

September 20 - October 3, 2024

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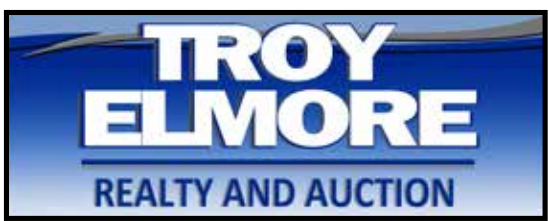


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Carissa's Corner



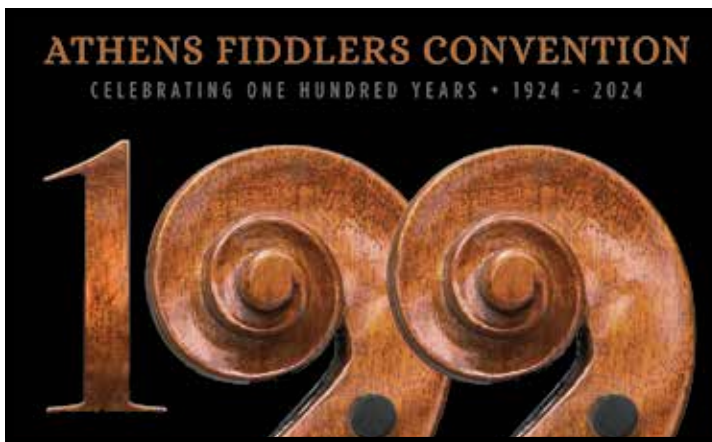
Teach Them to Serve...
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Truth Is Stranger Than Publicity: *Celebrating The Beginnings Of The Fiddlers' Convention*

By Ali Elizabeth Turner

In 1924, the original Athens Fiddle Contest was held in our fair town, and in 1926 the famed Delmore Brothers were among the

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Go Big Or Gourd Home...
We're gearing up to get a little dirty again! The Athens-Limestone Beautification Board is planning their fall...
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Cooking With Anna



What Are You Eating?...
I have focused on what I eat for as long as I can remember. How many calories is in that tiny bag of gummy bears? If I eat this apple now, will I...
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Financial Focus: *Vote For Solid Investment Strategies*

Courtesy of Edward Jones Financial

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will

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Publisher's Point

Lara The Lovely

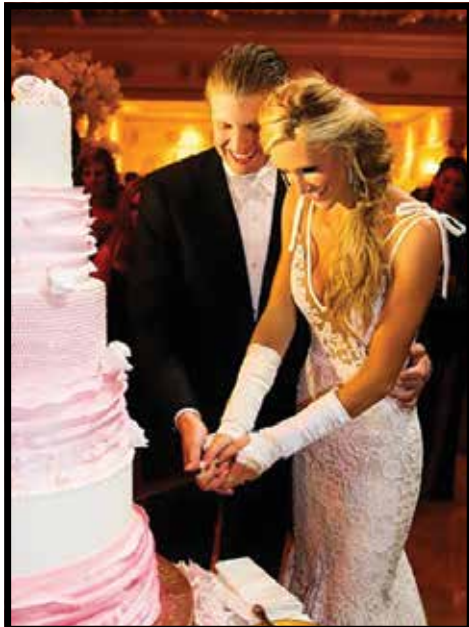
At the risk of sounding star-struck, I'd like to make this **Point** all about Lara Yunaska Trump, a truly remarkable young woman that I never expected to be physically near ever, let alone twice. The first time was in 2018, at a Trump Rally held in Nashville. She was "great with child," (as the Bible would say,) with her daughter Carolina, and as she spoke, I felt like I was hearing from the "girl next door" who also had a brilliant mind, a delightful sense of humor, and a genuinely sweet heart. She also happens to be stunningly beautiful, but that's beside the point.

A week ago, I had the true privilege of hearing her speak in Montgomery on the behalf of her father-in-law, Donald J. Trump, former president of the United States of America. You might be aware that he is running again for that position, and to say that he has put his life on the line to do

so would be an understatement.

With regard to her father-in-law, she spoke with genuine affection, respect, humor, and even an attempt to impersonate his voice. The impersonation would not win her any awards or a stage on Comedy Central, but she made it very clear that she loves the man. Lara credited him with helping her navigate what must be the surreal waters of becoming a member of one of the most famous families on the planet. At this fundraising dinner she made it very clear that never in her wildest imagination did she ever think her last name would be Trump.

I know that there is a common analogy in American English that if a horse throws you, you get back on, and in Lara's case, that is what happened to her three weeks before her wedding to Eric Trump in November of 2014. This was before the now iconic descent of her father-in-law down the golden escalator, his presidency, and all the aftermath of the 2020 election. Lara, who is an accomplished equestrian, got thrown and broke both of her wrists. For the wedding ceremony, she temporarily took off the soft casts from both her wrists, and then for the reception changed gowns, put the casts back on, and they were under some long fingerless gloves. You honestly could not tell that she was in pain, and to me, that was a fit-



ting symbol for what she described as yet another surreal moment; the FIRST time someone tried to kill her father-in-law.

In July, Lara had the TV on so she, Eric, Luke, and Carolina could watch "Grandpa" speak at a rally in Pennsylvania. Lara was making dinner, and had a carrot in one hand and a carrot peeler in another. As the shots were fired, she quickly distracted the kids and got them away from the TV. For obvious reasons, Lara absolutely did not want her children to potentially watch their grandfather die on national television. For the next hour she and her family tried to process what had just happened, and she told us with a lop-sided grin about the fact that she would never forget that moment, not the least of which was because she looked down an hour later and noticed that she still had the carrot and the carrot peeler in her hand!

She then, with her trademark grace, humor, and af-

fection, issued a call to action to those in the room to do everything in their power in the next few weeks to return her father-in-law to the White House. Mind you, this was just two days before a SECOND attempt was made on the man's life! I have a feeling, though, carrot, carrot peeler, or no, her resolve to fight for the country she clearly loves so deeply probably just skyrocketed. She may have been "thrown" once again, but I have no doubt she'll get back on that horse and ride well into an uncertain future. Irrespective of anyone's political position, this woman is a keeper, and I am glad she is in the fray with and for her family...and us. God bless Lara Trump.

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Beeper Bombs Humiliate Hezbollah

by Ali Elizabeth Turner



Well, in the latest offering from the “You can’t make this stuff up” department, what is being touted by people who are experts in psychological warfare as one of the most remarkable “psy-ops” offensives of all time has absolutely stunned Hezbollah in Lebanon and parts of Syria.

Members of Hezbollah had been required by their leadership under the direction of their party’s Secretary General Hassan Nasrallah to go “old-school” and use pagers and walkie-talkies instead of their cell phones so that they could not be tracked. Allegedly, 5,000 pagers had been ordered by the terrorist group whose motto is “Death to Israel” from a company in Taiwan that apparently first sent the order to Budapest where they were intercepted and the shipments were opened.

