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E-MAIL: info@athensnowal.com
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Special Feature



Embrace The Opportunity To Be An Explorer In Athens And Limestone County...

With their diverse assets, Athens and Limestone County offer numerous outdoor and indoor...
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The 55th Tennessee Valley Old Time Fiddlers Convention: *Time Again For Strummin' And Hummin'*

By Ali Elizabeth Turner

The Fiddlers Convention, like anything that is worthwhile, has gone through trials, tribulations, and for the 55th time is emerging triumphant! Rain couldn't roust it, a pandemic couldn't prevent it; it's back with more prize money than ever, and will be kicking off Festival Season in Athens-

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Special Feature

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Cooking With Anna

To-Do List...
I love making lists! No, I mean, I really love it. We are getting ready to go on vacation in a few weeks and I am having to hold myself back from making my packing list for the....
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Athens Alehouse & Wine Cellar Athtoberfest 2.0 2022

By Ali Elizabeth Turner



Ken and Lori Hill of Athens Alehouse & Wine Cellar

A year ago, after only having been in business for five weeks, Ken and Lori Hill, owners of the Athens Alehouse & Wine Cellar, pulled off a wonderful event for our area that was affectionately dubbed, "Athtoberfest." Having a large German population in North Alabama, most folks are familiar with Oktoberfest, and the Alehouse's version in 2021 was so succes-

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Cell: 901.493.7854
inspect.nwal@npiinspect.com
www.npiweb.com/nwalabama



Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

- D. A. Slinkard
- Lisa Philippart
- Anna Hamilton
- Eric Betts
- Lynne Hart
- Deb Kitchenmaster
- Dixie Bell
- Danny Moon
- Jackie Warner
- Phil Williams
- Holly Hollman
- Carol Malone

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Send Inquiries to P.O. Box 428, Athens, AL 35612, or call (256) 468-9425. Emails are preferred, send email to info@athensnowal.com

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Publisher's Point

A Eulogy For Elizabeth

For my entire life, Queen Elizabeth II has been on the throne of England, and as is the case with so many things, I didn't realize how much that meant to me until she was gone. She was in my life longer than my own mother, and when Elizabeth was coronated on June 2, 1952, at the age of 25, my mom made a birthday cake for my older sisters in the form of a crown made out of angel food, looked somewhat like the *Hallmark* crown, and was complete with gumdrops for jewels. This was a memory that was shared about a month ago at my mom's committal service by my oldest sister when she was remembering my mother's creativity, and it was the first time I had ever heard the story.

As is the case with every public figure, people either think they are a saint or that they smell like sulphur. My "point of this *Point*" here is not to debate whether she was a good queen or not, or why in the Western world we still have kings and queens. It is to give a eulogy, which is a Greek word that literally means "good word" about the things that consistently stayed "steady on" throughout her life, along with an appeal to add the UK to your prayer list.

If I were only allowed one word to describe Queen Elizabeth, it would have to be "duty." I cannot imagine dealing with living under that level of exposure and pressure to always do, be, say, eat, sit, wave, greet,



Princess Elizabeth



Princess Alice and her son, Prince Philip

parent, and walk my dogs in the "right way with proper decorum." And, she never wavered. She married the love of her life, Prince Philip, and while her kids and her sister blew up their own marriages, she stayed steady on. She loved him from the time she was 13. And, speaking of Prince Philip, his life, while largely in the background as the Prince Consort, serves to be a springboard for what I think is one of the most honorable aspects of his wife's reign.

You see, Prince Philip's mother was Princess Alice of Battenburg, and to this day she is revered in the nation of Israel with the highest honor, "Righteous Among The Nations." Princess Alice took a life of deafness and enormous emotional struggle and turned her pain into purpose. She was living in Athens, Greece in WWII, and sheltered a Jewish family throughout the war. She was interviewed by a suspicious Gestapo and used her deafness to pretend that she did not understand their questions, when the truth was that she was an expert lip-reader. She eventually became a nun, and she chose to be buried in Jerusalem. Prince Philip, now-King



Princess Alice of Battenburg

Charles, and Prince William made several unofficial trips to Israel, and William represented the Crown when he visited in 2018. This was a controversial move.

How does this all tie in with Queen Elizabeth, who never visited Israel, officially or otherwise? Well, it turns out that she desperately wanted to, but did not feel that she could as queen. That makes me sad. However, my favorite story about her, more than her courage during the Blitz in London or her vulnerability before Parliament wherein she used the words "annus horribilis" (horrible year) to describe 1992, is how she defied her staff's wishes and stayed until she heard the story of every Holocaust survivor in attendance at the 60th anniversary commemoration of

the liberation of Auschwitz. The late Chief Rabbi Jonathan Sacks described the unusual incident this way:

"She gave each survivor—it was a large group—her focused, unhurried attention. She stood with each until they had finished telling their personal story. It was an act of kindness that almost had me in tears. One after another, the survivors came to me in a kind of trance, saying: 'Sixty years ago I did not know if I would be alive tomorrow, and here I am today talking to the queen.' It brought a kind of blessed closure into deeply lacerated lives."

"A kind of blessed closure into deeply lacerated lives." May King Charles be the recipient of our prayers wherein he is able to do the same as he tries to fill some comparatively tiny, yet huge, royal shoes. God bless the Queen, God save the King.

Ali Elizabeth Turner

Ali Elizabeth Turner
Athens Now
Information & Inspiration
256-468-9425
ali@athensnowal.com
Website:
www.athensnowal.com



Remembering Lt. General Grange

by Ali Elizabeth Turner



The US Army Rangers are known for being tough, and “getting the job done.” But few in the history of the Rangers, which goes back to the Revolutionary War, could have ever matched the toughness of the late Lt. General David Grange, who just passed away on September 11. Lt. General Grange served in WWII, Korea, and Vietnam. He enlisted in 1943 and retired in 1984, having served for 41 years. He was commissioned in 1950 after having completed Officer Candidate School, and his last post was as the commanding General of the 6th Army.

During WWII, Grange was a paratrooper, serv-

ing with the 517th Parachute Infantry Regiment. He was involved in the Rome-Arno, Southern France, Rhineland, Ardennes, and Central Europe campaigns. When the war ended, he was attached to the 82nd Airborne Division before going to Officer Candidate School.

When he was sent to Korea as a 2nd Lieutenant, Grange served as a rifle platoon leader with the 187th Airborne Infantry Regiment. After Korea, he was a Ranger instructor and also was an Army staff officer.

Lt. Gen. Grange faced down Vietnam and served three tours as an adviser. He first arrived there in

1963, before things heated up.

The 506th Infantry Unit said in their history that Lt. Gen. Grange is “highly decorated, with awards including the Defense Distinguished Service Medal; Army Distinguished Service Medal; Silver Star with two Oak Leaf Clusters; Legion of Merit with one Oak Leaf Cluster; Distinguished Flying Cross; Soldier’s Medal; 28 awards of the Air Medal with V; Bronze Star Medal with V and four Oak Leaf Clusters; Joint Service Commendation Medal with V; United States Army Commendation Medal with V and four Oak Leaf Clusters; Air Force Com-

mendation Medal; and the Purple Heart.” They continued with, “France has awarded him the Legion of Honor in the degree of Officer,” the history adds. “Korea has awarded Lt. Gen. Grange the Wharang Medal with Gold Star, the Kuksun Medal, and the Cheonsu Medal. Vietnam awarded him the Gallantry Cross with two palms and Silver Star, and the Military Honor Medal, First Class.”

Lt. Gen. Grange was so well known for his total toughness and physical prowess that the Army named a competition after him. In 1984, the “LTG David E. Grange, Jr. Best Ranger Compe-

tion” was started, and it’s still held every year. General Grange was chosen to be an inaugural member of the U.S. Army Ranger Hall of Fame along with the U.S. Army Officer Candidate Hall of Fame. He was selected as 1984 Airborne Trooper of the Year by the Airborne Association. He was also the 1994 recipient of the Infantry’s “Doughboy Award,” and was named an honorary Sergeant Major of the Army by the Association of the United States Army in 2016.

Lt. Gen. Grange was a “Ranger’s Ranger,” and we are deeply thankful for his service and his sacrifice. Rest in peace, sir.



Special Feature

Embrace The Opportunity To Be An Explorer In Athens And Limestone County

by Holly Hollman - City of Athens Communications Specialist



With their diverse assets, Athens and Limestone County offer numerous outdoor and indoor recreational experiences for explorers.

A new promotional video released by the City of Athens and Limestone Commission highlights the recreational opportunities awaiting those seeking adventures.

“We have an average of 4,000 people a day utilizing some form of recreation in Athens between our trail, team sports, rec center and other facilities,” Athens Cemetery/Parks/Recreation Director Bert Bradford said. “Still, there are programs people are not aware are available, like archery, so this video is an excellent way to promote what all we offer. We can also use it when we are pitching the Sportsplex as a site for state and travel tour-

naments.”

