Houston Memorial Library and Museum SUMMER HOURS

Houston Memorial Library and Museum, 101 North Houston St, Athens, is now open Monday, Wednesday, Thursday and Friday from 10am-4pm. We are open Tuesday from 10am-7pm. We are also open the first Saturday of the month from 10am-4pm. Our book sale room is open the same hours as the library and museum. Call 256-233-8770 with any questions.

7th Annual Run Like A Boss 5K September 4

In-person & Virtual for an at-your-own-pace run/walk of 3.1 miles at the old Athens Recreation Center (270 U.S. 31N in Athens). Fee: \$25.00 Register online at runsignup.com Questions: For general information contact Cynthia Malone 256-335-1733 or Cynethia Bailey 256-652-5592 or email us a runlikeaboss5k@gmail.com or Jraeshon21@yahoo.com or visit RunLikeABoss.org

National Wildlife Day Hike September 4

Joe Wheeler State Park, 4403 McLean Drive in Rogersville. On the Champion Trail starting at 10:00AM. Join Park Naturalist Sam Woodruff for a relaxing nature hike through JWSP's amazing trail and learn about some of the park's wildlife. For more information about the event, email: Samuel.Woodruff@dcnr.alabama.gov

Elkmont Lions Club Dove Shoot September 4, 5, & 6

Hobbs Farm, 26229 Veto Road in Elkmont. Permits go on sale September 3rd at 12:00PM at Hobbs Farm for \$30.00 per individual. Round bail of hay for four (4) hunters is \$100.00. Remaining spaces will be available day of shoot for \$20.00. For more information: Johnny Jenkins 256-732-4304 or Dickie Hobbs 256-509-5121.

Crystal Cup Golf Tournament September 9

With Athens-Limestone Hospital. Canebroke Golf Club in Athens. Morning flight at 8AM and afternoon flight at 1PM. 4-Man Scramble: \$850. For more info: 256-233-9557.

9/11 Heroes Run - Athens September 11

The in-person race will start at the Limestone County Courthouse at 7AM. Runners, ruckers, and walkers will wind through the scenic streets of Athens as they remember the fallen of 9/11 and those who have fought the wars since. Line the route decked out in red, white, and blue or decorate your businesses and homes along the route and cheer on the runners as the race marks the 20th anniversary of 9/11. TravisManion.org

Superhero Fun Day and Family Expo September 11

Big Spring Memorial Park, 100 North Beaty Street in Athens. With Eli's Block Party from 10AM-4PM. Don your favorite superhero outfit, t-shirt or make-up your own for this special day to raise awareness of childhood cancer. Activities, vendors, fun run, music and more! elisblockparty.org

2nd Annual Fish Fry and Gun Raffle September 11

With the Disabled Veterans of America James L Daniels AL Chapter 51 at the post. 25396 Airport Road in Athens. 11AM-2:30PM. Enjoy a fresh catfish plate with fixins', drink of your choice, and a sweet dessert to follow for \$10. Raffle for Thompson Center 6.5 Creedmore Rifle; Smith & Wesson Rimfire 22 LR Rifle; and a Ruger American Rimfire 22 LR Rifle. Raffle tickets are \$20 each or 6 for \$100. (Background check and other restrictions apply). For more info or to purchase raffle tickets 808-397-8446 call or text.

Tribute to Freedom September 11

Redstone Harley-Davidson. 15100 AL-20W in Madison or Exit 3 Greenbrier I-565. 9AM-8PM. Big Brother Big Sister Poker Run. Free Pancake & Sausage Breakfast. 11:15AM - Kickoff & Announcements, Prayers and Blessings, Minute of Silence and Remembrance and Amazing Grace performed by Brandon Elder & Violinist. 12PM-4PM - Free Food. Vendors, balloon rides 5PM-8PM; face painting for the kids; fireworks at 7:15PM. Live music: 12PM-7PM. Commemorative Tribute Chip for first 300 Veterans & First Responders. 256-274-4356.



For the health and safety of our volunteers and the public, we regret that the VVA Spaghetti Day has been canceled until further notice. Thank you for your support and understanding.

River City Roofing Solutions: *Prompt, Professional, And Personable*

by Ali Elizabeth Turner

It was the day that the remnant of Hurricane Ida was due to hit North Alabama, and Michael Muse, co-founder of River City Roofing Solutions, was ready. Michael and RCRS co-founder and his older brother Chris have what they call the “tarp teams” as part of their customer service protocol, and that is only the beginning of what they do to protect homeowners. When heavy weather is on the way, they gear up and are ready 24/7 to respond to water mitigation emergencies before they take the next step of repairing or, if needed, putting on a whole new roof.

Chris and Michael Muse began working in the construction industry when they were teenagers and learned every aspect of the trade. Together they have close to 35 years of roofing experience, and that does not include the experience level of their well-trained crew. The Muse brothers have done framing as well as home remodeling, and they have always worked together, except for the time that Chris served in the armed forces in Korea. In 2018, they launched River City Roofing Solutions. They started off with the desire to do it right the first time. They have grown quickly in the last three years, have exceeded their goals, and have an unwavering commitment to customer service.

In August of 2020, disaster struck in the form of a motorcycle accident in which Michael



River City Roofing Solutions co-founders and brothers, Michael and Chris Muse

lost his leg. He'll be the first to tell you that the entire thing was his fault, and I'll be the first to tell you that I have been blown away by his comeback, attitude, and commitment to be unstoppable. Several surgeries later, he has already been skiing and biking, and inspires everyone with whom he comes in contact. Here is what he told me Monday: “If I don't fall, I am not trying hard enough.” Michael is quick to credit God, his family, friends, support team, and like-minded business owners with what he has needed for this blow to be turned into a blessing.

One of the things that has been

added to the River City Roofing Solutions customer service line-up has been that Michael has gotten certified to use drones as part of their inspection process. He can't get on the roof to eyeball it anymore (although I wouldn't be at all surprised if he doesn't invent some safe way to return to the roof), and having the drone download has been invaluable in helping RCRS educate their clients. Chris and Michael have had their fill of fly-by-night roofing companies that rip off both their clients as well as insurance companies, and education is the key to successfully disrupting that strategy. RCRS is no stranger to dealing with insurance companies, “repairing the repairs” of shoddy outfits, and the results have been steady growth, five-star reviews online, and fiercely loyal word-of-mouth advertising. They now have 11 people working in their office, 7 carefully trained sales people, and dozens of installers. They have a crew that is dedicated to metal roof instal-



A drone shot of a complicated roof



Michael skiing at Winter Park, Colorado, a few months after the accident

lation and one that specializes in flat roof installation, both of which demand their own level of expertise.

Another of the services they offer is the use of sophisticated software that utilizes a photo of the client's house or business and its dimensions to pinpoint exactly what is going to be needed to get the job done right. When I have been in their Decatur office, I have seen how it works, and it is impressive. Another thing for which I have been grateful is how River City Roofing Solutions has the same commitment to do an outstanding job for ALL of their clients. They certainly have several clients that have luxury homes whose roofs are commensurate with the home, and they treat those whose houses are middle class or less with the same respect and commitment to “doing it right the first time.”

Over the past two years that Mi-

chael and I have been a part of the Limestone Leaders BNI group, he has taught us that what sets them apart is that they will always check the decking of any roof, and never just “shingle over existing shingles or felt. All work is guaranteed for five years, and if there is something that wasn't done right the first time, they'll take care of it. “We start off by using the right products,” says Michael, and they explain to the homeowner the importance of the proper shingles, underlayment, decking, and structural soundness. RCRS also teaches about some of the environmental issues that are important to good roof care, such as keeping leaves from piling up. This is important because the leaves can cause water to back up under the shingles which can result in leaks.

Whether you are dealing with the aftermath of a storm or are looking for a quality outfit to repair or replace your roof, you would do well to contact River City Roofing Solutions today. Simply stated, River City is the real deal. Call them today.