Small amounts of explosives were first placed in them and they were altered, programmed, and retrofitted to be detonated simultaneously. This is exactly what happened, and as of this writing on Wednesday, September 18, was still going on. It’s hard at this point to get a firm idea of the actual physical casualties and deaths, but estimates have been 21 dead and thousands injured.

There has been much speculation as to who is responsible. Perhaps it was Mossad. Or, it could have been a fascinating and obscure group of young cyber warriors that are known as Unit 8200, which is allegedly like the cyber-squad of our NSA.

Whoever it was, there are several things to consider as to long-term repercussions. Will Hezbollah retaliate any time soon? Can



they even do so? What happens in the minds of young men when they put their trust in leadership that has experienced such a disruptive defeat? Do they press on to jihad and self-martyring or do they flee further devastation? Will chaos and even mutiny occur as they seek answers from their lead-

ership? I am sure we will get at least a few answers soon. Until then, here is part of an article from *The Jerusalem Post*. Is the writer understandably impressed by what happened? I would say so. Is he crowing? Perhaps. Read this and decide how you would respond if you were literally surrounded by nations who live to see you destroyed, and then such a remarkable, unexpected victory happened simultaneously in two of those nations.

Let this be a warning to all those who would seek to do us harm: In the era of ubiquitous technology, every device can become a weapon. And those who would seek to destroy us

will always be met with the ingenuity, the resolve, and the technological prowess of the forces of freedom and justice.

This is not just a military victory, but a triumph of the human spirit over the forces of darkness. It is a reminder that as long as we have the determination to defend ourselves, the ingenuity to adapt, and the resolve to never forget the threats we face, we will always emerge victorious.

So let us marvel at this technological miracle.

Let us honor the brilliance of those who made it possible.

Bleepers-to-bombs; who knew, and what now?

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Calendar of Events

Silver Sneakers

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Silver Sneaker classes at the Athens Limestone Public Library are now meeting from 1pm to 1:45pm on Monday, Wednesday, and Friday. Classes open to all. Equipment is provided. Donations accepted. More info: 256-614-3530 or jhunt9155@gmail.com.

Fiddlers 5k and Fun Run

September 28

7:00am - 10:00am. 327 E Bryan St, Athens, AL. The Athens State University Alumni Association is hosting the Fiddlers 5k Race and Kids Fun Run event. Our USATF-certified race route (#AL23020JE) will begin and end at Athens State University and will showcase the historic district in Athens. The route will highlight historical buildings including the famed Donnell House and Beaty Mansion. Our FREE Kids' Fun Run will start and end on Athens State University's Campus and will be highlighted by an appearance from Hebrew the Bear. Find Registration and more info at <https://runsignup.com/Race/AL/Athens/Fiddlers5kandKidsFunRun>

Play Outside Day

October 5

Families everywhere are encouraged to get outside the first Saturday of every month and play in public parks, enjoy trails, hit the waterways, explore greenspaces and just play! Limestone County offers over 20 trails to explore including walking, cycling, horseback riding and kayaking – perfect for all ages. For more information: 256-232-5411.

Coffee Call

October 5

8:00am - 9:30am. Alabama Veteran's Museum, 100 Pryor St W, Athens, AL. Coffee Call Veterans and their families are

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.

invited for breakfast and fellowship from 8:00AM-9:30AM at the Alabama Veterans Museum and Archive (100 West Pryor Street in Athens). 256-771-7578.

Gettin' Dirty At The Library:

Rain Barrels

October 8

11:00am - 12:00pm. Athens Public Library, 603 S Jefferson St, Athens, AL. Limestone County Master Gardeners Association Lecture Series "Gettin' Dirty At The Library" Presents: "Rain Barrels" by Dan Pline. Free and open to the public!

Gettin' Dirty At The Library:

Composting

November 12

11:00am - 12:00pm. Public Library, 603 S Jefferson St, Athens. Limestone County Master Gardeners Association Lecture Series "Gettin' Dirty At The Library" Presents: "Composting" by Kathy Cook. Free and open to the public!

ServSafe Manager Training

October 14

8:00am - 5:00pm. The Launch Box, 121 S Marion St, Athens. Upcoming ServSafe Manager Training! Are you in the food service industry? Whether you work in a restaurant, daycare, nursing home, or hospital, our one-day ServSafe Manager Training and Certification is perfect for you! Check out more information at www.athenslaunchbox.com.

Senior Lunch Matinee Series

Third Thursdays Monthly

We are back to full speed with our third Thursday Senior Lunch Matinees and first Saturday Early Dinner Shows, already scheduled through Dec 2023. Public events most often will sell out in advance, welcoming attendees from 17 adjacent counties, and 2 neighboring states. Our Senior Lunch Matinees provide guests with a complete lunch including drink and dessert, and a one hour live show featuring one of our roster of 8 of the best regional oldies groups and performers in rotation throughout the year. E-mail reservations are required in advance for all Lunch Matinees and Early Dinner Shows. web: www.yesterdaysevents.com

FB: www.facebook.com/YesterdaysEventCenter



Teach Them to Serve

by Carissa Lovvorn



My heart ached each time I turned on the news during the past several weeks. The headlines were continually filled with violence, threats of treachery, and chaos that seem to bombard our children on a daily basis. It is hard to know exactly where to start when trying to make an impact on the negativity in this world. Who should I help? What should I do?

We each have our own abilities and strengths. We need to be a light to those in our midst by showing compassion to those around us even while facing adversity and the uncertainty of a seemingly dark world.

The Gospel of Mark declares that, "For even the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many." (Mark 10:45 NKJV) Jesus provided us with a perfect standard of how to serve others. You see these examples when He healed the sick, fed the hungry, washed the disciples' feet, and forgave our sins. Placing mankind ahead of Himself and making the ultimate sacrifice to create a path to salvation for us is an amazing testimony of His love. This is the type of commitment that we must embody as we move forward in serving others.

Jesus called His followers to serve one another. By doing so, we are showing Jesus's love to the world. Jesus was also a huge advocate



for the role of children in the Kingdom of God. The Bible repeatedly references Jesus's heart for His youngest followers.

For the past several years, I have felt a calling to teach young children how to serve. On Saturday, September 14,

my family and I hosted the first Tutus on a Mission service project where attendees packed snack bags for the Carpenters for Christ volunteers who will frame the current Limestone County Habitat for Humanity home. The tutu wearing girls learned about the two organiza-



tions and heard a corresponding Bible lesson.

At the core of Tutus on a Mission is this familiar Scripture, "Train up a child in the way he should go, and when he is old he will not depart from it." (Proverbs 22:6) Encouraging a servant heart during childhood will not only help children become rooted in their faith, it will also make an impact on those that they serve. Thus, producing a circle that can ultimately change the culture that we live in. My hope is that these positive serving experiences will stay with the girls throughout their lives and plant a seed that will grow into a

relationship with our Heavenly Father.