Limestone County reports similar numbers of people utilizing their recreational attributes such as trails, water recreation, and camping.

The Alabama Mountains, Rivers & Valleys Resource Conservation & Development Council approved a grant for the project in 2021. RC&D funded \$4,000, and the City of Athens and Limestone County allocated \$1,500, each.

John David Crowe with Innovative Media Pro spent nearly a year capturing footage of trail users, children playing in parks, families taking kayak and canoe trips, golfing, and other activities. He combined the footage into an 11-minute video, and is working on a few shorter segments for use on social media.



The City and County are free to share the videos on their websites and social media sites, and to work with RC&D, Athens-Limestone Tourism and other groups to distribute them.

“This will help us educate our own citizens about what recreational assets they can explore, and it will also allow us to attract visitors to our community,”

said Holly Hollman, grant coordinator/communications specialist for Athens.

Hollman worked with Limestone County’s former Director of Community Relations/Grants Michelle Williamson on the project. Williamson said the County in particular wanted to highlight water recreation on the Elk and Tennessee Rivers, as well as camping at Cowford.

The video, released during a Council meeting on Monday, states, “Some adventures are exhilarating. Some journeys are leisurely. Let our opportunities speak to you, and let your exploring spirit answer.”

The video is available on YouTube on the CityofAthensAla channel and on other Athens and Limestone County sites.



Photos courtesy - John David Crowe

Calendar of Events

We Want Your Story September 17

We invite you to share your own thoughts in your own words and voice for our newest podcast series "Alright Athens." Relate a memory. Share an idea. We welcome all ages, all voices, all viewpoints.

Guidelines for Submissions available at www.alcpl.org

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 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

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

FB: 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 march 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 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 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.

DAR Promoting Patriotism in our Youth

by Carol Malone, publicity, John Wade Keyes Chapter, DAR

On Monday, September 19, two local youth groups will be performing in the annual Constitution Day celebration at Athens State University. Members of The Children of the American Revolution (CAR) and local Boy Scout groups will help open the program with the ringing of the bells, a tradition in celebration of the signing of the U.S. Constitution 1787. The second youth group to be featured is the Athens High

School Concert Choir performing patriotic songs, including The Star Spangled Banner.

The program will be held at 1 p.m. in McCandless Hall at Athens State University and is free to the public. Dr. Jess Brown, Professor Emeritus at Athens State will be the guest speaker.

The Daughters of the American Revolution (DAR) initiated the observance by petitioning the U.S. Congress in

1955 to dedicate September 17 – 23 of each year to the commemoration of Constitution Week. Congress adopted the resolution and on August 2, 1956, President Dwight D. Eisenhower signed it into Public Law #915.

The celebration's goals are threefold: to encour-

age the study of the historical events that led to the framing of the Constitution in September 1787; to remind the public that the Constitution is the basis of America's great heritage and the foundation to its way of life; and to emphasize U.S. citizens' responsibility to protect, defend and preserve the

U.S. Constitution. Youth have participated in the annual program since its inception.

This event is jointly sponsored by the John Wade Keyes Chapter of the DAR in Athens and Athens State University. For additional information, contact Pam Porterfield at 205-789-2294.



Pictured with Patrice Donnelly, Alabama State DAR Regent from Birmingham, attending last year's program is Xander Fontaine a student from Jacksonville, Florida, who performed flawlessly... and brought down the house... 8.5 minutes of Patrick Henry's "Give me Liberty or give me death" speech.

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“Fall” Toward Caring

by Ali Elizabeth Turner



It had been a full week and then weekend, and Mayor Ronnie was just back from out-of-town baseball games for his grandson Quinton’s leagues. We were sandwiched in between two very important meetings, and I was glad that the topic of this *Ronnie* came easily. It all centered around fall being portrayed not through the lens of football or any other sport, or even the festivals that have put Athens on the map for years. It was about the season being about caring, especially as it pertained to fighting cancer. September and October both focus on raising awareness and support for a number of different cancers. They include childhood, prostate, gynecological, lymphoma, leukemia, thyroid, and breast.

In case you are new to the area, this town and county are fierce fighters of cancer. Every type of fundraiser that can be imagined is dedicated to fight this horrible disease which has become like a plague. They include 5Ks, 10Ks, fishing tournaments, BBQs, and more. Our city lost two dearly beloved public servants to cancer this year: Cathy Cothren,



who worked for the Athens Police Department and volunteered for everything, and City Councilman Frank Travis, who did everything from training people at Brownsferry in the art and science of running a nuclear reactor, to dancing, singing, and acting. Tears still flow when people mention their names, and their lives and grace in their final battle make us want to battle all the more.

Once, when Cathy was still with us, Holly Holman took her to the doctor in Huntsville, and on that trip found a quite moving poem that helped her and has helped others, including me. It reads as follows:

*“Life is amazing.
And then it’s awful.
And then it’s amazing again.
And in between the amazing and awful,
it’s ordinary and mundane and routine.
Breathe in the amazing,
hold on through the awful,
and relax and exhale during the ordinary.
That’s just living heartbreaking,
soul-healing, amazing,*

awful, ordinary life.

And it’s breathtakingly beautiful.”

Mayor Ronnie asked about the Travis Manion 5K and how it went. Cathy was always the first one there as a volunteer, and the last one to leave, and she was honored this year. And, the tears did flow. For the sixth year in a row, I did the 5K and had the privilege of walking it with Thad Forester, the spokesman for Travis Manion this year in our city. He lost his brother Mark in Afghanistan in 2010, and wrote an Amazon bestseller entitled *My Brother In Arms: The Exceptional Life Of Mark Andrew Forester, Air Force Combat Controller.*

In addition, Big Spring

Park was once again the site of the Eli’s Block Party/Superhero’s Day, and the superheroes were out in full force. The kiddie train wound its way around the east side of the park, and watching the kids interact with the superheroes was a total delight.

Our city and its mayor are also known for being committed to rid us of litter, and the LDS church and the Athens Baseball team were involved in organized trash pickups.

The 30 minutes flew by, and it was time to both pray that the community would “fall” into caring, and for the leadership of our city and county. So, pray we did, and then it was time for Ronnie to roll.



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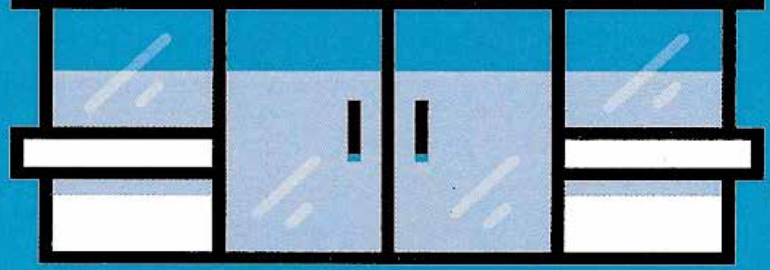
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Be Wary When Government Knows Best

by Phil Williams



My wife and I have been married for almost 36 years! To this day, she is still my best sounding board, and a lot of what happens on *Rightside Radio* comes from her input as well. We agree on most everything. Except one thing: she likes so-called almond milk and I just find that to be repulsive.

Almond milk? There ain't no udders on an almond! Me personally, I prefer good ol' moo juice, the natural result of cows being milked by our friends in the dairy business. Just good ol' milk milk. Almond milk is a charlatan's product in my view. Some kind of hippy Pacific Northwest vegan nonsense. Well, except that my lovely wife who's as conservative as anyone I know drinks it every day.

But here's the thing, she and I both clearly know what it is. We see the packaging that calls it "milk" but we know it's not milk per se. All God's children know that almond milk comes from mashing up nuts and making nut juice. In fact, I would warrant that the vast majority of almond sippers across the whole wide world knows that almond milk (despite its name) comes from almonds, and not from cows that ate a bunch of almonds.

But in an ever increasing need to justify their existence, it appears that bureaucrats in the federal government have determined that Americans need their help understanding what lurks in those almond milk cartons. You guessed it. There is consideration underway now in the halls of government to literally ban the use of the word "milk" in any product that does not come from cows. The FDA is considering regulatory action because ostensi-

bly no one can figure it out on their own.

Fears in government circles are that such a misnaming could cause widespread deception. Whole segments of modern society could crumble under the myth of almond milk. Innocent people could perish under the mistaken premise that almonds have infused the nectar of cows! It is therefore imperative in the minds of bureaucrats that action be taken to defeat the frightening fraud of the nut pushers who perpetrate this greatest and most dangerous of hoaxes upon a gullible and unprotected society: to wit, the crisis of almond milk being confused for milk milk.