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Take Care Of Each Other

by Ali Elizabeth Turner



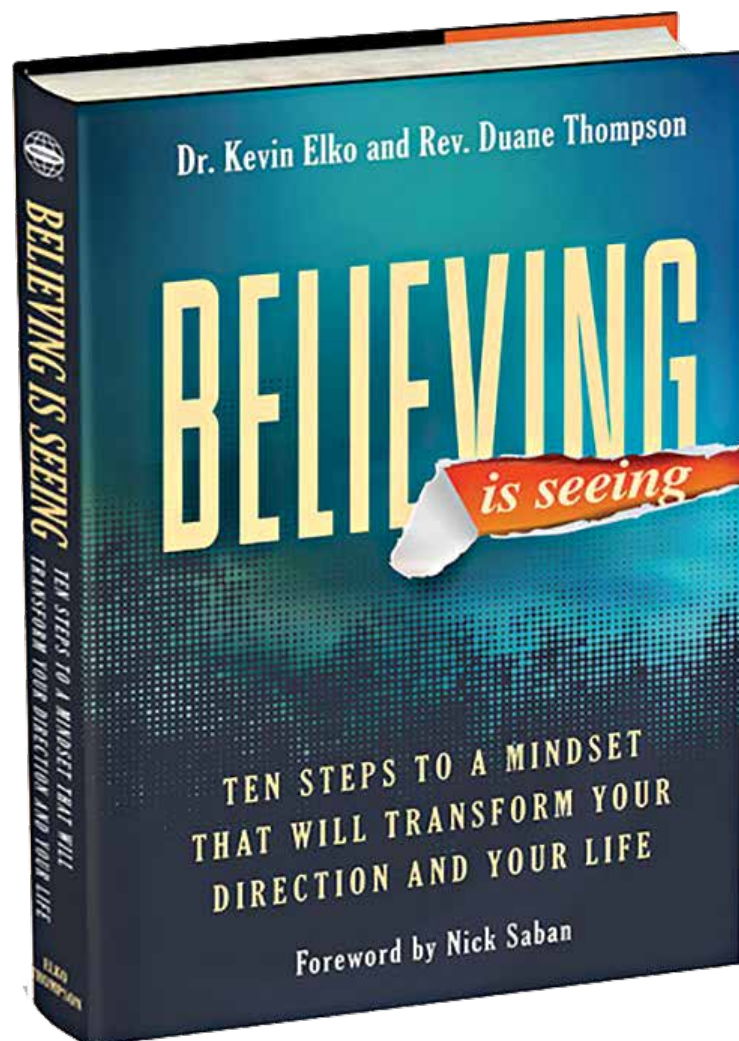
Athens City Hall had re-opened, so we were able to meet in person. This time we succeeded in doing what we had set out to do several times, and that is “get after it” -- digging together into a book called *Believing Is Seeing*, by Dr. Kevin Elko and Rev. Duane Thompson. The forward is by Nick Saban, and Mayor Ronnie learned about the book at a conference attended by other Alabama leaders.

Of course, it helps that Nick Saban wrote the forward, but the book is stand-alone outstanding, and has several things we can implement to strengthen ourselves and each other during this undeniably tough time. “We have about 380 people who work for the City of Athens,” said the mayor, “and right now about 35 are out sick.” In addition,

Athens Utilities had to temporarily close due to COVID. Besides the obvious challenge of sickness itself, the politics that have wrapped around the issues make it tougher. People are edgy and frayed, and thankfully Hurricane Ida did not accost as predicted. “Every generation has a challenge, and we are in ours,” he said.

Mayor Ronnie had been encouraged by several statements made within the book, some by readily recognizable names, and others by regular folks. One was by famed British author and playwright, George Bernard Shaw. On page 48, Shaw said something that applies to all of us, irrespective of our age or level of health: *I want to be thoroughly used up when I die, for the harder I work, the more I live. Life is no*

‘brief candle’ to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to the future generations. With respect to future generations, that is one of the reasons Mayor Ronnie started the Mayor’s Youth Commission years back, and they are still in the process of taking applications for this year’s group. Further reinforcing the idea of living life to the full, no matter what and no matter how long, Sir Walter Scott is known to have kept a diary, and apparently the last entry, which was made the day before he died said, “Tomorrow, I will...” Some look upon that as the life-long habit of a life well lived. Others wonder, “Did he miss out? Was there one last



thing he needed to do, and didn’t?” The point is that all of us need to truly live fully until we are finished with our fight and our race.

The third point that encouraged the mayor, me, and hopefully you was taken from page 134, and a quote from a Time article from 2017. The article is entitled “What 3 Things can I Do To Extend The Length Of My Life?” Besides the expected, “eat more fruits and vegetables,” the author, and Mayor Ronnie, were not expecting to see, “Stay curious.”

“Asking questions and discovering new things keeps you engaged with

the world and with other people,” the expert interviewed in the article said. Studies reveal that this has longevity benefits because it **provides community and hope for the future.** Being interested in other people and other things takes us out of ourselves and reminds us that we are part of something far greater than just us and our current circumstances. We are more open and begin to experience what the future might hold when we are curious.

“Take care of each other and yourselves,” said Mayor Ronnie. Then we prayed, and then it was time for Ronnie to roll.





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September Full Of Fresh Air, Fundraisers And Commemorations – But Ends With Screams

by Cayce Lee

Social Media Specialist, Athens-Limestone County Tourism Association

Summer is coming to pass and fall is beginning to creep into the surroundings with cool air embracing the nights and hints of color tipping the dancing leaves. Soon the pumpkins and gourds will ripen to bright oranges and deep greens for picking and decorating. Pumpkin spice everything will soon fill the shelves, plates, mugs, and many homes.

Another harbinger of fall are all the school sports that take to the field, court, and stadium. This year sees many of our schools going digital for some or all of their sports to better control the number of spectators. Whether you are looking to head to Friday night football, volleyball, basketball, powderpuff, softball, or baseball, check to see if you need digital tickets or can pay at the gate. You can snag your digital tickets at GoFan.co, just search your school's event you want to attend and voila! Note for your planning -- several high school concessions have gone cashless this year as well, so remember your card or setup your digital pay app to enjoy the refreshments from the stand and support those clubs too.

So, are you ready to add a little fun to your September or are you looking for some opportunities to give back to the community? Maybe one the following events can find a place in your plans. You can find the details for these events and other events at VisitAthensAL.com/events.

It's a month of Superheroes...

From September 1- 30, Eli's Block Party Childhood Cancer Awareness Foundation is hosting its annual Superhero 43 Virtual Race to honor the 43 children diagnosed each day with cancer or for those who can take this challenge on in four days from Friday, September 3 - 6. You can also come spend time with the family at Superhero Fun Day with Eli's Block Party on September 11.

Make a difference...

The 7th Annual Run Like-A-Boss 5K In-person and Virtual Run will be September 4 benefiting a local cancer family in need. Help raise funds for new equipment at Athens-Limestone Hospital by teeing up at the Crystal Cup Golf Tournament on September 9. The 9/11 Heroes Run-Athens and 20th Commemoration of that fateful day will be September 11 in down-



Darin and Brooke Aldridge kick off the week of the Tennessee Valley Old Time Fiddlers Convention with the return of its ticketed concert series to McCandless Hall on September 28, 2021.

town Athens. You can enjoy the 2nd Annual Fish Fry and Gun Raffle with the Disabled Veterans of America James L. Daniels AL Chapter 51 or head over Tribute to Freedom featuring the Big Brothers Big Sisters of Tennessee Valley Motorcycle Poker Run on the 11th of September as well. Walk, run, or waddle your way to the finish line for the 17th Annual Duck & Run 5K with Keep Athens-Limestone Beautiful on September 18. September 23, tee up at Canebrake Golf Course benefiting the scholarships at Athens State University with Athens State's Alumni Foundation. The 5th Annual Clays for CASA of Madison County will be September 24 at Old South Clay, Athens-Limestone newest outdoor attraction.

Want to have more fun outside...

Come explore the Athens-Limestone County Public Library's garden during the Ribbon Cutting and Open House on September 2. Spend the morning of September 4 with Joe Wheeler State Park's Naturalist Sam Woodruff as you go on the National Wildlife Day Hike or maybe head to Redstone Harley-Davidson for Truckers Appreciation Day or the Cruise-

In in downtown Athens. It's the PawPaw Patch Hike at Joe Wheeler on September 16 and 18 celebrating Alabama's tropical looking fruit native. Aim for the clays during the Greater Limestone County Chamber of Commerce Sporting Clay Tournament at Old South Clays on September 17. First Day of Fall Hike takes to the Champion Trail at Joe Wheeler State Park on 22nd of September. Don't miss the 1st Annual Elkton Police Department Rodeo with broncos and bulls on September 24 and 25. Take a stroll on the Richard Martin Rails to Trails and listen to the speakers as the Battle of Sulphur Creek Trestle is commemorated on September 25.

Take a moment and remember the Tribulations and Trail...