This was just the beginning of the unique service opportunities planned for the youngest in our community. I look forward to seeing how this ministry grows. For those of you who are blessed to be around young children, I challenge you to teach them compassion, to teach them to love, and to teach them to be the hands and feet of Jesus.

*Many blessings,
Carissa*

Follow Tutus on a Mission on Facebook for more information.

Spanning The Centuries

by Ali Elizabeth Turner

This particular meeting with Mayor Ronnie turned out to be a stark study in contrast with respect to the Athens of the mid-19th century and the Athens of today. Lining the shelves just outside of Mayor Ronnie's office are those old, large, leather-bound, ledger-style volumes that were used to record the minutes of meetings of all kinds. The spines of some of them are cracked, and they must be and are handled with care. He brought one of them to show me, and we both remarked at how amazing people's handwriting was back then. The term "scribe" is appropriate when it comes to these works of handwriting art.

Mayor Ronnie had attended a Child Care Conference entitled "The Measure of Tomorrow" sponsored by Athens State University on Friday, September 13. Kids have always been a part of his heart and career, having

spent several years with DHR, along with having been a teacher before he went to Vietnam. "It was a wonderful group of people," he told me. The subtitle of the conference was "I See You," and the focus was early childhood education. New Athens State University President, Dr. Catherine Wehlberg, addressed the group and said, "At Athens State, we are committed to fostering an environment of learning and innovation and we hope that this gathering will provide valuable insights, spark meaningful discussions, and inspire actionable solutions that will benefit the children, families, and communities of Alabama." According to the mayor, that is exactly what happened.

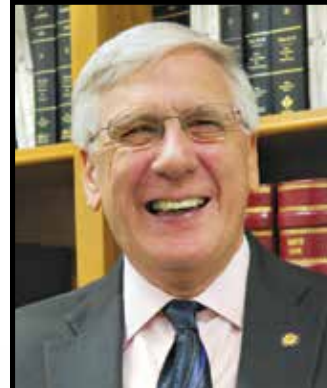
On Tuesday, we had a chance to experience the fact that what used to be considered science fiction is not only here now, it is one of the degrees that has become recent-

ly available at Athens State: cyber security. The Chamber of Commerce had a ribbon cutting at the Athens State University campus that was attended by Athens City Schools Superintendent, Beth Patton, and Dr. Wehlberg was on hand along with Adam Lewis, who is in charge of the new lab. He and his staff will teach students how to prevent cyber-crooks from infiltrating our privacy, stealing our money, identities, and the innocence of our kids. For their demonstration, they created a "cat-napping" (pun intended) of a cat by the name of Gato, which is Spanish for "cat." Gato's whereabouts and plight even ended up involving police in London, and Mayor Ronnie found the lab chairs used to fight online crime to be especially comfortable. "It takes a special kind of person to do this kind of work, just like the dispatchers who work with first respond-

ers," he said. Earlier this summer, when he was at the League of Municipalities Conference that also dealt with cyber-crime, and he said, "This stuff is real, and it is scary." We were both glad that a whole new generation is going to have the opportunity to get training that will keep people cyber-safe.

Later on Tuesday afternoon, Mayor Ronnie joined several others in

McCandless Hall for the annual celebration of Constitution Day, which was sponsored by the Daughters of the American Revolution. Mayor Ronnie gave some remarks and the keynote speech was delivered by Col. (R) and former Alabama State Senator Phil Williams. It had been a full week, and we were only two days into it, and as always, we prayed, and then it was time for Ronnie to roll.



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Forced Benevolence

by Phil Williams

The news is replete with stories of unexpected drop-offs of migrants in small towns. Alabama towns like Sylacauga, Alabama, where my granddaddy grew up. Albertville, just up the way on Sand Mountain. Salt-of-the-earth places where Friday night football means Monday bragging rights, the local VFW still holds community cook-outs, and the Methodists always beat the Baptists to the restaurant on Sunday after church.

Good folks, real folks. Insecure in their own communities.

They're not bad people. They have a heart for the poor and downtrodden. These are folks who would give the shirt off their backs and bring a meal to a sick neighbor.

Their sudden insecurity stems from being forced to be benevolent. Forced by their government, against their will, to expend resources. That's not how benevolence works. That's how benevolence dies.

In essence, the government can legally make you give. But just because it can, does not mean that it should.

A Chinese philosopher once said, "Benevolence is one of the distinguishing characteristics of man." We're reminded in the book of James, "[R]eligion that God our Father accepts as pure and faultless is this: to look after orphans and widows

in their distress..." (James 1:27 NIV) Caring for others is a part of what makes a well-ordered society function. But Auburn University Professor Emeritus Tibor Machen once wisely said, "Generosity is a moral virtue that cannot flourish in a welfare state or in any sort of command economy, because to be generous is to voluntarily help others in certain ways. It will flourish in a free society." Machen went on to say, "...if generous behavior were not freely chosen, but instead coerced by law, its moral import would vanish...it would cease to be generous."

When the government forces communities to act benevolently, then goodness gives way to compulsion. "You will give, or else! You will give now, or be deemed a racist! We have ways of making you give!"

Let's be clear. There is a vast difference between someone who gives from the heart, and someone from whom much is taken.

You may have a beautiful home that you freely share with others. Something for which you had worked for many years, and being one who is blessed you decide to bless others. Imagine one day you woke to the sound of unknown, unannounced, uninvited people making use of your home. No warning of their arrival. No care or concern for your security. Your hard-earned possessions are being used, your food eaten, your clothes worn by others, your clean house trampled. Strangers

keep arriving on your doorstep and walking in the door because someone, somewhere, somehow, with a position in government, told them they could do so.

Just like that, you no longer feel peaceful in your own home. You have no ill will toward others. Yet now you feel abused and unsafe in your own home. You question whether life will ever be the same.

Let the feelings of that analogous story sink in.

How would you feel?

What would you do?

What I just described is a micro-version of life in cities and towns all over America. What if the house represented a whole community, or a state? What if the house in that story was an analogy for our country? The abuse of our home, wearing of our clothes, and the eating of our food? That's a personalized version of what is happening to the resources of America right now as unchecked mass migration takes on dangerous levels.

In recent days, small-town Alabama joined big-city America in struggling to understand and accommodate huge numbers of Biden/Harris migrants they didn't know were coming.

It's one thing to be benevolent; it's quite another to be forced to be benevolent.

Towns like Springfield, Ohio, are adding a third more residents to their small community. Waves of third-world humanity are being flown into the country by

the Biden/Harris administration and simply dropped off. New York City initiated a plan to pay illegal immigrants up to \$4000 to move out of the migrant shelters because the Big Apple can't sustain the decay. Recent reports from the NYPD indicate that 75% of all crime in Manhattan is being committed by illegal immigrants. Aurora, Colorado, has Venezuelan gangs taking over whole apartment complexes and terrorizing citizens.