Once the almond growers who have been at odds with the greater good have been quelled, I'm sure that government will turn next to address those rascally soy farmers and their so-called "soy milk." Coconut milk perpetrators, you're next.

Absolutely no kidding aside, when a government becomes so bloated that it has to make up reasons to justify its own existence, then we have let government run amok. The almond milk crisis is living proof that we have let government bloat itself at our expense, and it literally has to look around for the

next thing to do because it must justify its reasons for being so big.

Now, I know and believe that there is a proper role for government. Our foundational documents outline it clearly: to provide for the common defense, promote the general welfare, establish justice, and ensure domestic tranquility. But tell me where "almond milk" falls into that list.

When government becomes so big that it begins to establish itself as the entity that knows what you need whether you know it or not, on every detail of common living, then we have crossed over into dangerous territory. But we are seeing that play out before our very eyes right now and on multiple fronts.

Just in the last few days, Governor Gavin Newsom of California went into what was an obviously well air-conditioned studio wearing a fleece jacket to tell his citizens that they must turn their thermostats up to 78 degrees to save the planet. I'm pretty sure he wasn't turning up his own thermostat as evidenced by the fleece. Nothing new here from Newsom. He is the same governor that has been extolling environmental policies and green energy

solutions that have now put his state's economy in jeopardy.

Warnings of rolling blackouts are being broadcast in the Golden State. Why? Because the California power grid cannot sustain current demand...the power grid that has been gerrymandered into its current configuration to chase green energy policies because big California government knows best.

The same green energy government-knows-best policies have mandated that 100% of the vehicles sold in California will be electric by 2035, with phased milestones between now and then. So the grid that can't keep the lights on is going to be ready for millions of vehicles to plug in daily to upcharge their batteries? Right.

But they're not wrong, you are. Government knows best. It's not a question of any errancy in government policy. The real problem lies in the fact that you won't turn your thermostat up to 78 degrees and sit around sweating in your underwear and sticking to your furniture. They are government. They know things and they will help you to understand that they only want to make your life better, albeit in their way.

There's an old saying that a government big enough to grant you freedoms is also a government big enough to take them away. I would suggest also that a government big enough to create a problem and then tell you that you have to do your part to create the solution which by necessity means conforming your behavior to the government's desired end state...well, you get my meaning.

Government can declare your business nonessential and shut it down.

Government can change election laws by fiat and then tell you not to question.

Government can mandate a

shot or you lose your job.

Government can tell you at what temperature you should keep your home.

Government can tell you what kind of vehicle you must drive.

We cannot just sit idly by and say nothing. Big government is getting bigger by the day. Does it have some role? Certainly! Essential services are still essential. But we are not dummies - we can tell almond milk doesn't come from cows. We can also tell when certain policies are driving us into ruin.

What California is experiencing right now is the political attitude that only government knows right and wrong. The misguided notion that only government knows how best to accomplish the necessities of modern living, and that the people that big government serves are just too poor of heart, and depleted in intellect, to know what's good for them.

Yeah, well tell that to the vast number of California businesses and citizens who have left the state for greener and freer pastures. There is a reason why one of the most beautiful and resource-rich states in our great nation is hemorrhaging people, and it's not because the ocean views aren't wonderful. California just lost a seat in Congress because its government kept telling the good people of California that the average citizen can't make sound decisions without government telling them what to do. And so the people have left, and the lights are being turned out, and the thermostats are being turned up to 78 while the governor wears a fleece jacket.

Foolishness like that means that almond milk will soon be labeled as almond juice.




Slinkard On Success

“R” Is For Results

by D. A. Slinkard

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



For this article, we are to letter “R” and our word is “Results,” and we must understand that life is all about getting results. As I have written before, we get results every day, and sometimes it is what we want while other times we get what we do not desire. However, we must realize that every day we are either moving closer to who we want to be and what we want to accomplish, or we are moving farther away. What about you? What direction are you heading in with your life? Are you even keeping track?

I have found that too many people are not keeping track of what results they are getting and too many people are drifting in life. The wind will blow them in one direction for a while and then the winds shift, and they become blown in a completely different direction. Where are you headed? Are you just drifting? Far too many people in society are drifting out of control because they sometimes focus too little on obtaining results.

Everyone has what they would deem to be their ideal life, and some people are able to achieve what they want their life to be. Others are not able to, and I believe it is because sometimes life takes work. We have some people in our society who are lazy but who have an idea what they want to be, however, when it comes time

to put forth effort, this is where they shy away from the work. Why? They feel overwhelmed. We have an entire generation growing up that when life gets tough, instead of gearing up, they just give up.

Life is not about giving up but getting up. One could look at the life of Abraham Lincoln and prove this concept to be true. Too often we only look at a person’s successes and do not even take the time to think about their failures. Abraham Lincoln was more than just our 16th president of the United States of America. We could learn a lot by the perseverance he showed in his life. In case you are unaware, he was defeated for the state legislature in 1832; failed in business in 1833; had his

sweetheart die in 1835; had a nervous breakdown in 1836; was defeated for the House speaker in 1838; was defeated for nomination for Congress in 1843; he lost renomination in 1848; he was defeated for U.S. Senate in 1854; he was defeated for nomination for vice president in 1856; and again defeated for U.S. Senate in 1858.

In case you did not count, these were 10 failures that Abraham Lincoln personally dealt with. He was not getting good results, but instead of giving up, he kept getting up. The Bible says in Proverbs 24:16, “For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.” There is a lot we can learn from God’s word, and this is a great lesson. When you obtain

the results you are not looking for, you must keep getting back up.

Persistence beats resistance and we see with Abraham Lincoln that his persistence enabled him to win the presidency in 1860. Lincoln’s life is an example for everyone to see and understand that we are always getting results, sometimes positive and sometimes negative, but it is all about how we respond to these results. Lincoln had every reason imaginable to get mad, to get upset, to want to give up and give in. Did he? No, not at all. He kept on working to get the results he wanted even when others would have given up.

Where are you at in your life? Have you had some failures and some setbacks? Have you started

feeling sorry for yourself? If this sounds like you, I want to encourage you to change your way of thinking. If you have not gotten the results, you are looking for, what things do you need to do differently? It is imperative to keep track of the results we are getting on a regular basis to improve who we are as individuals.

This is called growth, and if you are not growing, then you are dying because dead things do not grow. What are the results you want to achieve versus what you are achieving? When we identify where we are versus where we want to be, this is how we are moved to make a difference and get the results to generate success in our life.





Clean, Green And Beautiful

KALB... The Dedication Just Doesn't Stop

by Lynne Hart, Keep Athens-Limestone Beautiful

It's been a difficult few months. This is personal with me. KALB has been in my blood since I accepted the position of director in September, 1999. I have lived and breathed this organization and watched it grow and change into what it has become. The community recognizes the organization and most people know something about the many ways KALB serves the community.

I was so pleased when Leigh Patterson decided to accept the director position when I retired in 2020. Leigh had been working at KALB for 7 years and took over without missing a beat. Last spring, Leigh was pursued by a company that offered her a position she could not refuse. I couldn't be happier for Leigh. She deserves what she was offered.

For months now, we have struggled to find a director who is willing to do what is needed to uphold the fine reputation this organization has established. A reputation put in place through very hard work and dedication by staff, KALB commission members, Beautification Board members, and all who support the organization. Leigh and I have done all that we can do to keep things moving along until we find someone with the



right set of skills and leadership ability to take the wheel and carry on.

Leigh and I have now officially joined the KALB Commission so, even though we have other jobs and commitments, we can help lead the organization into the future. We were talking about past staff members who have joined the board in order to stay connected with KALB.

Vicki Toney was the recycling coordinator for many years and retired quite some time ago. Vicki served on the recycling board and continues as a KALB Commission member. Bonnie Foster was KALB secretary for several years, retired, and joined the KALB Commission. Marilyn Ford was also secretary for several years, and upon retir-



ing, continues to this day volunteering and is currently filling in at the office. We have KALB Commission members who have continued to serve for many years. It truly is a fun and dedicated group of people!

This tells me we are do-



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

ing something right. I have no doubt we will find the right person to take the role of director and lead this organization into a bright future.

So it seems that once you are part of KALB, the love of the organization and the work we do stays in your blood. It is truly contagious! We are seeking new KALB Commission members and would love to talk with anyone who may wish to have more information. You can send an email to KALBCares@gmail.com or call 256-233-8000 to let us know you'd like to be contacted. We'd love to tell you all about KALB!



Cooking with Anna

To-Do List

by Anna Hamilton

I love making lists! No, I mean, I really love it. We are getting ready to go on vacation in a few weeks and I am having to hold myself back from making my packing list for the trip. I make lists for everything: vacation, groceries, housework, projects. I love the organization process. I love to see it all written out in perfect detail, a perfect little step-by-step list of what needs to be accomplished.