September 18 is a day commemorating the Trail of Tears, which honors our Native Americans who were forced to march from their tribal lands in the east to the lands of the Indian Territory that is now Oklahoma. Early that morning, the annual Trail of Tears AL-TN Motorcycle Commemorative Ride will start in Bridgeport, TN, pass through Limestone County on Mooresville Road and U.S. Hwy 72 and

end in Waterloo, AL. Redstone Harley-Davidson will host its annual Pit Stop Party at the dealership offering a chance to mingle with the riders or to join the ride at that point. Citizens are welcome to watch the motorcyclist pass down U.S. Hwy 72 but are requested to respect private property, not impede traffic, and please not leave litter behind.

Tune in...

September 4 has a little music lakeside at the Joe Wheeler Bash. If you're looking for some toe-tapping fun, we have good news as Heritage Church is hosting County Line Road Concert Series on September 12, 19, 26. Sean Carson strums away in the dining room at Joe Wheeler State Park on September 27. Steel 6 will be partying at Machines Machine Shop in Ardmore on September 24. Darin and Brooke Aldridge take the McCandless Stage as part of the Tennessee Valley Old Time Fiddlers Convention Concert Series on September 28.

Ready for a scare...

The terror awaits you and your friends at The Lester Haunted Hospital as they kick off their 2021 season on September 24 and 25.



The Richard Martin Rails to Trails welcomes visitors from around the world on what was once a very busy rail line from Kentucky to the Gulf. Nestled on the line during the Civil War was a fort at Sulphur Creek Trestle and its battle will be commemorated on September 25, 2021 with speakers and history.



Slinkard On Success

Just Smile

by D. A. Slinkard

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



Sometimes in life, the only thing you can do is smile. Maybe you're ready to eat at a restaurant only to find out the establishment has run out of the food you wanted. Or maybe the flight you rushed for has been delayed by nearly 3 hours. Better yet, the hotel you had booked has had a major pipe burst, and your room is no longer available. Possibly, you find out the news that your dog (more like a child) ruptured a disc in his back and will be paralyzed for the remainder of his life.

We have all been there when it seems like Murphy's Law is becoming a way of life. The above-mentioned events all happened to me in the course of forty-eight hours. Talk about trying my patience! I was beyond frustrated and found myself ready to crawl back in bed, slide under the blankets, and pull them snug above my head. I had faced adversity in my life, and I always seemed to handle it nonchalantly. Yet, here I was being beaten up with life, one event after another. This thing called being an "adult" was no fun for me.

I found myself being out of balance with life and my positive "can-do" attitude was suddenly facing the test of tests. Then it happened. I met a lady who told me she was having a bad day because she

found out that her uncle was suffering from cancer. It didn't stop there, though, as she went on to tell me that her dad and her mom were also afflicted with the disease.

That stopped me in my tracks. The pity party I had already begun throwing myself suddenly meant nothing as this lady had more things to be worried about than I did. She said one thing that really resonated with me and that was, "Sometimes in life, the only thing you can do is smile." I felt horrible for the situation she currently faces, and I felt even worse that I actually felt sorry for myself.

What we can learn from this story is that when we think we have it tough, there will always be someone else out there who has it tougher than we do. Sometimes people give up because they think there are no other options to life, and they feel they are at their wits end. Truth be told, though, we should use the story above to energize us to face life's obstacles in stride.

There's a quote out there that says, "Don't sweat the small stuff, because it's all small stuff." I cannot help but nod my head in agreement as I write this article. In the world of business, when

we face that uphill battle, we must realize that it's not over until it's over. Each day we must press forward and maintain the positive approach to our everyday lives. We must maintain a positive outlook even when the events unfolding around us suggest otherwise.

If you find yourself facing struggles in life, just know that someone else has it tougher than you do. What you take from this knowledge is that someone who was in a similar situation as you has also been able to persevere. Whether life is good or bad is a matter of opinion. Sometimes, being tested in life is a

good thing because we are able to see how far we can go by how far we have come.

Instead of focusing in on the negatives, we need to bring the positive highlights to the forefront. We need to find the best in situations as opposed to looking at what has gone wrong. When we do, we are able to realize just how lucky we are. In fact, the things we take for granted are sometimes the very things that others set their life's goals and dreams upon. We must count our blessings and strive to be better tomorrow than we were today.

There will always be times when we feel the pressures of life, but what matters most is how we respond. We can throw the pity party for ourselves and have others feel bad for us, or we can take the approach of the lady mentioned above and look at life and just smile. Good times, bad times, no matter the season we are in, we must realize that: "Sometimes in life the only thing you can do is smile."



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Clean, Green And Beautiful

Run, Walk, Or Waddle Our 17th Annual Duck and Run 5K

by Leigh Patterson - Executive Director - Keep Athens-Limestone Beautiful



SEPTEMBER 18, 2021

It's almost time for our 17th Annual Duck and Run 5K Fundraiser! The race will be held on **Saturday, September 18th, 2021 at 7:00 am, and will begin and end at Big Spring Memorial Park in Athens.** Our race course is certified (Course Certification AL21009JE), and this year we will be offering **chip timing** for the first time in the history of this race!

We are excited to be able to host the event again this year, after having to cancel last year's event due to the pandemic. Because this is an outdoor event, we plan to carry on with a few precautions in place. With chip timing, we can release runners in smaller waves if needed in order to social distance, yet still have accurate race timing. Runners, walkers, and waddlers are all invited to participate!

The race course will take you on a scenic tour of Athens. You will run (or walk) through tree lined streets with lovely historic homes in both the Beaty Historic

District and the George S. Houston Historic District. You will also run through a portion of The Square, showcasing the beautiful Limestone County Courthouse and many of the fun shops and restaurants that call The Square home.

This is one of KALB's larger fundraisers with all race proceeds benefitting Keep Athens-Limestone Beautiful, and we are able to do this because of all of our generous sponsors. This year's event is sponsored by the following: American Leakless Company, Athens-Limestone Hospital, Distinctive Landscaping Inc., Dunn Building Company, Brody Jackson-State Farm, Morell Engineering Inc., Crown Service Termite and Pest Control, Darla Bunker - Crye-Leike Realtors, First National Bank, Frame Gallery Off the Square, and Village Veterinary Clinic.

General Race Information: Starting and Ending point will be Big Spring Memorial Park in Athens. There will be one water station mid-way

through the course and splits will be called at each mile. Runners will receive a t-shirt and a race packet. Please preregister to guarantee your t-shirt size.

Entry Fee: Pre-registration for 5K is \$25. Late and Race Day Registration is \$30. Online registration through Race Roster ends at 11:59 pm on 9/11/21. Registration by mail must be postmarked no later than 9/11/21.

To Register: Go to KALBCares.com and click Duck and Run 5K under the events tab. You will find links for both online registration and a printable registration form, or drop by the KALB Office at 125 East Street during business hours to register in person.

Packet Pickup and Late Registration will be held on **Friday, September 17th from 4:00 pm to 7:00 pm** at the KALB office-125 East Street, Athens, AL

Race Day Registration and Packet Pickup will begin at **5:45 a.m. on Saturday, September 18th** at the KALB office-125 East Street. The 5K begins at **7:00 a.m.**

FOR MORE INFORMATION please contact Eric or Leigh Patterson at ducka-

ndrun5k@yahoo.com, call 256-233-8000, or visit the KALB website at www.KALBCares.com. This event is non-refundable, however, your registration fee may be converted to a tax deductible donation per your request if you are unable to participate. All race proceeds and donations benefit Keep Athens-Limestone Beautiful, Inc., a 501(C)3 non-profit organization.



(256) 233-8000

KALBCares@gmail.com

www.KALBCares.com

KALB UPCOMING EVENTS

2021 Duck and Run 5K

Date: Saturday, September 18, 2021

Time: 7:00 a.m.

Location: Big Spring Memorial Park in Athens

Visit the event page at KALBCares.com for registration and more information

2021 Wacky Quacky Ducky Derby

Date: Saturday, October 2, 2021

Time: 4:00 p.m.

Location: Big Spring Memorial Park in Athens

You could feather your nest with the American Leakless Company \$2,000 Grand Prize!

Visit the event page at KALBCares.com to adopt ducks online and for more information.



Cooking with Anna

Be Courageous

by Anna Hamilton

"Courage is knowing it might hurt and doing it anyway. Stupidity is the same, and that's why life is hard." Jeremy Goldberg

I read this quote this week on a friend's Facebook page and honestly, I am not sure I agree with it at all. You see, courage is having the mental and moral strength to withstand a trial in your life and face your fears. Stupidity is acting in an unintelligent and careless way or making unintelligent decisions.