The Federation for American Immigration Reform reports that English as a second language now costs American school systems up to \$60 billion per year. The state of Texas has spent over \$11 billion trying to stem the tide of mass illegal immigration at its border.

Our house is in disarray.

It becomes nigh unto impossible to be benevolent when your resources are stripped away. Benevolence cannot be forced.

Progressives mock and deride good people for expressing their concerns. "We are privileged and must be benevolent," they say.

Let's recall who we are. The United States has never been exclusive of others. This is the most generous country on the earth... perhaps in all of history. We provide aid, we extend hospitality, and we have always done so willingly because that is who we are. It is something to be proud of.

But our generosity is being abused. In the storyline I

wove about the house, the homeowner's generosity was no longer able to be extended to others when his resources were voraciously and unexpectedly consumed.

A giving heart is a thing of God. But when the giver is commanded to give, he loses the ability, and even the desire, to give. Benevolence cannot be forced. It is a "want-to" thing, not a "forced-to" thing.

We must restore order so we can continue to be a blessing to others. We cannot be forced into benevolence. That's not how this works.

Phil Williams is a former state senator, retired Army colonel and combat veteran, and a practicing attorney. He has served with the leadership of the Alabama Policy Institute and currently hosts the conservative news/talk-show Rightside Radio M-F 2-5 p.m. on multiple channels throughout north Alabama. (WVNN 92.5FM/770AM-Huntsville/Athens; WXJC 101.FM and WYDE 850AM - Birmingham/Cullman) His column appears every Monday in 1819 News. To contact Phil or request him for a speaking engagement go to www.rightsideradio.org. The views and opinions expressed here are those of the author and do not necessarily reflect the policy or position of 1819 News. To comment, please send an email with your name and contact information to Commentary@1819News.com.



Slinkard On Success

The Lie Heard Around The World

by D. A. Slinkard

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



I just don't have time! Congratulations, as you have just read the sentence most often repeated with the utmost amount of conviction throughout the entire world. I oftentimes question how long we must lie to ourselves and to others before we decide that we are going to be honest with who we actually are. For instance, I can be honest with myself that I do not want to work out. I know that I need to, but knowing what I need to do and actually doing the behavior are two different things. The great thing about this concept is that I am not alone because many other people suffer from the same issue.

Simply put, if it is important to us, we will find a way; if not we will find an excuse. If you are an individual who finds yourself with more things to do than you have time, then might I suggest that you prioritize your life a little bit better? Some of you may be thinking that you prioritize your life just fine, but again it is time for you to be honest. If you do as good of a job as you think you do, you will be accomplishing more than you are achieving.

I am often asked how or what makes the biggest impact in my life, and I believe the majority of the people that ask this question leave the con-

versation feeling disappointed, as if they expected me to answer with some great philosophical strategy that would revolutionize the world. My answer is simple – I write stuff down, and I give it a number on my list of things that I need to accomplish.

Writing things down sounds obviously easy enough to do but many people struggle with this elementary act. Something could have happened during the day that required our attention, but because we did not write it down, we forgot about it. We remembered when it was too late, and we became our own worst enemy.

I believe our lives need to be dominated by the words of self-discipline. I think about the term “overnight success story” and what I have found is that many times these people who have been “lucky” in life were very diligent in achieving their success. People fail to realize that the overnight success story was ten years in the making. Many times, we see the end result of success and confuse it with the beginning result.

Life doesn't work that way. I read a quote a long time ago that stated, “The only place success comes before work is in the dictionary.” Sadly though, we have



become a society that thinks we can have success the easy way and somehow obtain great things by only working four hours per week. If people spent as much time working hard as they spend trying to get out of work, how much better would their life be? If these people utilized the written to-do list, they would be so fixated on what they are trying to accomplish that they would not have time to focus on anything else.

Having success in life is about building a process of what you need to get done, making your list, and then attacking said list. This is something that everyone knows they should be doing, but just like me and working out, there are a ton of people out there who cannot do what they know must be

done. You have to find a way to make your list important to you and figure out ways to get beyond the hurdles that will occur in your life. I can't tell you how many times I breeze through items one through nine but hit a mental roadblock on completing the remaining six items.

I remember an individual telling me a decade ago that they attack their to-do list by putting things they dread doing first. This person found more enjoyment from their day by attacking

the “don't-want-to” items first, proceeded by the tasks they enjoyed doing. I have known this as “eating the frog” because once you eat the frog, then everything else will be so much easier to do. We all have frogs in our lives that prevent us from accomplishing great things and how we overcome this is by writing the items down that need to be completed. Then it just comes down to executing what we already know we need to get done each day.

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Clean, Green And Beautiful

Go Big Or Gourd Home

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

We're gearing up to get a little dirty again! The Athens-Limestone Beautification Board is planning their fall planting for the downtown pots, and we are very excited! We are going to try some new things this fall, and we can't wait to see how they turn out. We take great pride in the Downtown Beautification Project, and we are always ready to change them up for the new season to come.

The most exciting part of our fall planting this year will be all the new partnership we will have. The students from the Advanced Agriculture Program from the Limestone Career Technical Center will not only be joining us to help us remove the spring and summer planting, but they are going to help

us plant for fall as well. Since this is our favorite project, we are grateful to be able to enlist the help of students from all over Limestone County as we begin to expand the project. Since the Athens-Limestone Beautification Board is under the Keep Athens-Limestone Beautiful umbrella, we are grateful to grow our educational programs. We love that the students will be able to teach us, and we them!

This year, we are going to play with 'spicing' up the flowerpots around downtown Athens! We are excited to add some different plants and elements to make the Square more festive for everyone to enjoy as they shop and dine. Who doesn't love fall pumpkins and gourds, especially after this summer's heat! Cooler

days and night are ahead, and we are more than ready! We will be adding a little pumpkin spice this year, if you will.

We are also going to be adding more pots because downtown Athens has exploded. We will be reintroducing the Downtown Memorial Pots fundraiser again soon (within the next month or so). If you have someone you would like to honor or memorialize with a beautifully planted (and large) flowerpot, this is your chance. We will have personalized plaques again to add to each flowerpot. Keep an eye out for the advertisement -- locations of pots will be limited and VERY specific. The locations will be assigned on a first-come basis.



We still need to do a little more planning, but we will be ready soon!

If you are interested in getting your hands a little dirty, we would love to have you! We will be removing the current plantings on Thursday, September 26. The Ag students will be taking the plants back to school to get cuttings to start new plants. We will be planting the fresh, fall pots on Friday, Septem-

ber 27. We will start around 10 a.m. both days. You can call or email for more information if you think this might be a volunteer organization for you!