So why not make a list for my Christian life. A blueprint, if you will, for what to do every day. Seven little things to do make my walk with Christ easier and help me be the best Christian I can be. So here are my 7 to-do's that help me.

Number 1: Wait patiently -- God tells us on numerous occasions that we are to wait for God's promises to be fulfilled. Everything is always made

perfect in God's timing. Patience is a virtue, after all, and learning to relax and wait for God's gifts is number one on my list. "Wait for the Lord; be strong and take heart and wait for the Lord." Psalm 27:14

Number 2: Have faith -- "Have faith" is such a simple phrase but it carries so much weight. Placing your faith in Christ does not mean that we are just to sit back and let things happen to us. It means that we work hard every day to be the best Christians we can, having faith that God will help provide for our needs. There have been numerous times that we weren't exactly sure where the money for the electric bill was going to come from, but lo and behold, a job would come

continued on page 23

7-Layer Dip

Ingredients:

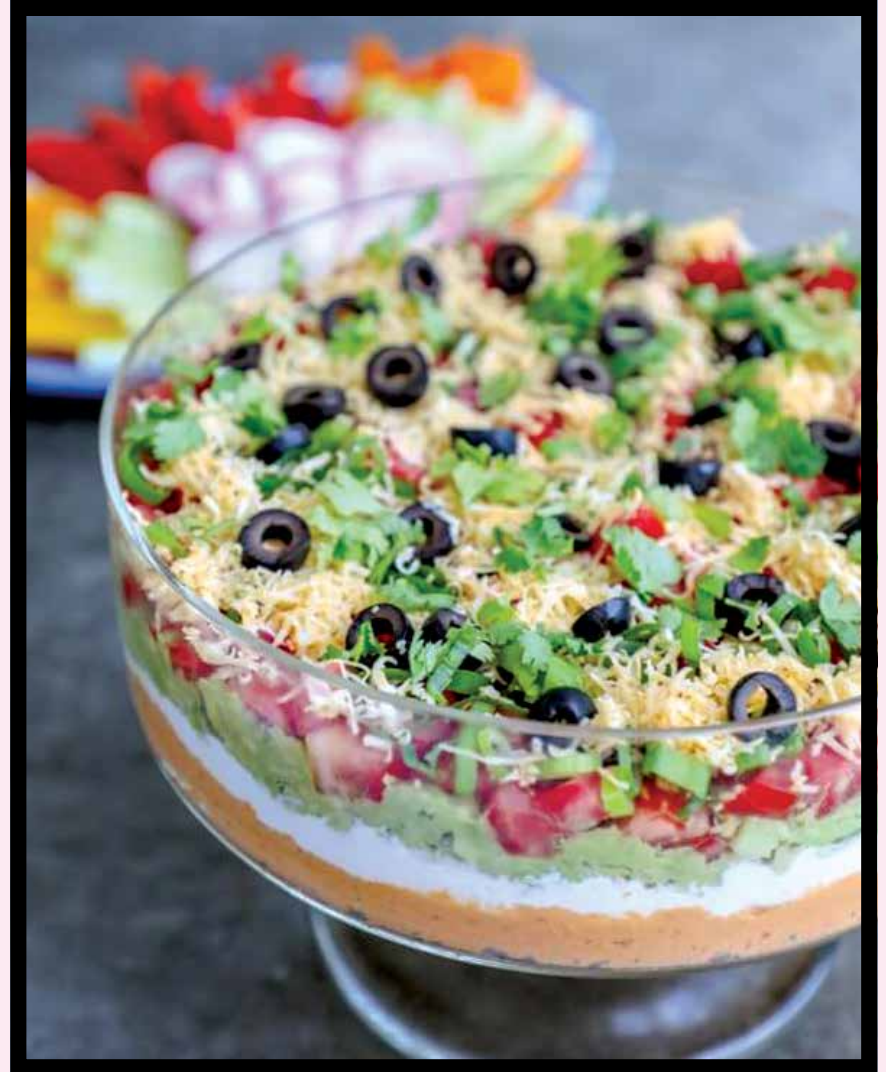
- 1 lb. ground beef, cooked and crumbled (shredded chicken is also delicious)*
- 1 pkt taco seasoning*
- ½ cup crushed tomatoes*
- 12 oz sour cream*
- 12 oz guacamole*
- 12 oz pico de gallo, drained*
- 1 ½ cup Mexican cheese blend*
- 1 ½ cup lettuce, shredded*
- 4 oz sliced black olives*

Directions:

Feel free to add green onions, corn, black beans, or any other toppings your family enjoys.

Brown your ground beef and drain off any fat. Once drained, return to pan and add taco seasoning and crushed tomatoes. Simmer until warmed through.

In a 9x13 pan, layer meat, sour cream, guacamole, pico, cheese, lettuce, and olives. Serve with your favorite tortilla chips or vegetable dippers.



How Foods Are Broken Down

by Danny Moon

You could call the digestion system amazing. Your body takes whatever morsel of food you give it, breaks it down, brings out all the nutrients it can, and discards the waste. It's an astonishing example of chemistry in action, and it happens every 24 hours.

Our body relies on three major types of food -- carbohydrates or carbs, fats, and proteins. During digestion, these three types of food are broken down by the same type of chemical reaction called hydrolysis. Hydrolysis is the breakdown of a compound when it reacts with water. Let's take a look at how each type of food is broken down.

Carbohydrates are found in vegetables, fruits, dairy products, bread, and candy. They're polymers or molecules built from repeating units called monomers. You can think of a polymer as a chain and monomers as individual links.

Sugars, starches, and cellulose are carbohydrates. Sugar molecules are the simplest type of carbohydrates. These sugars can be made of one or two units, known as monosaccharides or disaccharides.

Glucose is a common monosaccharide. It's a component of table sugar, starch, and cellulose, the main component of green plants. When we eat food that contains glucose, our body uses

it to produce energy.

Glucose is the only sugar used by brain cells. Eating the right kind of carbohydrates provides the glucose that helps our brains work properly. But that doesn't mean you should consume tons of soda and candy. You'll get a quick boost of energy, but then your body releases insulin to vacuum up this flood of simple sugars for later use. Soon after this process, less glucose is available to your brain making you unable to focus.

A common disaccharide is table sugar or sucrose. It's made of the combination of a glucose molecule and fructose molecule through a type of chemical reaction called condensation polymerization. This is the opposite of hydrolysis because a water molecule is released instead of being used in the reac-

tion. During digestion, sucrose is broken down through hydrolysis.

Complex carbohydrates are found in fruits, and vegetables, whole grains, bread, pasta, and dairy products. Starch is an example of a complex carbohydrate. It's commonly found in potatoes, corn, and rice. Starch consists of thousands of individual glucose molecules bonded together. Breakdown of starch starts moments after you take your first bite of food, thanks to an enzyme called alpha-amylase found in your saliva.

Next, let's talk about enzymes for a second. Enzymes help speed up chemical reactions and play an important role in digestion. One of the reactions they speed up is hydrolysis. This helps break down large molecules too big to pass through the intestinal

wall into the blood.

Enzymes help break down big molecules such as carbs, proteins, and fats into smaller ones that are easily absorbed into the bloodstream -- the simple sugars that come from carbs, the amino acids that come from proteins, and the fatty acids that come from fats. This brings us to the second main food type, fats.

Fats are triesters composed of carbon, hydrogen, and oxygen atoms. A triester is produced through the chemical reaction of three fatty acid molecules with glycerol, a molecule that contains three hydroxyl groups. When fats are broken down, these fatty acid chains and glycerol are free for the body to use.