It is true that life is hard, but with the Lord's help, we can face it courageously. The word courage is in the Bible over 100 times. Jesus himself is a picture of courage. He gave his life to save the entire world; that was a decision he made with courage, not stupidity. He knew the sacrifice he was making and did it willingly.

The Bible is full of verses that spur us on to live courageously:

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

"Be on your guard; stand firm in the faith; be courageous; be strong." 1 Corinthians 16:13

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love." 1 John 4:18

"Be of good courage, and let us be courageous for our people, and for the cities of our God, and may the Lord do what seems good to him." 2 Samuel 10:12

So be courageous and stand firm in your faith. The Lord will help you in all situations and will guide your steps. Life is hard but with the Lord's help, you can face it with courage.

With back to school in full swing, this week's recipe is a cinch to make, delicious, and definitely a crowd pleaser! I hope you enjoy it as much as my family does. Best of all, you can throw everything in the slow cooker and come home to this delicious dinner.

Chicken Cacciatore

Ingredients:

4 boneless skinless chicken thighs or breasts
2 cloves garlic, minced
2 scallions, minced
1 bell pepper, chopped
1 cup button mushrooms, halved
1 can petite diced tomatoes (15 oz)
1 bay leaf
2 ½ cups zucchini noodles or your favorite pasta
¼ cup fresh basil, chopped
Salt and pepper to taste

Directions:

Combine chicken, garlic, bell peppers, mushrooms, tomatoes, bay leaf, salt, and pepper in a slow cooker. Set on low for 6-8 hours.

Right before serving, stir in zucchini noodles (or pasta) and basil. Allow noodles to cook for a few minutes. Mix thoroughly to combine.





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The 2021 Tennessee Valley Old Time Fiddlers Convention Is ON!

by Ali Elizabeth Turner

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has been a major part of our festival season in Athens-Limestone County. Well, we are happy to report that the Convention is on, and it is going to be great!

The Fiddlers Convention will be held from September 30-October 2, 2021 back on the campus of Athens State University. Chris Latham, the Director of Marketing & Communications at Athens State University, assured me that there will be hand sanitizing stations available, and they are confident that with this being an outdoor event being held in a month from now, we will have made significant progress through our current COVID capers.

Chris told me, "One of the exciting things about this year's Convention is that for the first time since 2018, there will actually be a Fiddle Champ." In 2019 the finals were rained out, so no winner was crowned, and then last year there was no event due to the COVID pandemic. The upside of having to wait for 2021 is that the amount of prize money is significantly greater. There is a total of \$19,425, and the Top Fiddler will get \$1800. There are 14 categories of winners, and the purse will be distributed in full. Chris also mentioned that the performers, both professional and amateur, are glad to be back at it. In addition to the \$19,425, Bank Independent will be donating \$500 on Thursday night, \$1,000 on Friday night, and \$1,000 on Saturday night as cash giveaways to Convention attendees (you must be present to win).

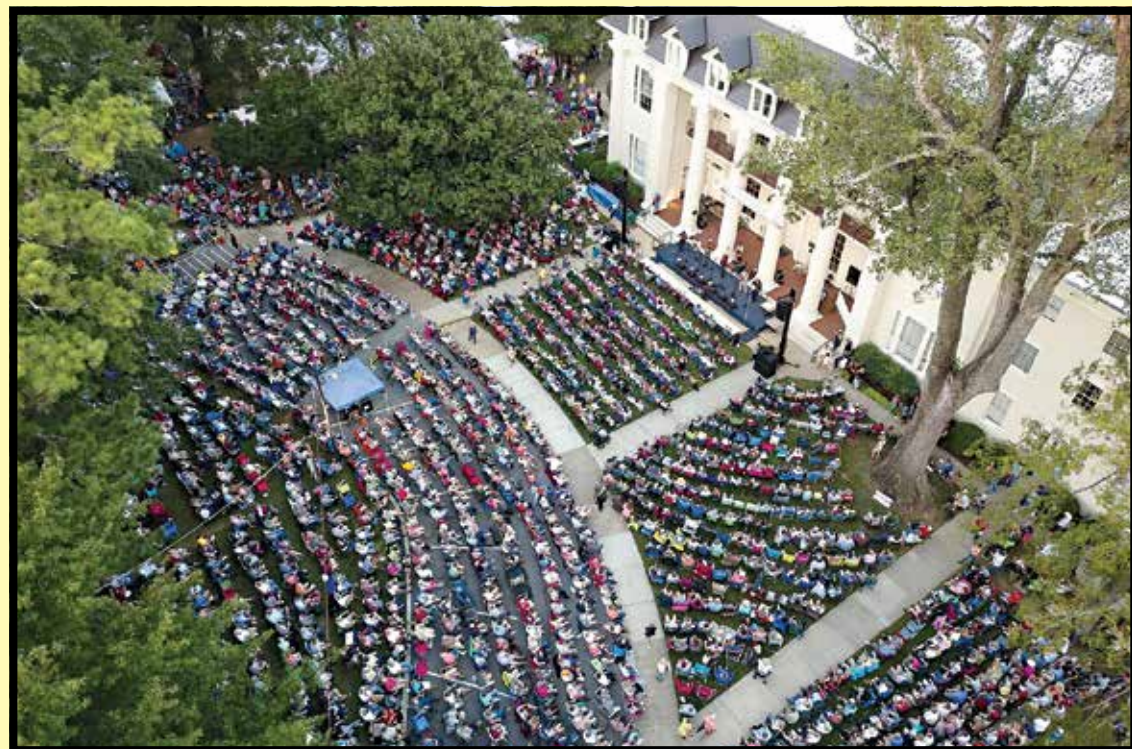
Thursday night is free and open to the public. Volume Five will play at 7 p.m. on the

Alabama Farmers Cooperative Main Stage at Founders Hall. Additionally, entertainment will include performances by Jimmy Fortune on Friday night at 5 p.m., and Dailey & Vincent at 6 p.m. Then on Saturday it will be Doyle Lawson and Quicksilver at 5 p.m. There will be woven throughout the Convention several types of contests, including Buck Dancing, Junior Fiddler, Senior Fiddler, Intermediate Fiddler, Classic Old Time Fiddler, Old Time Band, Bluegrass Band, and the Fiddle Off. There are also contests for specific instruments such as mandolin, bluegrass banjo, dobro, dulcimer, harmonica, as well as old time singing.

One of the best parts of the Convention is winding your way around the Athens State University campus and watching as people who have never met before make wonderful music together by the hour. The youngsters love the oldsters, the oldsters love the youngsters, and the sensitivity, encouragement and skill possessed by all is a joy to behold and hear.

This year the vendor tables are back, and the artisan wares are as varied as are the attendees. Chris Latham wanted people to know that as of this print date there were a few slots left for vendors, and there will also be food trucks on hand for attendees to patronize.

New this year will be a music store that will be held in Sandridge Ballroom. It will be named in honor of Jerry McGlocklin, who for years displayed his instruments outside, and I can say they were works of art and reasonably priced as well. For the music store, there will be room inside Sandridge for 18 vendors, so if you are looking at a custom-made in-



strument or would like to be a vendor, contact Chris Latham at chris.latham@athens.edu for availability both at the Jerry McGlocklin store as well as the outdoor tables.

Unique to the 2021 celebration will be the presentation on Saturday of a beautiful plaque from the Country Music Hall of Fame gifted by Debby Delmore (youngest daughter of Alton Delmore) in honor of the Delmore Brothers and their contribution to the art and practice of old-time music. At 3 p.m., Mike Compton and Andy Todd will be performing music made famous by the Delmore Brothers in McCandless Hall, and there is no additional charge for the concert. While you're there, be sure to check out the Delmore Brothers Museum, which is located on the ground floor of the NE corner of McCandless Hall.

Chris wanted people to remember the purpose of the Tennessee Valley Old Time Fiddlers Convention, and that is to build community, make and enjoy music, and to help students in their educational pursuits



through scholarships. All in all, the 2021 Fiddlers Convention is going to be worth the wait, and we know that it will

be well attended. For more information or to get tickets, go to www.tvotfc.org. See you there!

Building A Sustainable Lifestyle – Part 2

by Nick Thomas, owner of Prime Performance Training, and Certified Sports Nutritionist



Take a moment and remember my last article, the reasons I listed for letting go of the yo-yo dieting and supplementation and embracing a truly healthy lifestyle. A low-stress-routine way of living which provides energy and confidence without feeling the need for the latest diet or supplement craze. A sustainable life which gives physical and mental stability along with energy for daily grind and then some.