***Don't Forget that Shred Day is Saturday, September 21, at Athens State University from 9 a.m.-noon!



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Cooking with Anna

What Are You Eating?

by Anna Hamilton

I have focused on what I eat for as long as I can remember. How many calories is in that tiny bag of gummy bears? If I eat this apple now, will I have enough calories left for the rest of the day? Is drinking sweet tea really worth the liquid calories? If I have a salad at lunch, maybe I can have a few French fries with my supper. If focusing on what foods I put in my mouth was an Olympic sport, I would have multiple gold medals.

Eating a healthy diet is important. There is no doubt that eating an apple is better for you than eating chocolate dipped peanuts. But is eating healthy all that matters? Think about everything else you “consume” on a

day-to-day basis. I saw a meme on Pinterest this week, but after doing research could not find who actually said it. No matter who may have originated the quote, the truth that it contains is undeniable.

“Your diet is not only what you eat. It’s what you watch, what you listen to, what you read, the people you hang around. Be mindful of the things you put into your body emotionally, spiritually, and physically.” While my focus for a large portion of my life has been what I have physically eaten, I am learning that what I eat is only a small portion of what truly matters that I

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Pennsylvania Dutch Pepper Cabbage

Ingredients:

2 cups shredded raw green cabbage

½ cup finely diced green pepper

½ cup finely diced celery

¼ cup grated carrots

Dressing:

½ cup cold water

5 Tbsps. white vinegar

¼ cup sugar

Salt and pepper to taste

Directions:

Place all the vegetables in a large glass bowl. Mix the dressing ingredients together in a smaller bowl, pour the dressing over the vegetables. Mix to combine. Cover,




and store in refrigerator until chilled. This will keep in the refrigerator for a long time, and just gets better the longer it marinates.

Health and Fitness

Don't Wait Until The New Year To Begin Your Fitness Journey – Crossfit Is The Answer

by Nick Niedzwiecki - Owner, CrossFit Athens



It's coming up on that time of year again—the holiday season, when many of us indulge a little more and promise ourselves that we'll get back on track after the New Year holiday. We make ambitious resolutions, only to let them fizzle out within weeks. But why wait? Your fitness journey doesn't have to be delayed by months, and you don't have to wait until January to prioritize your health. CrossFit can be the answer you're looking for to build a consistent and effective fitness routine that transforms your body and mind, starting now.

The Pitfalls Of Waiting Until The New Year

The idea of starting fresh in the new year sounds appealing, but often, it's a trap. Postponing your fitness goals until January means that you'll likely spend the next few months neglecting your health, which could make starting in the new year even harder. The holidays are notorious for overeating, and it's easy to fall into patterns of inactivity and indulgence. When the new year finally rolls around, the pressure to fulfill resolutions can feel overwhelming, which is why so many people give up before they've even begun to see results.

Rather than setting yourself up for frustration and disappointment, why not take charge now? When you start working toward your fitness goals ahead

of the new year, you'll be well on your way to a stronger, healthier version of yourself by the time those resolutions kick in.

Why CrossFit?

CrossFit is not just another fitness trend—it's a proven, community-based workout methodology that delivers real, lasting results. Unlike traditional gym routines, CrossFit is designed to be both varied and challenging, keeping your workouts fresh and effective. Every day, you'll face new workouts that target different muscle groups and focus on various aspects of fitness, including strength, endurance, mobility, and flexibility.

The core principle of CrossFit is functional movement. These are movements that mirror what we do in real life, such as lifting, squatting, pulling, and pushing. This approach not only builds strength but also improves coordination and balance, making your daily life easier and reducing the risk of injury. Whether you're a beginner or a seasoned athlete, CrossFit's scalable nature means the workouts can be adjusted to meet your fitness level, allowing everyone to progress at their own pace.

Beyond physical fitness, CrossFit is known for its supportive community. From day one, you'll be surrounded by people who are just as committed to improving

themselves as you are. The camaraderie and encouragement fostered in a CrossFit gym (or "box," as it's called) is unmatched. You're not just working out; you're joining a team that cheers you on through every victory and setback. This social aspect keeps you motivated and accountable, which is key to staying consistent and reaching your goals.

CrossFit Athens: Start Your Journey Today

At CrossFit Athens, we're passionate about helping individuals achieve their fitness goals, no matter where

they're starting from. Our team of experienced coaches will guide you through every workout, offering personalized instruction to ensure you're using the right form and pushing yourself safely. We believe in training smarter, not just harder, and we provide the tools and knowledge you need to succeed.

Don't wait until January to start making progress. The best time to begin your fitness journey is now, and CrossFit Athens is here to help you every step of the way. Whether you're looking to lose weight,

build muscle, or simply improve your overall health, our programs are designed to deliver results.

Take Action Now!

Ready to take the plunge? Contact CrossFit Athens today at 256-262-7884 or email info@crossfitathens.com to schedule your first class. Our welcoming community and experienced coaches are eager to meet you and help you kick start your fitness journey. Don't wait for the new year—start today and become the strongest, healthiest version of yourself now.

Let's get to work!

REFER A FRIEND REAP THE REWARDS!

We believe that great things should be shared! During the month of September, if you refer a new member, you'll both get the month of October 50% off!

CONTACT US

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Truth Is Stranger Than Publicity: Celebrating The Beginnings Of The Fiddlers' Convention

by Ali Elizabeth Turner

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contestants. Alton Delmore's book, *Truth Is Stranger Than Publicity* captured the story of the early musical days that eventually led to what we are fixin' to celebrate: both the 100th anniversary of the first Athens Fiddle Contest and the 57th annual Tennessee Valley Old Time Fiddlers' Convention. "Fiddlers," as it is affectionately known, will be held once again from October 2-5 on the Athens State University campus, and this year they are adding an extra day to the festival.

I spoke with Brandy Conway, who is the Executive Director of the Athens State University Foundation and Corporate Relations, and her excitement about what I think is one of the best things that happens in Athens each year was contagious. "Attendees bring about \$100K of support for students, kids get introduced to music, and it keeps the style of music alive," she said. Brandy added, "People actually come from all over the world to Fiddlers'.

What is unique to the 2024 Convention is that there will be a documentary about how it all started and what makes Fiddlers so special in

honor of the 100th birthday of the original contest. On Friday, at 2 p.m. and 4 p.m., and then again on Saturday at 4 p.m., the special commemorative film will be shown to ticket holders at no charge in McCandless Hall.

There is nearly \$50K worth of prize money that will be awarded to winners in all of the "old-timey" instruments categories, singing, as well as buck dancing. The announcement of the winner of the Tennessee Valley Fiddle Champion will be on Saturday before the final guest appearance.

Here is the performance schedule, and all performances will take place on the main stage, located at the front of Founders' Hall:

Wednesday, October 2 at 7:30 p.m. Gospel Concert
Darin and Brooke Aldridge will be performing on Wednesday night. This evening is for any and all, and the hope is that once newcomers get a taste of just what wonderful musicians the Aldridges are, they will purchase tickets for the rest of the weekend. Darin and Brooke will be back for the Friday night venue. They are an award-winning Americana/bluegrass/country duo that has toured the world and played the Opry 50+ times.