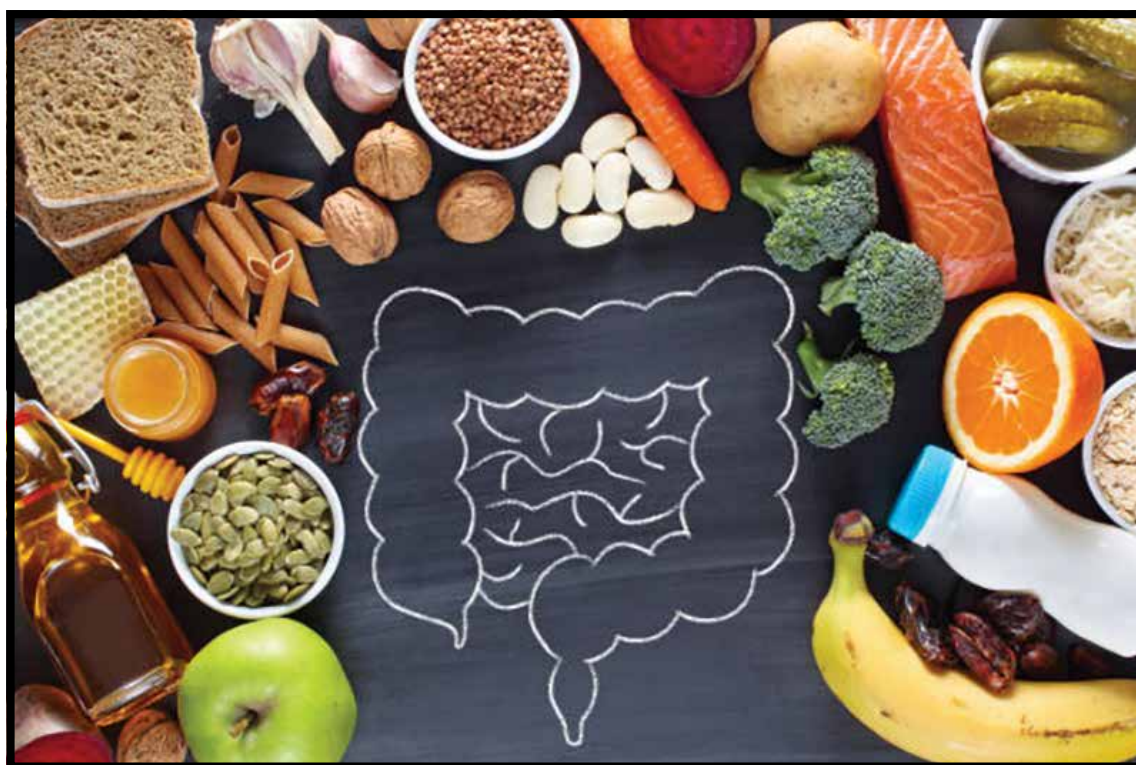
Fatty acids are essential to constructing cell membranes. Our body contains about 100 trillion cells. So you can

see why fatty acids are so important. Fats are also a great source of energy. They produce twice as much gram-for-gram as carbohydrates or proteins.

The third food group consists of proteins. Proteins come from animal sources such as chicken, fish, and dairy. And from plant sources such as grains, seeds, nuts, and vegetables. Proteins are made of repeating units called amino acids, which are held together by peptide bonds. During digestion, proteins are broken down into amino acids through hydrolysis.

The amino acids dissolve in our blood and are carried to tissues and organs. There, the amino acids are either used as a source of energy or are assembled into proteins through condensation polymerization. These newly made proteins are used to make hormones, bones, muscles, skin, and blood.

The digestive system is elegantly simple, yet mind-boggling in its speed, efficiency, and complexity. Best of all, after you swallow your food, this amazing disassembly line is involuntary, and all the chemical reactions involved in digestion are variations of the same type of reaction, hydrolysis. So the next time you eat, think about how the chemical breakdown of food is so elaborately simple, no matter what type of food you're eating.



The 55th Tennessee Valley Old Time Fiddlers Convention: *Time Again For Strummin' And Hummin'*

by Ali Elizabeth Turner

continued from page 1

Limestone on October 6-8.

Besides all the authentic old-timey music, singing, dancing, food, arts, crafts, and new as well as renewed friendships, the purpose of the convention is to raise scholarship money for Athens State University students. People come from all over the country and sometimes other nations to attend, and there is even an Airstream Rally. "Airstreamers" who wish to come and stay for the festivities can get more information on the rally at athensairstreamrally@gmail.com, and each year, some convention attendees stay through for the Storytelling Festival. It is not at all unreasonable to plan on upwards of 12,000 people attending, and there is a reason that it is referred to as the "Granddaddy of Mid-South Fiddlers Conventions."

I spoke with Athens State's Director of Marketing Chris Latham, who along with a hardworking crew from Athens State University, several generous community businesses, individual donors, musicians, and more, has worked since last year to make the 55th convention better than ever. Chris told me that there has been a significant jump in prize money, and this year there will be a record total of \$47,350 awarded. The presenting sponsor is Aetos Systems, and once again Bank Independent is making it possible for convention attendees to win \$500 on Thursday night, \$1,000, on Friday night, and \$1,000 on Saturday night.

There have been a few changes, one being a slight ticket price increase. Tickets for Friday only are \$20, the same for Saturday only, and

the whole weekend is \$25 for adults. Kids under 12 with a paid adult are free. The ticket is good for all convention entertainment, events, and activities, as well as the opportunity to enter one competitive category.

Starting Thursday night at 7:00, there will be the annual free concert, and no admission ticket is required. This year's performers are Darin & Brooke Aldridge. The featured performance for Friday at 5 p.m. is the group Balsam Range, and at 5 p.m. on Saturday it's Rhonda Vincent & The Rage.

There have been some changes this year in the categories of competitions. There will be 8 awards given in each category instead of 5, with a cash prize given for each. There are 20 categories of competition, which besides several fiddle and guitar categories, also include harmonica, mandolin, bluegrass banjo, Dobro, dulcimer, old-time singing, old-time banjo, and Appalachian buck dancing. A few categories have been discontinued, which are beginner musician, junior and intermediate fiddler, and fiddle-off. There have also been some additions, which are beginner banjo, mandolin, and guitar, along with the Tennessee Valley Fiddle Champion.

In 1967, the popularity of two local fiddling contests was so great that they merged and the Tennessee Valley Old Time Fiddlers Association (TVORFA) was formed, leading the way for years of entertaining competitions. As serious as the competition is, what makes this weekend so wonderfully different is the spontaneous formation of unofficial, impromptu groups who get together to jam. For years now, as I have walked through



the ASU campus, I have listened to people say things like, "Next, we're doing 'Angel Band,'" and sure enough, they just move on into that classic song with more to follow. Another feature I have noticed over the years is how the older, more experienced musicians welcome and mentor the younger ones. People are free to walk up and join along by singing or playing, and sometimes stay for hours, or move around to other groups.

What else is there besides an opportunity to be immersed in a musical art form that is uniquely American for two days? Well, there are all kinds of handcrafted and artisan wares, jewelry, quilts, books,

wooden toys, artwork, coal-fired iron work, and several handmade instruments. And then there is the food. Every type of food vendor and truck will be on board to feed the attendees.

Everyone needs to bring their own lawn chairs, rain gear, and umbrellas in case the weather is uncooperative and, hopefully, that won't be necessary.

This year, more than ever, you and your family need to plan on attending the 55th Annual Tennessee Valley Old Time Fiddlers Convention from October 6-8. Why? Because

it will get you hummin' and strummin', and just feeling better all the way around. See you there soon!

Tickets can be purchased online at www.TVOTFC.org or www.eventbrite.com.



Saturday night at Fiddlers will feature Rhonda Vincent and the Rage

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Athens Alehouse & Wine Cellar Athtoberfest 2.0 2022

by Ali Elizabeth Turner

continued from page 1

ful that they are calling this year's event "Athtoberfest 2.0."

I attended last year, enjoyed sitting on the street with friends, and celebrated the fact that we could all be together again. People brought their own lawn chairs, which is a good idea to do again for this year's festivities that will be held from 2-10 p.m. on Saturday, October 1. Washington Street was blocked off from S. Marion St to the railroad tracks, and will be so this year as well. There was a line that stretched down the street and into the POS (Point of Sale) inside the Alehouse, which is located in the old Razor's Edge Barber Shop location at 111 W. Washington in Athens, just off the Square. This year the POS situation is going to be ameliorated by having several POS stations in outside tents, along with the ability to pay with cash.

I told Ken that from my perspective, even standing in the long lines last year made things more festive, as people were enjoying being out

and social again, greeting each other and chatting while they waited. That would be in keeping with the "tradition of the tradition;" Oktoberfest having been started in 1810 when Bavaria's Crown Prince Ludwig married Princess Therese, and Germany celebrated nonstop for two weeks. Since that time, the largest Oktoberfest celebration in the world is held annually in Munich. In America, the very first Oktoberfest was held in La Crosse, Wisconsin, back in 1961, and the one held in Cincinnati draws 500,000 visitors each year. Cincinnati's, or "Zinzinnati" as it is known in Germany, is second in size only to Oktoberfest Munich. Ours will only be held for one day; so far, no weddings are planned (!) and there will be something for everyone. It is a family friendly event; something very important to Ken and Lori. Their kids will be there, and you can bring yours, too.

Hildegard's of Huntsville will be back and will have authentic German food available, including brats, kraut, and pretzels with beer cheese. The

Hildegard's staff will be serving in traditional lederhosen and dirndls. Other food trucks will be on hand, and there will be a total of 20 beers on tap, both German and domestic, from which to choose. In addition, there will be a wine rep present with wine imported from Germany especially for the occasion. While for most occasions Lori has charcuteries and other food offerings available in house, for Athtoberfest 2.0, the crowd will be too robust, and the food trucks will be the ones handling food service all day. Among them will be SnowBiz and Rocket City Poppers, with more to come.