The misconception with food and weight loss and/or maintenance is that it takes less calorie intake and more energy expenditure – WRONG! If you are not eating enough of the correct calories each day, the negative weight gain or loss effects WILL catch you eventually. The premise of my approach to nutrition is based on RMR (resting metabolic rate). The body has to have nutrients providing fuel to draw from in order to burn what is unwanted and grow muscle. Therefore, to achieve a sustainable healthy weight and energy level, more has to be taken in than it will take the body to function at a resting state each day.

Most people don't want to hear this or are unwilling to believe the opposite of what society has always said, and therefore will inevitably fail – once again mindset is everything. Thoughts must change on food intake versus weight. Old habits die hard, this is a LIFESTYLE change not a diet! It will be tough to eat 5 times a day, it will be hard to eat the right foods, and it will be hard to do this consistently on time each day. Sticking

to the plan laid out will create new, LASTING habits in a 40- to 60-day time span.

Each person is made uniquely and has different overall goals, therefore a "one-size-fits-all" nutritional approach will NOT provide success. I believe strongly that body circumference and body fat measurements best aid my nutritional methods when it comes to individual meal plan design. I take weight, but this is by far NOT

the primary focus at any point during this life changing journey. As a matter of fact, just throw the scale out! When these numbers are compiled and I have found your RMR, a personalized meal plan design can take place.

My sustainable approach to nutrition is focused on all-natural whole food. Based on the measurements and calculations I take and personal goals you share with me, I develop a plan which will

consist of a balanced and timed daily intake of lean proteins, specific greens, healthy fats, complex carbs, and tons of water.

This approach is one that may sound simple on the surface but ultimately will take incredible discipline and hard work. The correct use of these things combined will provide the ability to create a new lifestyle which can be sustained throughout any phase of life successfully!



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Rattle Them Palings And More: *Pastor/Coach Tee Jackson's Short Stories*

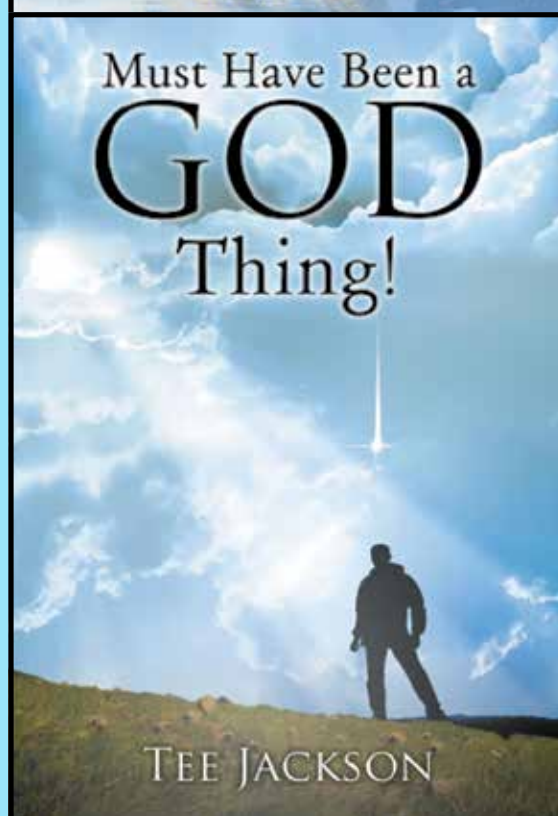
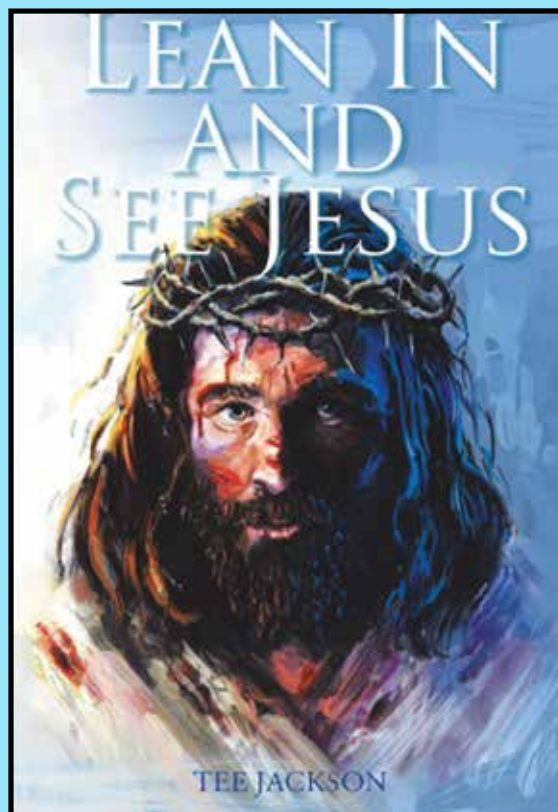
by Ali Elizabeth Turner

continued from page 1

He jokingly said that if he comes out of retirement, he might head to Kentucky. Tee is also the newly published author of several small books, all of which are short stories that happen to be true and are meant to encourage.

When Tee was a child, there were two people who spoke deeply into his life, and they probably didn't even know it, at least at the time. One was a man who came to all of his Little League baseball games, and when he was up to bat, the man, whose name was "Bones" Jones, would holler, "Rattle them palings, Tee! Rattle them palings!!" That statement is the equivalent of "Swing for the fences," and Tee never forgot it. One of Tee's books is entitled, *Rattle Them Palings*. As is the case with each, it has six short stories, and *Palings* is designed to encourage through stories of perseverance, God's power in nature, and divine protection. The other person that greatly influenced Tee was his 5th grade teacher, Liza Lou Barnes. Miss Liza Lou taught history, and when Tee went to college, he became an educator and a coach.

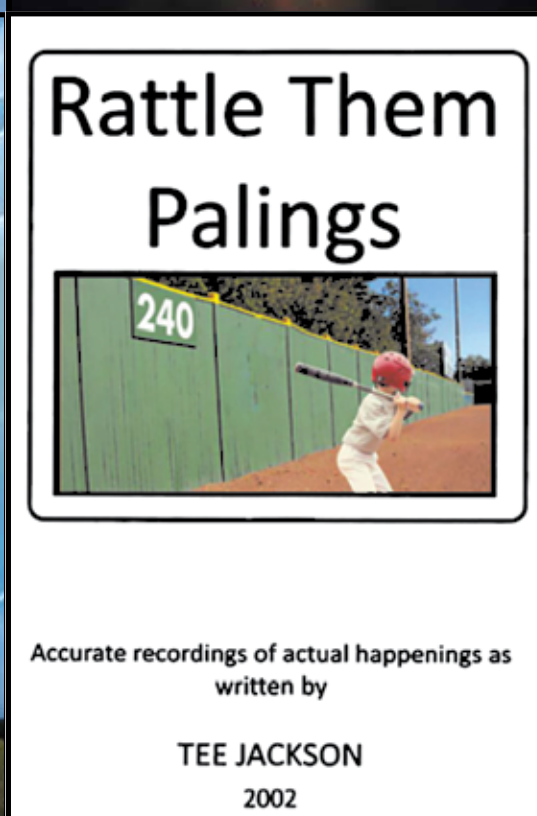
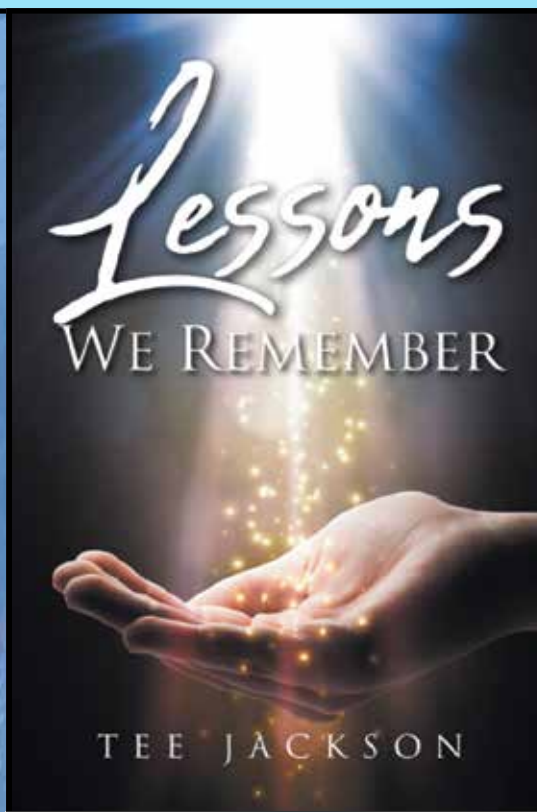
The titles of Tee's book are: *Lean In and See Jesus*, *Lessons We Remember*, *Rattle Them Palings*, and *Must Have Been A God Thing!* More than anything, he wants people to experience easy-to-read "examples of how God is still at work in the lives of those who love him." Because the stories are true and go back several decades, Tee wanted to make sure that they were written down and not lost. He had told them many times over the years, and began to put them to paper. Here is



what some have said about his work *Must Have Been a God Thing!* -- a thought-provoking narrative.