Darin & Brooke Aldridge



The McLain Family Band



Michael Cleveland & Flamekeeper



Authentic Unlimited

Thursday, October 3 at 6:30 p.m.

The McLain Family Band is an American bluegrass band founded in Hindman, Kentucky, in 1968. Raymond Kane McLain studied folk music at university, and began playing bluegrass music with his then-three children in the late 1950s. The McLain Family Band has become internationally known as one of the most spontaneous, creative, and spirited groups performing original and traditional bluegrass music. Since 1968, the McLain Family Band has performed in 64 countries and all 50 states. They have appeared at Carnegie Hall, the Metropolitan Museum of Art, the Kennedy Center, the Lincoln Center, and the Grand Ole Opry.

Thursday, October 3 at 7:30 p.m.

Authentic Unlimited is a relatively new group to the bluegrass music scene within the last few years, but it is comprised of seasoned veteran musicians who are no strangers to this genre. In just a few short years, they have

captivated the hearts of listeners and created lifetime fans.

Friday, October 4 at 6:00 p.m.

Darin and Brooke Aldridge return

Saturday, October 5 at 7:30 p.m.

Michael Cleveland & Flamekeeper are a multi-award-winning bluegrass group. Widely considered the bluegrass fiddler of his generation, Grammy award-winner Michael Cleveland has been recognized 12 times as the International Bluegrass Music Association's Fiddle Player of the Year and in 2018 was inducted into the National Fiddlers Hall of Fame. Vince Gill describes Michael's ability as a fiddle player in the following manner: He plays fearless and it's intoxicating to play with him because he makes you play fearless. It's wicked to see how much music he pulls out of a bow. He's untouchable.

Other features:

As always, the Athens State campus will be lined and lively with 150 vendor and artisan booths, and this year there will be 20 food trucks.

Café 1822 will be open. Back by popular demand, on Saturday, Kares Library will feature workshops for guitar, mandolin, and fiddle beginning at 1 p.m. They will also host a jam session in the library on Saturday from 4-6 p.m. The Jerry McGlocklin music store will have instruments for sale in Sandridge Ballroom. Lastly, the Delmore Brothers Museum and Fiddlers' Museum will be open throughout the event.

Closing thoughts:

Hands down, the best part of the whole event (whether or not you are a musician) is to stroll through the campus and observe the spontaneous groups of musicians that form and make beautiful music together. Total strangers of every age, color, level of skill, and story come together, work together, and for a few days, transport all of us to a sweeter, simpler time. Come join them and experience the 57th Tennessee Valley Old Time Fiddlers' Convention. You will surely leave with a smile on your face and a dance in your step!



A Sprinkling Of Leaves

by Stephanie Reynolds, Athens-Limestone Tourism Association



You step out of your car at the trailhead and breathe in deep. Air -- sweet and pungent with the scent of petrichor and dying vegetation -- fills your lungs and your soul. You inhale once more, but this time as you exhale in a long, drawn-out sigh, you let your shoulders drop the thousand pounds of the weight of the world that you have been carrying.

And you start to walk.

Each step shakes another care of your life onto the trail to blend and be buried by red, gold, and brown leaves. A gentle breeze swirls playfully, teasing the seasonal dressings of oak and maple a few inches off the trail before you. You keep walking through the breeze and the leaves, mindlessly letting your feet be part of the dance. Do the leaves remember flight? Do they remember floating on the air and settling down to the ground? Are they sad to see themselves turn wrinkled and stiff or are they excited that they got the chance to fly?

When they were green and high in the tree, exalted and strong, they had im-

portant business providing food for the tree that bore them. Vigorous and defiant in wind and rain, they grew and stretched and laughed. April was their birth from pregnant branch-buds. In July they drank the sun from the sky and water from the ground to thrive and flourish. Then August came and the water dried up, and the sun grew unbearably hot. Parched and weaker, this was their final hurrah, it appeared, and they were diligent to spend what seemed to be their last useful time taking the brunt of the heat themselves, curling and browning in the unbearable noontime so the animals and tender plants and people could find respite. What an honorable end for a leaf -- to burn in the sun, to hold on as long as it can, to provide one more moment of shade to those below.

And then to fall.

Does the leaf mourn this moment? Does it weep to return to the youthful exaltation of being seated in high places? Or does it, in the wisdom that is etched on the brown veins of its skin, realize that this, too,



is a time of purpose and beauty? Has the Lord put it in the leaf to look at its vibrant elder colors, now more elegantly red than any June rose, more golden yellow than any buttercup, and find itself beautiful? Did it dread this moment or has it been groaning, longing for this since that last rainless stretch of weather?

How odd it must be for it to remember that, just a brief moment ago, it could withstand the rumbling, clashing, flashing battle of north wind and south, a writhing, ripping cyclone, and now

a barely-felt breeze has deftly severed its last tenuous thread to its own tree of life...

And gently let the leaf play and dance in the air, finally unfettered by have-tos and musts...

And softly laid it on the ground to rest.

But is that the end? Is there not more?

Oh, yes, there is so much more! For that leaf, far from being useless and discarded, is the moment of delight for every leaf crunching connoisseur. It provides, for every laughing child who runs and leaps fearlessly toward the autumn sky, a safe landing, protecting the youngling from the hard ground and rocks.

And right now it is waiting to cover your cares that are littering the trail of your heart.

Keep walking forward. Look for its brethren who, by a Providentially timed breeze, are descending to capture your worries in their veins and press them

under your feet.

And as you drive away from the trail and return to your days, bathed and refreshed in the glory of His making, those leaves can become a shelter against the harsh winter for the tendrils of hope that sprouted in your soul as you shuffled your feet through the sprinkling of leaves.

It is autumn my amazing Limestoneians! It's high time to get out on our trails and explore the beauty of our area. If you don't know where to go, come see me -- I have short trails and long trails and accessible trails.

And also keep an eye out for some of our events coming up such as the The Fiddler's Convention on the October 2 through 5, Cemetery Stroll on the 6th of October, and the Storytelling Festival on October 25-26. Then we start out holiday season with our North Pole Tinsel Trail! Contact our office if you want to sponsor a tree this year -- it is going to be bigger than ever!

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Let us get your **BODY** back in **SHAPE!**

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Financial Focus: *Vote For Solid Investment Strategies*

courtesy of Edward Jones Financial

continued from page 1

mean for issues of national importance. As a citizen, you likely share these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in anticipation of possible changes in policy?

Let's look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so well — under Democratic and Republican presidents alike. And the same is true about which party controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the markets, it's not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they are, have different results than intended. Also, other institutions can

have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to actual policy changes, look to other factors to drive your investment decisions.

These factors should include the following:

- Your goals – You probably have short- and long-term goals you'd like to achieve. For your short-term goals, such as a wedding, a down payment on a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a comfortable retirement, you'll need to

own a reasonable number of growth-oriented investments.