This year, High Cotton Arts, which is literally a few doors down from the Alehouse, will be having a number of activities for kids. There also will be sidewalk art, and everyone can participate, not just kiddos. Kids will also have an opportunity to paint on a large blank canvas, and there will be life-size cutouts for "destination pictures," complete with the figures' bodies sporting Bavarian garb. Face painting will be available from 2-6 courtesy of Pi Beta. There will be a cornhole toss along with live music presented by DJ Zillion. Ken and Lori are searching for picnic tables for the event, and while there will not be enough for everyone, they will be available on the street on a first come, first served basis. There is also seating inside the Alehouse, as well as tall



stools and a standing bar on the outside.

Ken and Lori emphasized that the Athtoberfest event ends promptly at 10 p.m., and out of respect for the community that exists around the Square, people will be expected to safely head on home at that time. Mark your calendar for an event that is about celebrating love and building community,

and help Athens usher in autumn by attending Athtoberfest 2.0!

Athens Alehouse & Wine Cellar

111 W Washington St,
Athens, AL 35611
Hours: Tue-Thurs 4-9
Fri-Sat 4-10
Sun-Mon Closed

Prioritizing A High Standard Of Ethics

by Eric Betts

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



A critical part of understanding what it means to have influence as a leader revolves around character and ethics. Neil Kokemuller has been a college marketing professor since 2004, and a marketing and education writer. Kokemuller has additional professional experience in retail and small business, and holds a Master of Business Administration from Iowa State University. In his research, he has detailed how ethics and marketability coincides. He contends that the ethics of an organization has a direct impact upon the company's brand, and that this is truer today than any point in the past due to the internet. He suggests that covering up poor ethical practices may have worked in the past but not in the current environment in the digital age. Professor Kokemuller states the following:

The ethical nature of a business can enhance or degrade its brand in the same way an individual's ethics affect his reputation... Due to the evolution of the Internet and digital technology, companies have had to adjust to the reality that poor ethical choices routinely get discovered and lead to negative company and brand effects. Attracting and retaining core customers is usually more possible for companies that operate honestly and ethically in their business activities.

While one may agree that good ethics equals good branding, one should practice good ethics because it is just and right. The good reputation and marketability that comes from practicing proper ethics is a beneficial consequence that stems from doing what is right. One should focus on right-doing and trust that the good will follow.

Author, economics expert, and scholar Stan Mack also writes

about the important issues related to ethics. Mack has written for Houston Chronicle and USA Today on economics and ethics. Mack gives several examples of how an environment of low ethics affects a community. One notable example he offers deals with how businesses fail to respect the environment.

Some businesses unethically pursue temporary profits without considering the long-term impact of their actions on the physical environment. For example, if timber companies fail to plant trees to replace the ones they harvest, sooner or later the industry will destroy itself, as well as the world. Ethical businesses, on the other hand, recognize that sustainable practices maximize their future prospects and have the added benefit of minimizing environmental damage.

Mack contends that unethical business practices place everyone within a particular business setting in jeopardy. This ethical principle applies, for example, to the relationship between private for-profit water and wastewater delivery systems. Such private companies work in conjunction with municipalities who must place the public health and the environment above that of profits. Mack says bad ethics are on display whenever "a company is evaluating bids from several suppliers and accepts gifts from one candidate in exchange for the contract, this constitutes a bribe and unfairly eliminates other applicants from the bidding process." It also occurs when safety rules are violated due to shortcuts in order to meet demand for the sake of profit. Everyone involved may ultimately be placed in jeopardy due to either employee injuries or company damages. Mack refers to the

breach of public trust that occurs when "the bottom line" is the highest value. He refers to companies inflating fees and charges, in addition to billing clients for time they did not work, price gouging during natural disasters or crises, and failing to give customers all that they paid for. He cautions where such breaches may potentially lead.

They breach the trust of clients and the general public. Also, if companies knowingly sell inferior products or services, they violate ethical boundaries by fraudulently taking customers' money and potentially placing them at risk, especially if the products are dangerous or don't function as promised.

Mack also shows how bad financial ethics within a business environment hurt both employee morale and the reputation of the company. Mack applies the same for small or large businesses. Transparency is also an indispensable aspect of ethics within financial companies or any organization seeking investors. Livelihood, life investments, and retirement funds may be placed in jeopardy due to careless or intentional actions that are ethically irresponsible. Transparency is the window which allows others to make informed decisions that impact their lives for the future. Even if transparency exposes weaknesses or shortfalls within a financial institution, the company owes it to the community not to hide the truth of the matter. Hiding the truth is only a temporary fix that can lead to catastrophic results for both the company and the investors in the future. If investors can trust your truthfulness, they are more likely to trust your reliability in the future. Mack agrees that focus on profitability and financial success is not illegal or unethi-

cal, but when one compromises their duty to the community, it crosses the line. There is an invisible and unwritten contract between public organizations/businesses and the public itself. This should be understood and appreciated by those who have companies which serve the public interest. Mack says, "The public expects that the primary responsibility of employees and company management is to their customers, yet professionals sometimes place their personal benefit first or use their positions to gain favors or other perks."

The public is not expecting too much in assuming that a business has their welfare, safety, and health in mind, and it should not be considered as offering too much to the public by being honest and forthright in one's practices. The public assumes that they are equal partners in their interactions and exchanges and are disappointed when their personal welfare turns out to be less important than the personal benefit of the company management. They are disappointed when they feel exploited or manipulated due to their handicap, weakness, or ignorance.

Professor Kokemuller juxtaposes the idea of bottom-line profitability with the idea of bottom-line responsibility. He agrees with Mack on the idea of the unwritten public contract between the community and its organizations. He refers to the idea of bottom-line responsibility as social responsibility and views it as good business strategy. Social responsibility also goes beyond ethics as a business strategy and enters into the realm of community service and social uplift. He defines social responsibility as follows.

Social responsibility extends beyond basic ethics and em-

phasizes that companies act as good community citizens while also meeting shareholder requirements. Giving back to communities through philanthropy and active involvement in activities help companies meet the informal expectations stakeholders have.

Professor Walter Earl Fluker of Emory University, a professor of spirituality, ethics, and leadership, agrees with the concept of social responsibility in ethics. Fluker understands that this social responsibility is the spiritual side of ethics. Social responsibility goes beyond the legalistic perspective of ethics and introduces a spiritual dimension. He views this spirituality in leadership as revolving around leaders who view themselves as more than mere individuals but also as interrelated, interconnected, and interdependent members of the whole society. "What affects one directly affects another indirectly" is the idea. This spirituality goes beyond the rewards or risks of ethical behavior and discovers more of who we are as individual parts of a whole. Such spirituality views itself as indebted to the community because it has to a large degree formed who one is and what one has become. It understands that if one part of the community is hurt by unethical practices, we are all hurt. Whatever negative actions are inflicted on other members are inflicted upon ourselves in this reality. This spiritual side of ethics, according to Fluker, enables leaders to see themselves in other members of the community. This spirituality which Fluker identifies, "demands that leaders cultivate and nourish a sense of self that recognizes the interrelatedness of life or a sense of community in practical, everyday encounters."

Living Your Best You!

by Jackie Warner

Career Development Facilitator “Impact, Engage, Grow” Community Matters



Today is all about trends, fashion, and the latest looks on celebrity television. Yes, I like to shop just like most people do, but all those items are just our cover up. I was recently in a leadership meeting at work, and the question was asked “How do you want your leadership team to value what you bring to the table?” I thought about my answer and then shared with the group, “I desire my leadership team to authentically see me. As

a leader, it is imperative to know who you have on the team and really get to know who they are so you tap into the inner core of what makes them an asset, and then allow them to thrive in that space.” In my conversation with you this month, I ask you to think about how you show up to your life. Are you just existing or are you living your best you?

I am reminded of words from Ruth Simons’ ministry, “Given a choice, I’d rather go to a faraway country than clean out my own pantry. I’d rather dig wells for other people,

seeing progress and visible fruit, than work through math problems again with my child. Truth be told, sometimes I esteem the value of ministry to others over the often-unseen ministry within my own home.”

Her words are real and true. Often we step out of our own house and inner being for the sake of helping and doing for others, but have truly forgotten we will never get where we need to be without first “recognizing that our home is a mission field -- equal to a remote land or culture.” Yes, the

mission starts at home with self and family! When we recognize and tackle the work there, it provides real strength for the war out there.

God tells us in Jeremiah 31:25 that He satisfies the one who is weary and refreshes the faint. He is faithful to bring us through, to lift us up and restore hope and remove despair. Heaven cries out to us when we are hurting -- “This way through” not “This way out”! By nature, our flesh looks for the exit sign instead of the entrance sign.