"*Must Have Been a God Thing!* is the creation of published author, Tee Jackson, a devoted husband, loving father, and retired educator.

"Jackson shares, 'You will read of detailed occurrences that are both true and yet, seemingly unordinary. I encourage you to look carefully into your own life to determine if God might be sending special messages to you while yet you are unaware.'"



"*Must Have Been a God Thing!* makes an affordable study book for small groups and/or a special gift for a friend. I would have you to discover God's perfect plan for your life. I encourage you to turn your attention to Jesus Christ for your direction in life. You could not

have a better friend!"

"Published by Christian Faith Publishing, Tee Jackson's new book is an inspiring series of tales that will encourage one's faith."

"The author invites readers to consider the moments in life where they may have felt a guiding hand and encourages them to reflect on the power of faith."

Tee also speaks about joy and his desire for readers to experience it:

"There is a certain joy in my heart that I long to share with others. Great multitudes of people exist on this earth, never experiencing or even being aware of that joy. The joy can be shared by word of mouth, by example, or by the printed word. Our days are numbered just as all who have preceded us, who live now, and of unborn generations. With that in mind, it is with gratitude and humility that this manuscript is offered for your review. This writing is dedicated to the joy that gives mankind a reason to live, a song in our heart, and a hope for the future. May you sense the presence of Jesus Christ in your life as I have in mine. He is that joy!"

Tee wants *Athens Now* readers to know that the books are priced to make great birthday or holiday gifts, ones that can bring hope and joy in these difficult times. All four of the titles, *Lessons We Remember*, *Rattle Them Palings*, *Lean In and See Jesus*, and *Must Have Been A God Thing!* are available on amazon.com and christian-faithpublishing.com, and Tee has two more books in the works. Order them for yourselves, or others, and spread the joy!

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Future Athens Mayor Requests Mercy Killing

by Jerry Barksdale

www.jerrybarksdale.com

fb.com/jerry.barksdale.7



"Every time you need someone with a weak mind and strong back you call me, and I end up in a chiropractor or doctor's office." That's what my good friend, Dan Williams would say when I recruited him for another "exciting adventure." He blamed me for his bad back. And I suppose he was mostly right.

Dan was my best buddy. We met in the 11th grade at Athens High, sacked groceries at A & P, graduated in the same class, ran around together, double dated and, when I married in 1961, he was my best man. He paid my bride a high compliment "She's so skinny she don't cast a shadow," he said. How sweet. He painted my '55 Chevy with "JUST MARRIED" and tied tin cans to the bumper. How could I not include a friend like that on an exciting adventure? Anyway he was an easy recruit.

Our big adventures began after I purchased a run down, hilly 80-acre farm in Leggtown back in 1974. It was grown over with bushes, brambles and cedar trees and needed to be cleaned up, pastured, and fenced. As luck would have it, a friend called me and said he had a "bunch of cross ties" I could have. That's just what I needed to build a fence. I called Dan on a Saturday morning to help me pick them up. "There won't be anything to it and besides it'll be exciting," I said.

Dan reluctantly agreed.

When we arrived, the cross ties were piled helter-skelter in a ditch. Dan's back went down like a punctured tire. He walked sideways for awhile but recovered. Afterwards, I recruited him to tear down a dilapidated barn on the farm. Most of the tin had blown off, bushes had grown through the rotted walls and it leaned sideways. It was a beautiful Saturday morning when we began tearing up planks and sledge-hammering support columns. My neighbor, Louie heard the commotion and drove over to inspect.

Louie was different. He lived with his dog in a Ford pickup in the woods. I heard that he was once a "spit and shine" MP in the Army. The shine part had long since vanished. Long black hair fell past his shoulders and his beard dropped to his chest. His appearance reminded me of an Old Testament prophet. His patched Army pants were stuffed inside tall rubber boots.

Louie was standing in the hallway of the barn when I sledge-hammered a main support beam. The old barn creaked, first quietly, then louder before erupting into an ear-splitting roar. "RUN!" I yelled, as I threw down the sledge-hammer and ran for my life. Dan and Louie were on my heels as the barn collapsed with a roar, sending up a cloud of dust. Whew! It was a close call. I almost got my neighbor and best

friend squashed. Dan broke the tension. "Louie left so fast he ran outta his boots." Afterwards, Dan and I went down to Mr. Charlie Christopher's store in Leggtown where we lunched on bologna and crackers drizzled with Louisiana hot sauce and washed down with a Pepsi, all the while reliving our big adventure. Later that year, Dan helped me nail down tin and patch the roof of a tenant shack on the farm. Not very exciting. Neither of us fell off the roof.

Winter came and the sap fell in the many cedar trees that grew on the farm. Daddy said it was time to cut some of them to use as fence posts. I called Dan. "It's supposed to be real pretty Saturday," I said. "We can cut trees and enjoy the outdoors. It'll be exciting." Dan wasn't so sure, but reluctantly agreed. I chain-sawed several cedars, trimmed the limbs,

then cut them into 6-foot sections to use as corner posts. We paid no attention to the dead-looking fuzzy vines attached to the trees. We carried the cedar posts through the woods, down the holler and uphill the old fashioned way – balanced on the shoulder snug against the neck. It was a hard work, but exhilarating and built our appetites. We lunched at Leggtown store on bologna and crackers and generous dollops of hot sauce. The right side of Dan's neck was red from carrying cedar posts.

Late afternoon, Dan complained that the redness was stinging. The following day, the redness on his neck had turned into a large red mass of itching misery. Poison ivy! Dan was miserable and went to see Doctor Pennington first thing Monday morning.

"May I help you?" the receptionist asked.

"Does Doctor Pennington practice euthanasia?"

"Huh, what's that?" she asked.

"Mercy killing."

History was made in Athens that day. It was the first time known that anyone had ever requested assisted suicide to put him out of his misery after a poison ivy outbreak. It was also the last time Dan volunteered to join me on another exciting adventure.

He may have had a weak back but his mind was strong. After serving one term on the Athens School Board, he was elected to the City Council and, later served 18 years as mayor. He was in his second term in Alabama House of Representatives when he lost his battle with leukemia on July 1, 2015. I sure miss Dan and often think of our exciting adventures.

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Taking Your Service Dog To Church

by Joel Allen



Hello, folks! Years ago when Zues was with me, I attended a local church and would put his vest on him before taking him in for worship. Zues was my first Service Dog for Diabetic Alert and I always kept him close. Many people saw us at church and always seemed amazed at how well Zues behaved. If no one saw him, they would never know he was there at all. He always sat next to me on the floor and seemed to watch and listen to the congregation singing hymns. Zues always stayed calm even when church was dismissed. Of course, every now and again we met someone who feared dogs in

the church. But Zues always had a calmness about him, and sometimes when those who feared dogs met him, I believe he changed their mindset with how he was. We never know the lives we touch.

Over the years I have been told of people who were refused access to church with their service dog. I used to believe that those of us with an SD could not be refused access to such areas until the ADA made it clear... okay, let us talk shop for a bit. The Americans with Disabilities Act (ADA) states: "Religious institutions and organizations are specifically exempt from the ADA.

However, there may be State laws that apply to religious organizations."

Why am I bringing this subject up? Well, this past weekend Houston, my Great Dane service dog, and I went to church. Because of what the ADA says, I asked the preacher if I could bring him and I explained what he is used for. The preacher gave me permission, and Sunday we were in church singing hymns while Houston lay at my feet. The preacher even told the congregation we were there. Everyone seemed to love this and were very interested in Houston. LOL...Houston was very good but when church was over he

was ready to leave! The preacher came and met with Houston and commented on how calm he was. This made me think of Zues and all those times we went to church together. We did have a great time, Houston and I. In the future, I hope to do this again.