- Your risk tolerance – When you build and maintain your investment portfolio, you'll need to accommodate your individual risk tolerance. All investments carry some type of risk, but you need to be comfortable with the overall risk level of your investments.

- Your time horizon – Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But as you near retirement, you may want to consolidate any gains you may have achieved, and lower your risk level, by moving your portfolio toward a somewhat more conservative approach. Even in retirement, though, you will need some growth potential to stay ahead of inflation.



Clay Parris

- Your needs for liquidity – As you invest, you'll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell long-term investments in case you have unexpected expenses.

In any case, when it comes to investing, you

may want to pay less attention to what names are on the ballot — and instead “vote” for the longer-term strategies that reflect your needs and goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Girl Scouts Of Alabama Invite Public To Participate In Historic World Record Attempt

by Cat Haller, Director of Communications (Girl Scouts of North-Central AL)

BIRMINGHAM, Ala. – September 12, 2024– Attention everyone! We're on a mission to break a world record, and we need your help to make it happen! Girl Scouts of North Central Alabama (GSNCA) and Girl Scouts of Southern Alabama (GSSA) are very excited to invite the public to join us for a FREE event in which we will make a historic world record attempt. On Sunday, October 6, people of all ages and backgrounds are invited to join Girl Scouts across the state in making a classic camp treat – a s'more!

Current GSNCA locations for this world record attempt include:

- Girl Scout DreamLab (600 Montgomery Hwy Suite 208, Vestavia Hills, AL 35216)
- Camp Coleman (4010 Camp Coleman Road, Trussville, AL 35173)
- Kanawahala Program Center (2095 Girl Scout Rd, Chelsea, AL 35043)
- Camp Trico (315 Trico Drive, Guntersville, AL

35976)

- Camp Cottaquilla (2500 Cottaquilla Rd, Anniston, AL 36207)
 - Asbury Church (98 Hughes Road, Madison, AL 35758)
 - Girl Scout Little House Decatur (600-652 6th Ave SE, Decatur, AL 35601)
 - Lakeview Elementary School (21610 Youngblood Pkwy, McCalla, AL 35111)
 - Titusville Library (2 6th Ave SW, Birmingham, AL 35211)
 - Alabaster First United Methodist Church (10903 Hwy 119, Alabaster, AL 35007)
 - Noccalula Falls (1500 Noccalula Road, Pavilion #1, Gadsden, AL 35904)
 - Ardmore City Park
- If you plan to join us at a GSNCA location, click here to register!
- Current GSSA locations for this world record attempt include:
- Montgomery Whitewater (1100 Maxwell Blvd, Montgomery, AL 36104)



If you plan to join us at Montgomery Whitewater, click here to register!

We encourage Alabama community members from all walks of life to come out and help our local Girl Scouts achieve this lofty goal. Every person counts, so bring your friends and family, and let's create an unforgettable moment together. Your presence could be the one that tips the scale and sets a new world record, so don't miss out on being part of this achievement. Come

help us make history!

Guinness World Record officials will verify the attempt, and if we succeed, everyone who participates will be an official Guinness World Record holder. All registered Girl Scout members will receive a free patch for attending, and Guinness World Record holder patches will be available after the event if we succeed in breaking the record.

We Are Girl Scouts of the USA

Girl Scouts bring their dreams to life and work together to build a better world.

Through programs from coast to coast, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges — whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike or advocate for climate justice, or make their first best

Who: Girl Scouts of Alabama

What: We are attempting to break the official Guinness World Record for the most people making a s'more at one time!

When: Sunday, October 6, at 2:00 p.m.

Where: Multiple locations across the state of Alabama

friends.

Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and make changes that affect the issues most important to them. To join us, volunteer, reconnect, or donate, visit girlscouts.org.

About Girl Scouts of North-Central Alabama

Girl Scouting gives every girl access to life-changing experiences that inspire her to do something BIG! For more information, call 800-734-4541 or visit girlscoutsna.org.



Enabler Alert!!!

by Jackie Warner

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



Here we go again with trying to be helpful and do what we feel is right for those around us.

My topic this month is about doing all we can for those we love and care about even when you have done all you can, and still struggle to do more and then even more for them.

I can relate to this way of living and often find myself tired, stressed out, and depleted. The saddening reality is all the work and trouble doesn't yield change in those you seek to

help...only more of the same. Therefore, it is time to:

1. Establish personal and professional boundaries.
2. Allow them to feel the weight of their actions.
3. Cut off or limit financial assistance
4. Live your life
5. Protect yourself and others

When you want more for them than they want for themselves, it's time for you to change your

mindset on the actions you have been taking. Yes, it is hard to let go and let our loved ones bump their head and maybe even fail a time or two. Mark 6:11 - If anyone will not welcome you or listen to you, shake the dust off your feet when you leave that place, as a testimony against them."

Author and life coach Iyanla Vansant tells us:

- You cannot want more for people than they want for themselves.

• You cannot give someone something they are not looking for.

• You cannot help someone who does not want to be helped.

And so when you get upset with the ones you are helping, giving to, sacrificing for, losing your mind and sleep over...it's time to move on. Luke 1:37 - "For nothing will be impossible with God."

Galatians 6:5 - "For each will have to bear his own load."

Ephesians 5:11 - "Take no part in the unfruitful works of darkness, but instead expose them."

Proverbs 10:4 - "A slack hand causes poverty, but the hand of the diligent makes rich."