Set your heart and your

eyes on Jesus. Without proper focus, we will never hit our target. Choose Faith instead of Fear! Jesus is your guide to finding and living your best you! Wishing you the best always.

Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

Email: thebridge.us@gmail.com

Check out upcoming events: <http://thebridge-us.yolasite.com/>



Sheriffs

by Deb Kitchenmaster

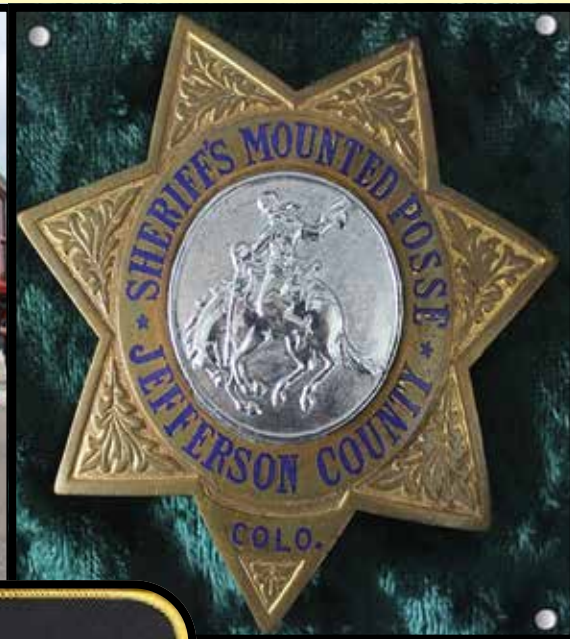


“We will appoint as justices, constables, sheriffs, or other officials, only men that know the law of the realm and are minded to keep it.” Patrick Henry.

What is the position, the authority, and the very presence of a sheriff in a county? The office of sheriff reaches well over a thousand years, from the early Middle Ages to present day ‘high-tech’. A sheriff is typically the top law enforcement officer of a county and an elected county official government agency. The sheriff’s office is generally active in all three branches of the criminal justice system: law enforcement, the courts, and corrections.

President Ronald Reagan in his address to the National Sheriff’s Association on June 21, 1984, said, “Thank you for standing up for this nation’s dream of personal freedom under the rule of law. Thank you for standing against those who would transform that dream into a nightmare of wrongdoing and lawlessness. And thank you for your service to your communities, to your county, and the cause of law and justice.” Sheriffs are the keepers, or chiefs, of the county.

Under King Alfred the Great (871AD), the sheriff was responsible for maintaining law and order within their own boundaries, yet every citizen understood their duty was to assist the sheriff in keeping the peace. If a criminal or escaped suspect was at large, it was the sheriff’s responsibility to give the



SHERIFF

alarm – the hue and cry, as it was called. ANY MEMBER OF THE COMMUNITY WHO HEARD THE HUE AND CRY WAS THEN LEGALLY RESPONSIBLE FOR HELPING TO BRING THE CRIMINAL TO JUSTICE. This principle is alive today in the procedure known as posse comitatus.

The role of the sheriff did not end in the taming of the Wild West. Today there are over 3,000 counties/parishes in the United States, and in almost every one there is a sheriff. Alaska is the only state in which the office of sheriff does not exist. Rhode Island sheriffs are appointed by the governor. And in Hawaii, deputy sheriffs serve in the Department of Public Safety’s Sheriff’s Division.

Many sheriffs enlist the aid of local neighborhoods in working to prevent crime. The National Neighborhood Watch Program, sponsored by the National Sheriff’s Association, allows citizens and law enforcement officials to

cooperate in keeping communities safe.

For those of you who have a computer, and a few moments visit the site of <https://ordros.com>, click “Go to public CVR” (CVR stands for cast vote records). These records are available to the public for asking or filing a FOIA (Freedom of Information Act) request. Lastly, click on “How to view the number we have for each state.” As of a recent check, Alabama has zero. Why? We have 67 counties. A county in California was receiving several calls requesting CVRs so they posted the 2020 results on their site and directed people to download from there. It appears that we the people of

Alabama are being denied what we are privy to if we want. A request for these records were made prior to September 3. That was the cutoff date for election records to be kept. Secretary of State John Merrill’s number is 334-242-7200. And Attorney General Steve Marshall’s number is 334-242-7300.

On Friday (9/9/22) Judge Greg Griffin dismissed a lawsuit against John Merrill and the Alabama Electronic Voting Committee. The lawsuit alleged that Alabama’s voting machines are unreliable and vulnerable to hacking attempts, which threatens the integrity of the upcoming November election. Steve Marshall, John Merrill, and

the members of the electronic voting committee were provided a video of an electronic voting machine counting counterfeit ballots. It was irrefutable that the machines were not functioning properly and there has been no concern shown from any of these elected officials. “Plaintiffs presented the world’s top cyber security experts who testified that Alabama’s electronic voting systems are NOT secure.” The plaintiffs will now turn to the appellant court and go from there.

Sheriff’s, thank you for being in our communities. Sheriff Joshua McLaughlin of Limestone County. Sheriff Kevin Turner of Madison County. Sheriff Kyle Helton of Giles County. And Sheriff Rick Singleton of Lauderdale County.

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*Animal B.E.S.T. practitioner
horsinaround188@gmail.com*

Stop The Self-Sabotage

by Lisa Philippart,
Licensed Professional Counselor



“Self-sabotage is when we say we want something and then go about making sure it doesn’t happen.”

- Alyce Cornyn-Selby

Few things are as painful and frustrating as getting caught in a cycle of self-sabotage. For example, maybe you tend to sabotage your relationships because of fear of intimacy or emotional vulnerability. Or maybe you sabotage your creative pursuits with procrastination. Whatever your struggle, self-sabotage is the result of an unhealthy relationship with your emotions. We all experience painful emotions but may get into the bad habit of trying to either fix or avoid the difficult feelings as soon as they arise. By constantly running away from uncomfortable feelings, you have taught your brain that it's not okay to have those feelings. This leads to a vicious cycle of feeling bad about feeling bad! Let's discover some ways to build a healthier relationship with your emotions.

Often, self-sabotage was started with an automatic behavior. (I don't like the word trigger, so I'll use prompt instead.) If you can learn to identify and anticipate your self-sabotaging prompts, you can often become more aware of the self-sabotaging patterns or behaviors. A prompt can be internal (a thought or emotion) or external (someone else's behavior). Here



are some examples: Your prompt for stress-eating may be the anxiety (emotion) you feel during a meeting. Your prompt for pulling back from a relationship might be your partner's suggestion to spend more time with family (behavior). Awareness of the initial prompts is one of the best ways to interrupt the whole process.

Another way to stop the self-sabotage is to practice validating painful emotions. Our default reaction is to avoid them, but while this may lead to feeling better in the short term, it's usually at the expense of your long-term goals and values. But the critical thing to see here is that the whole process begins with the following assumption: If I feel bad, I have to do something about it. Here's the weird thing about emotional pain...it can't hurt you. Shame or anger will

not cause your body to break down and stop functioning. Of course, how you respond to those feelings might be dangerous, but the feelings themselves are not. Emotional validation means acknowledging your emotions instead of avoiding them, critiquing them, or trying to get rid of them. It is doing something for yourself as you would do for someone else who was struggling with a difficult feeling. You would be compassionate, supportive, and empathetic. It's just a matter of taking a few seconds to extend the same kindness to yourself.

I believe that how we think determines how we feel determines how we act. So, if you can take responsibility for your mind/ thoughts you can take control of your emotions. In other words, it's not what happens to us that causes us to feel bad... it's how we think about

what happens that causes us to feel the way we do. Now to be clear, you can't control everything about your mind. For example, your boss says something critical, so you begin to worry. Sometimes thoughts pop into our mind. But you can control whether you continue to think about and worry on that criticism. So, if you want to control how emotional you feel (and as a result, whether you follow through on your goals or self-sabotage) the key is to focus your energies on what you can control. Things you can't control: other people

and random thoughts that pop into mind. Things you can control: your behavior and your attention.

Finally, the real problem of self-sabotage is that you aren't living the life you really want! It may be time to take assertive action on your values. Assertiveness means that you base your decisions on your values, not your feelings. I realize that this isn't easy, and part of the reason is because we often feel powerless in the face of strong emotions. Making time to clarify your values will motivate you to follow through on them. But if you ignore them because you are overly focused on how you feel (or want to feel) you're likely going to end up falling short of those values and falling into self-sabotage. I'm not saying you should completely ignore how you feel. I believe that you'll end up feeling a lot better if you stop using feelings to make decisions and use your values instead.