As I have stated above through the quote of the ADA, churches do not have to allow a service dog. If anyone has an SD they use, they should seek permission before attending church. Something that I do and would recommend is that while asking for permission from the church leader, one should also explain what the service dog is

used for. Be specific, and if anyone feels that their privacy might be exposed, they should ask the church leader not to disclose their disability. With that being said, I would not want to be part of a church that would refuse access to an SD. Also be mindful of those in church who have allergies. Please be kind and try to keep your SD away from those who are allergic. If we practice good diplomacy when we are visiting a church, then those who might come with an SD in the future may also enjoy these same privileges. That's right! Having your SD at church is a privilege, not a right, so never forget that!

What can someone do if they are refused access with their service dog? Nothing really unless they sue, of course, and the likelihood of the court hearing the case is probably zero given the ADA law is clear about this subject. I always think of the saying, "Separation of Church and State".

With that folks, I hope everyone has a safe September. Until next month...

"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



Emotional and Impulsive Personality Disorders

by Lisa Philippart,
Licensed Professional Counselor

**"Everything you say
can and will be used
against you."**

**Note: Please do not
use this information
to self-diagnose.
Consult a
professional.**

This is the third article in a series on Personality Disorders (PD.) In my last article we looked at the category of suspicious PD, which includes Paranoid, Schizoid, and Schizotypal personality disorders. This article will examine the emotional and impulsive category of PD, which includes Antisocial, Borderline, Histrionic, and Narcissistic personality disorders.

Let's begin with **Antisocial Personality Disorder (ASPD.)** It is natural to sometimes put our own needs, pleasures, or personal gain before others around us. However, if these actions occur quite frequently and you struggle to keep stability in your life, or you regularly act irresponsibly out of anger or lack of consideration for others, this could lead to a diagnosis of ASPD. (This diagnosis includes psychopaths and sociopaths, but these terms are no longer used in the DSM-5.) If you put yourself in dangerous or risky situations, often without thinking about the consequences for yourself or other people,

or behave dangerously and sometimes illegally, you may be considered to have some of the characteristics of ASPD. Other ASPD behaviors include acting impulsively and/or aggressively, and doing things, even though they may hurt people, to get what you want. You may also have problems with empathy. For example, you may not feel or show any sense of guilt if you have mistreated others.

Borderline Personality Disorder (BPD) is currently the most commonly diagnosed personality disorder. We all experience difficulties with our relationships, self-image, and emotions, but with BPD, you may feel consistently unstable or intense which creates significant problems in your daily life. Here are some examples of common symptoms:

1. You feel really worried about people abandoning you and either do anything to stop that or push people away.
2. You have intense emotions that can change quickly.
3. You don't have a strong sense of who you are, so you change significantly depending on who you are with.
4. You struggle to keep stable relationships.
5. You act impulsively which can lead to self-harm.
6. You struggle to con-

trol your anger.

7. You struggle to trust people.

8. When stressed, you may become paranoid or have a psychotic experience.

9. You feel numb or checked out, possibly dissociating.

Most people enjoy being given compliments or positive feedback about their actions. But if you depend heavily on being noticed or are seeking approval so much that this affects your day-to-day living, you might fit the criteria for **Histrionic Personality Disorder**. With this type of personality disorder, you may feel that you must entertain people and be the center of attention. You constantly seek, or feel dependent on, the approval of others. Because of this, you may make rash

decisions or behave/dress inappropriately to ensure that you remain the focus of others' attention. Often, you get a reputation for being dramatic and overemotional, especially because you are easily influenced by others.

And finally, it is human nature to be aware of our own needs, to express them, and to want others to be aware of our abilities and achievements. However, taken to the extreme, this may be an indication of **Narcissistic Personality Disorder**. Many of us are fa-

miliar with narcissism, but these are some of the criteria based on information in the DSM-5. You may:

1. Believe that there are reasons that make you different, special, better, or more deserving than others.
2. Have a fragile self-esteem, so you rely on others to recognize your worth and needs.
3. Feel upset if others ignore you or don't give you the recognition you deserve.
4. Resent other people's successes.
5. Put your own desires above others, and demand that they do too.
6. Be unable or unwilling to recognize other people's needs.

My next article in this series will cover the anxious category of personality disorders.

Lisa Philippart is a Licensed Professional Counselor, who divides her time between her own private practice in Huntsville and providing personal counseling services at Athens State University.



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The Alternative Approach

Good Flesh – Low Risk

by Roy Williams



Ever run upon a dead animal? If it has been any time at all, it will be infested with flies, maggots, and other creepy, crawly things. The reason is that they crave damaged, dying, or dead flesh. It is the perfect environment for them to thrive.

The same is true of the human body and I'm not necessarily talking about dead humans. Even in the world of plants, when they get damaged by a wind storm, hit by a car, or attacked by an animal, that plant becomes more prone to develop disease.

On the other hand, as long as the flesh of an animal or the fiber of a plant is strong and healthy, the likelihood of disease is decreased because the tissue is resistant. Strong tissue equals resistant tissue, weak tissue equals diseased tissue.

As long as the tissue of your body is strong and healthy and your immune system is working properly, you are much more likely to not only resist disease but to heal if it becomes weak or damaged.

Of course, you can't expect to go throughout life without damage. The aging process, stress, pollution, and even the air we breathe takes a toll on our body. Over time we develop scar tissue, weakened joints, torn muscles, internal

weakness, and other things that can throw your body into a healing crisis.

Remember, any time a part of your body is weakened for whatever reason, it is more susceptible to infections of all types because pathogens feed on weakened, damaged, and dying tissue. That includes viruses such as COVID-19. The reason many people who are exposed to the virus never have any symptoms is because their immune system is working and their cells are healthy, therefore the environment within their body is not suitable for the virus to thrive.

That leads me to the vaccine. Please do your research before taking the COVID vaccine because it contains spike proteins that have proven to weaken the immune system; shatter the mitochondria in the cells, which is the engine or energy source for your body; damage the cells

around the heart, which creates scar tissue that will be with you for life and can cause pericarditis; and myocarditis, which can be deadly especially in younger people and children.

How convenient for the medical profession and the pharmaceutical industry who earn their money off sickness. For them it makes plenty of sense. Let's provide a vaccine that is sure to cause all types of medical issues so we can treat all the symptoms for the rest of their lives.

Of course, you may not ever hear of the things I am bringing to your attention because they also control the news media. Say anything that goes against their agenda and get censored. If that doesn't work, they will use character assassination even against any one of their own profession that tries to spread the truth.

The truth is that the experimental Pfizer COVID vaccine received approval without the usual testing safeguards and protocols in place. The reason is that there is there is an "international emergency, but remember that a person with full-blown COVID has a 99.6% survival rate without the vaccine.

If you are like most of us who are informed, you have to ask why are they so insistent on everyone getting vaxxed? Could it be so they can follow us, keep an eye on us, and know everything we do for the rest of our lives? Could it be that because the taxpayer will end up paying the billions of dollars the pharmaceutical industry is being paid to develop and deliver the vaccines?

Let me make myself perfectly clear. My family and I are not going to take the vaccine. We are not going to wear a mask

that has no science to back its ability to stop the virus. After all, they are the ones that, not so long ago were screaming, "Follow the science." What all of us should be saying to them is, "Show me the science."

This week, A lady came into our store that has been taking the supplements we suggested to support her health against all viruses. After being exposed to seven family members who had tested positive for COVID she was the only one who had not been sick. I asked her which supplement she was taking, and she said MSM+C and Terminator.

If you are truly concerned, do your research and remember that not a single customer that is taking the supplements to support their health and taking some all-natural, antiviral supplements have tested positive for COVID. To learn more, go by Herbs & More in Athens or NHC Herb Shop in Killen or go to www.nhc-herbs.com. Listen to "Today's Health Update" on WKAC in Athens, WBTV in Sheffield or WDXE in Lawrenceburg.