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

Lisa Philippart LPC LLC
NCC, BCPCC, BC-TMH
Licensed Professional Counselor
Living Life Counseling Center
44 Hughes Rd, Suite 1050
Madison, AL 35758
256.326.0909 cell
256.631.7898 office
256.542.3366 fax
urlifematters@hotmail.com or
Lisa.P@livinglifecounselingctr.com
livinglifecounselingctr.com





The Alternative Approach

Girl Talk And Feminine Factors

by Dixie Bell

Here's what's up. Statistics show that 80 percent of women are suffering from hormonal imbalances. That means you, sister! On top of that, there are so many women who have hormonal imbalances and don't even know it. They may attribute their tiredness, moodiness, or even significant health issues to their age or genetics. This simply isn't true. The underlying causes of hormonal imbalances are endless; however, today we will be looking at the top two underlying causes of hormonal imbalance and what you can do to balance them naturally.

What exactly are hormones? I feel like there are a lot of misconceptions about hormones and their purpose in the body, so let's cover that first. Hormones are your body's chemical messengers. They travel in your bloodstream to tissues or organs. Hormones are produced by the endocrine glands, which are special groups of cells. The major endocrine glands are the pituitary, pineal, thymus, thyroid, adrenal, and pancreas. In addition, men produce hormones in their testes and women produce them in their ovaries.



Hormones are powerful. It takes only a tiny amount to cause big changes in cells or even your whole body. That is why too much or too little of a certain hormone can be serious. Symptoms of hormonal imbalances include, moodiness, acne, infertility, chronic fatigue, PMS, depression, tender breasts, anxiety, low libido, weight gain, and the list goes on! I want you to know that you don't have to have these issues. Life is possible without feeling sluggish....or like you want to kill your husband. Balancing the hormones can seem like a daunting task, but it's so possible when you give the body what it needs.

Okay, we are finally get-

ting to the good part. What are the top causes of hormonal imbalances? From personal and professional experience, I've learned that stress is the #1 cause of hormonal imbalances. Here's what happens. Many people live in a constant state of stress -- family stress, job stress, feeling overwhelmed, dealing with anxiety, and fear of what's going on around the world. It's like a stress party that none of us want to be at. When we are in this state (even as little as once per day), stress hormones are released. When these hormones are being released on a daily or even hourly basis they are throwing off all of the other hormones in your body.

Hormones are very picky. They like balance. When one hormone is off even a small amount, it affects everything else in the body.

The second underlying cause to hormonal imbalances is poor diet and lack of nutrition. Diet plays a key role in the hormonal system. Food provides the nutrients we need to maintain healthy body systems, including reproduction, metabolism, and detoxification of hormones. Therefore, if we don't get enough of the right nutritious foods, our hormone balance can suffer. Again, the hormones run on a tightrope. Balance is so important to having healthy hormones. That includes eating clean and

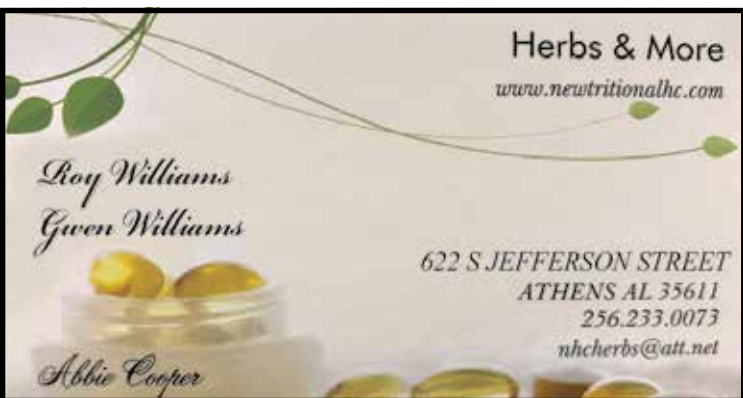
getting enough nutrition.

There are so many people who don't even know what it feels like to be in balance. They just blame their issues on everything except the actual root of the problem. Life is messy and busy. I know. Seriously, who has time to cook, exercise daily, all while doing this life thing AND trying to reduce stress? It's not an easy task.

So here's where to start. The Feminine Factors is a supplement made with a blend of herbs and nutrients that are going to support your hormones naturally. It's going to give your body nutrition while reducing stress, and balancing your hormones. I'm not lying when I say this stuff is a superstar. Not a day goes by that a woman doesn't come into our store just thanking us for this product because of the impact it's had on their lives. Isn't that why we're here? To help others and share the power of God's creation? Maybe this is your sign to give it a try! Use the coupon below for a 20% discount on our Feminine Factors!

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Blessings,
Dixie Bell



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Cooking with Anna (continued from page 13)

7-Layer Dip

by Anna Hamilton

continued from page 13

through and we would always have enough. Having faith leads to so much peace in your life. You know that you will be okay, no matter what. "For we live by faith, not by sight." 2 Corinthians 5:7

Number 3: Pray -- Just pray about it! Sounds simple right? Ummm, no! As a Christian, you would think that praying would be easy, it would just come naturally, but honestly it doesn't. I find myself struggling to remember to pray. When I am fully invested in my prayer life, I do honestly feel a closeness with God. It is just staying in the habit of prayer that I seem to struggle with. I need to do better with this part of the to-do list for sure! "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

Number 4: Think of others -- We are called as followers of Christ to put others first. Putting the needs of someone ahead of your own will bring you joy. We are to have the same mindset as Christ. He lived a life where he placed the needs of others ahead of himself, and we are to follow his example. "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." Philippians 2:3-4

Number 5: Trust in the Lord -- If you haven't noticed by now, you will by this point notice that all of these items on the list piggyback off of each other. When you wait patiently, have faith, pray, and think of others, your trust will be in the Lord. Having full trust in someone means that you know they want the absolute best for you and that is true of the Lord. He is our heavenly father, and he wants the best for his children. Trusting in the Lord, like the

other items on this list, offers you great peace. "Trust in the Lord with all your heart and lean not on your own understanding." Proverbs 3:5

Number 6: Read God's word -- My husband and I are on our second time reading through the entire Bible, and it has made such a powerful impact on our lives. Every night we read just one chapter. Seems simple, right? Well, honestly, it is! We decided to take our time, not rush, and go at our own pace. We have grown so much as Christians and have grown so much closer to each other. Reading God's word every day will truly change your life for the better. "All scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness." 2 Timothy 3:16

Number 7: Give thanks -- Is it easier to be thankful or to be ungrateful. Think about someone that is ungrateful and how miserable they are. Do you want people to think of you as someone who is ungrateful or thankful. Well, thankful, of course! Being thankful makes you a much happier person. You are able to see your blessings more clearly and truly see how God is working in your life. Be thankful! "Give thanks to the Lord, for he is good. His love endures forever." Psalm 136:1

I hope you add these 7 simple things to your Christian to-do list. It will help with your walk with Christ and I truly feel it will help bring you peace and happiness

Football season is here and sometimes it can be difficult to find something healthy at the tailgating party. Well, here is a great recipe that people will love and won't even know it is healthy! We love it and I hope your family does too. As always, feel free to adjust this recipe to make it your own!

"Delight yourself in the Lord and he will give you the desires of your heart." Psalm 37:4

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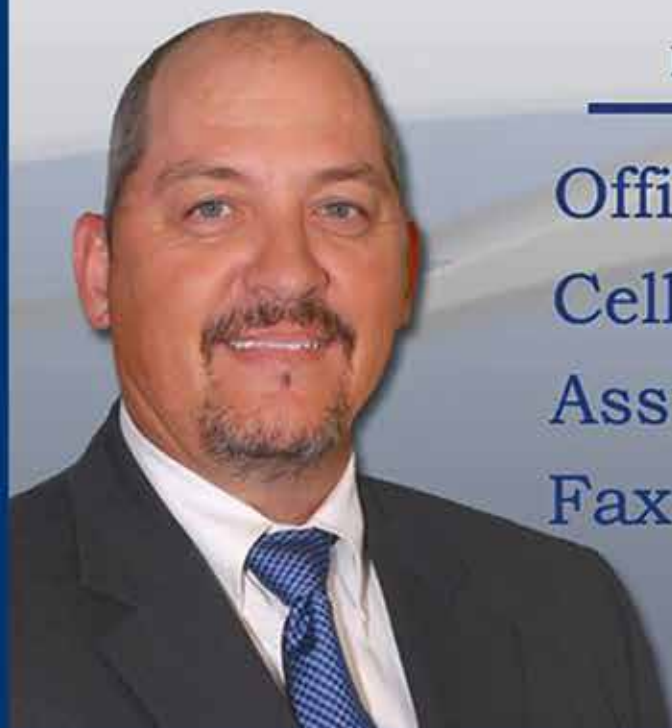
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It always seems impossible until it's done.

~ Nelson Mandela



ANSWER KEY:

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ON PAGE 32

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