Your Friend in Health,
Lana Woody



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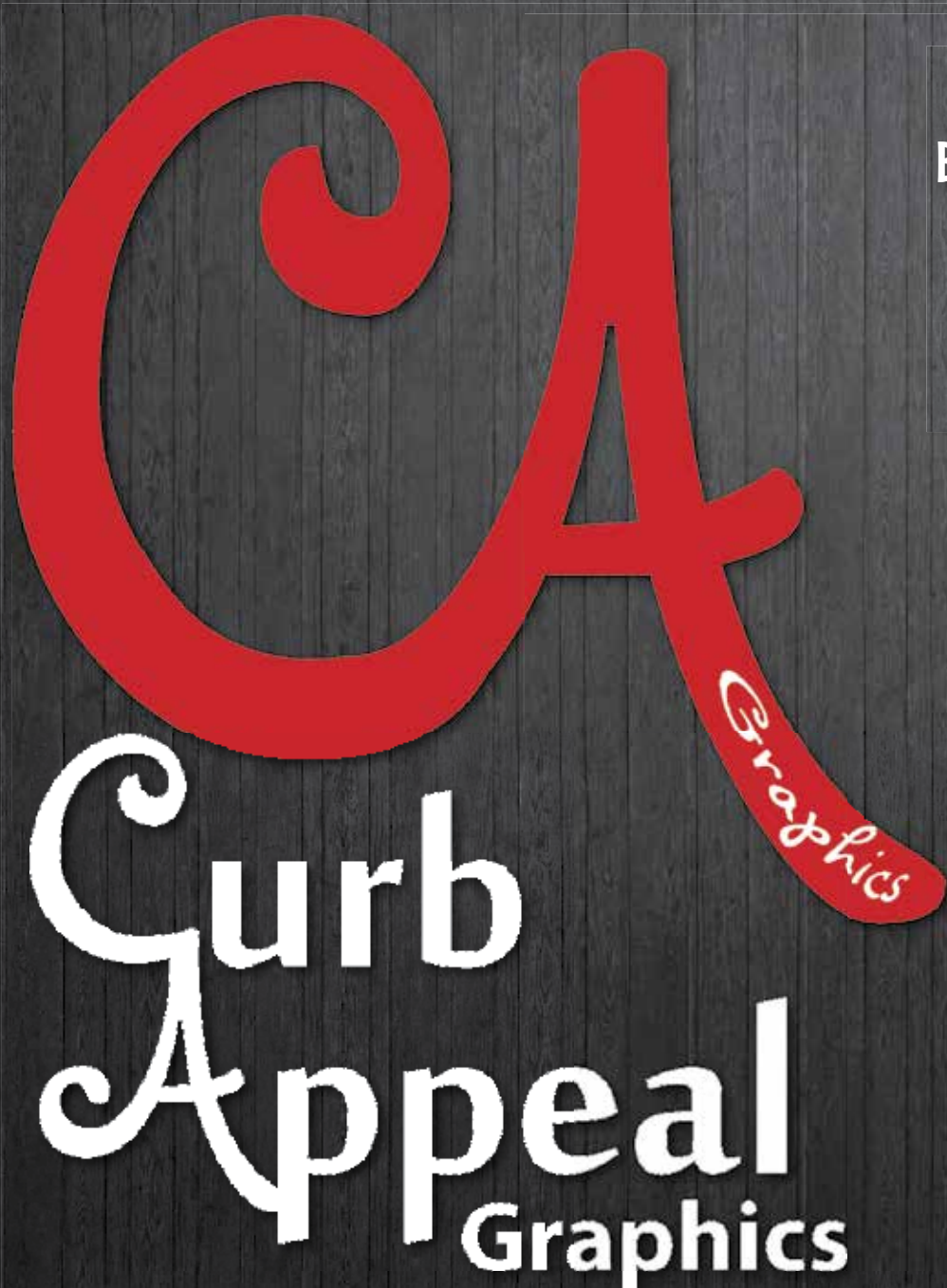
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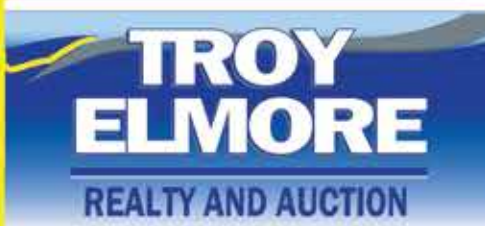
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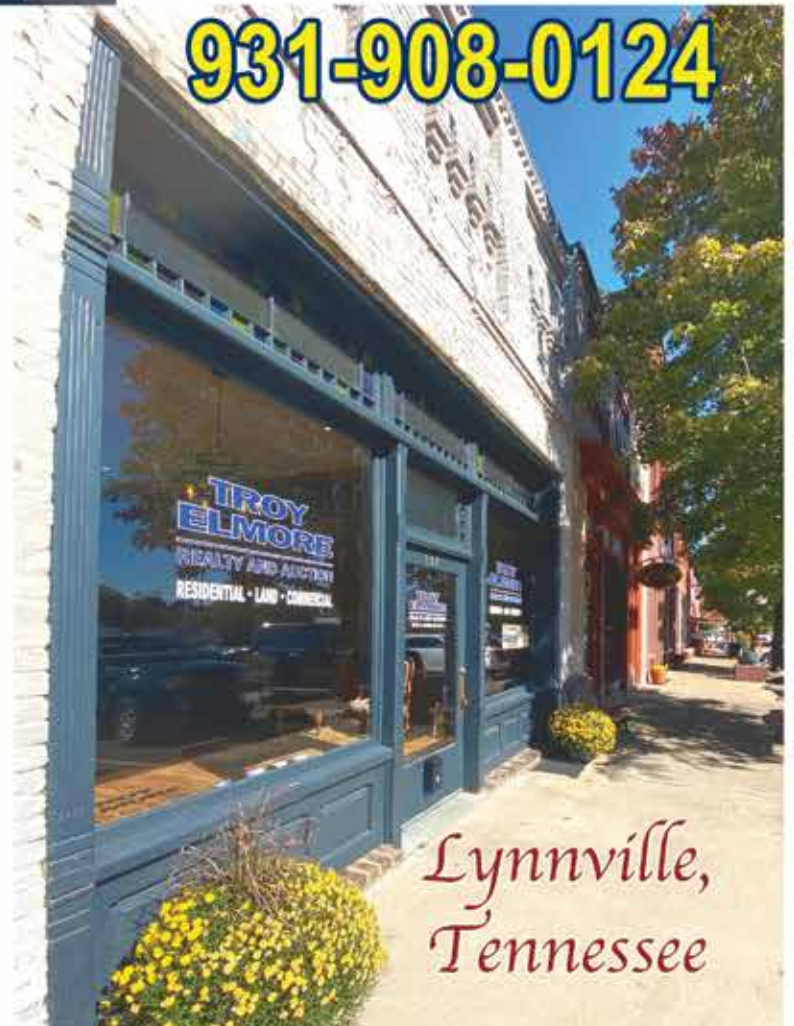
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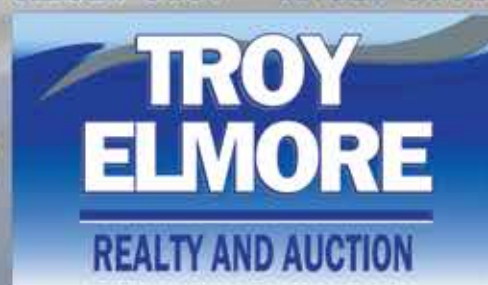
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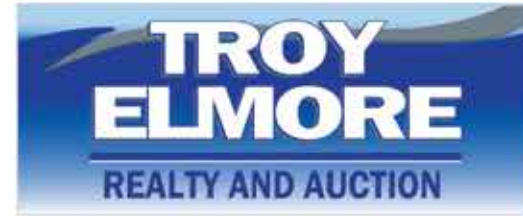
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Intelligence
without
ambition
is a bird
without wings.

~ Salvador Dali



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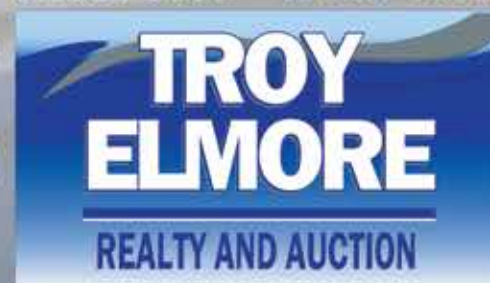
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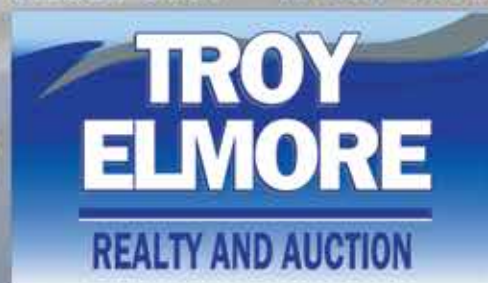
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