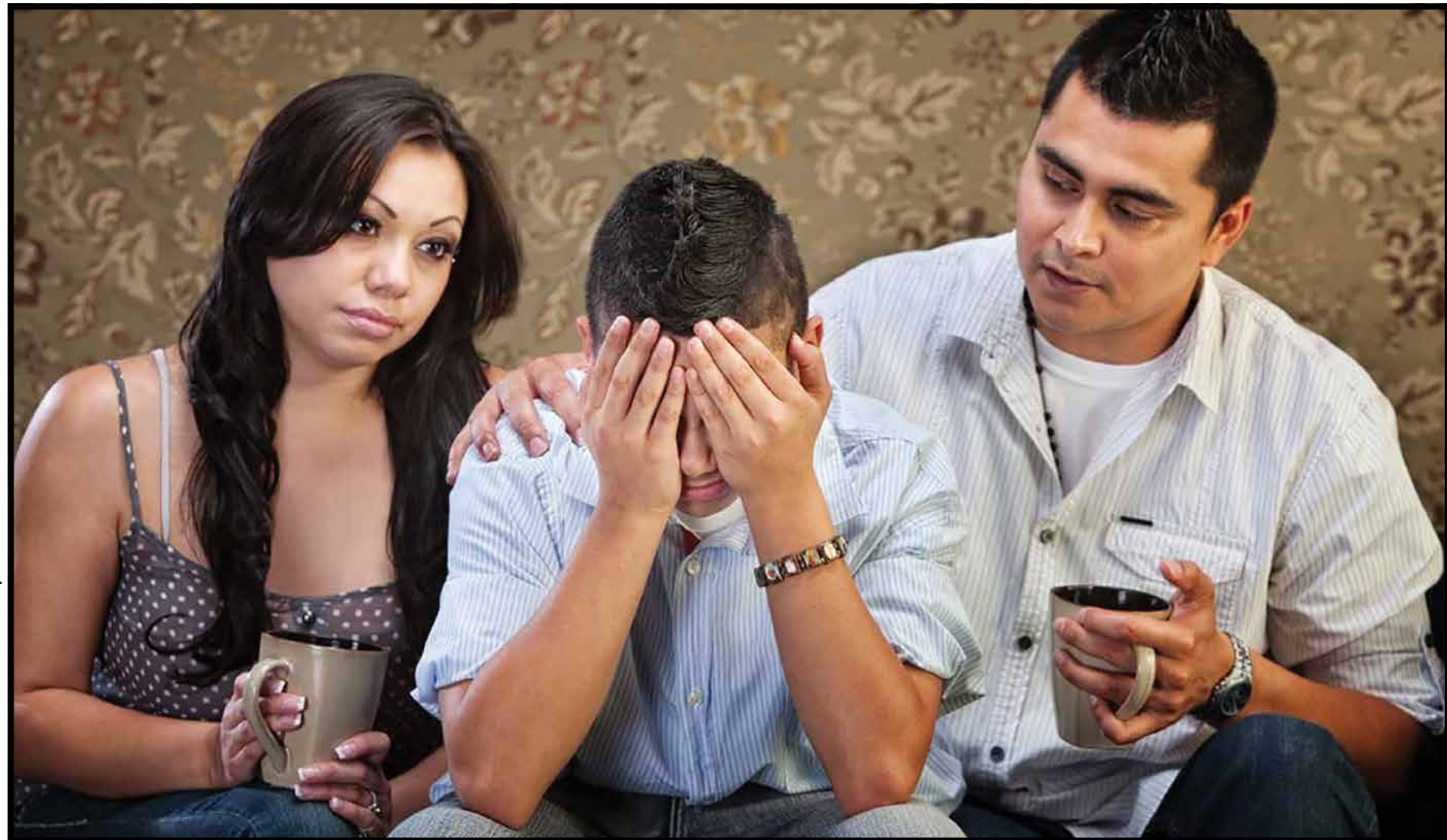
Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

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



A Horse's "Good-bye"

by Deb Kitchenmaster



Seriously! Can a horse actually tell you “good-bye”? This one horse truly did just that. We had endured several months of questions, exams from professionals, and daily worked with this horse hoping to come out of this shadow into health and freedom surged with fluidity. This particular morning her appetite was good, her eyes were bright, and it appeared she was turning the corner to her previous days before this ‘suddenly’ happened. One day, she used all four legs with ease and was care-free. Then, suddenly, she could function only on three legs. We did detective work looking into stifle, abscess, hock, kick, snake bite, and whatever seemed a worthwhile piece to this mystery puzzle.

That particular early afternoon I knew in my knower that I needed to get out to the barn NOW. At first glance, I saw something was wrong. She was sweating profusely in her peace-

ful, fanned stall. When I began to hose her down she let me know, “NO! STOP!” I removed her halter and let her go. And GO she did, at full speed on three legs. In the barn, I waited and prayed. “God, whether she lives or dies, I trust you. I know you are with me, for me, and you are, indeed, a good and caring Father. I trust you.” In the darkness outside the barn, I heard the sound of hoof beats coming closer and closer. Together, we just were. The peace that overshadowed me is unexplainable, and there in the 12-foot alley she lay, unable to stand in her weakened state. Then her left front leg, hoof and entire leg, began gently moving up and down. She had eye contact with me with her left eye, as she continued to wave, telling me, “Good-bye.” She took her last breath.

The word good-bye originated in the late 16th century, and actually was a shortened form of “God be with you.” It’s a way of marking the end of one chapter and



the beginning of another. Saying good-bye offers an opportunity to express our emotions and feelings. Saying good-bye is an invitation for others to react to your departure. It requires the person ending the relationship to fully engage with the reaction.

This good-bye took me down a time-traveled lane, back to the days that I was a tiny nine-year-old, living on a dairy farm. My uncle had given us a horse that had been worked in the coal mines. Because they

started working him earlier than was safe for the horse, he had a sway back. His name was Bill. Horses are meant to ride, right? Well, what do you do when you’re too small and short to get on? You have a conversation, an agreement with the horse. I would go out and put the bridle on Bill, he would lower his head, I would get on his head straddled right behind his ears, he would raise his head and toss me back in his hollow back facing his butt; I would turn around facing his head, reach for the reins, and off we’d go. Until one Saturday, after my cereal, I headed out to pasture to get Bill. I found him. He was dead. That was a difficult time for a little nine-year-old to navigate the emotions and feeling of this loss. It’s amazing that this recent good-bye somehow reached back to a previous good-bye and the trauma that had been buried all these years, was released. You just can’t make this stuff up people! It’s real.

Be it a German shepherd, a golden Labrador, or a Morgan mare, what an honor when these 4-legged crea-



tures love us enough to say good-bye. These cancel culture or cancel individuals are nonsense, unkind and brutal. Where’s the humanity? If we are willing, we can learn from the animals in our lives. A horse, a dog, a cat, a rat... forgive; let go of offenses, bitterness, and revenge. We are stronger together. Stop believing the lies, stop spreading lies, and stop the meanness. Who you seem to hate and judge may be one of your best friends and a connection to life, liberty, and your pursuit of happiness.

*Your NEIGHbor,
Deb Kitchenmaster*

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A Potpourri Of Wisdom And Fun

by Detri McGhee - CLU, ChFC



I have a stash of old files just crammed with articles, stories, and phrases or words that have challenged, motivated, empowered, or even rebuked me through decades of being in the financial services/ insurance/ training/ marketing workplaces. While cleaning out an old file, I have had the best time considering and re-thinking some of those thoughts and words of wisdom or humor. I have no idea where many originated. I want to say THANK YOU to each one who many years ago took time to share. So, now, I'd like to share some of them with you. So, I hope you enjoy pondering each one. (PONDER!!! I just love that word! "PONDER!" Say it aloud. Don't you just feel wiser saying it?!)... PON-der.

Here we GO!

Age doesn't always bring wisdom: Sometimes it comes alone.

A day without sunshine is like night.

It's frustrating when you know all the answers... and nobody bothers to ask you the questions.

Brain cells come, and brain cells go... but fat cells live forever.

The question is not "Can you?" - But "Will you?"

It is often the little things that make the biggest difference.

Compare the cost of doing something with the cost of doing nothing.

Reject rejection. Doubt your doubts...not your Faith!

Tenacity: Is the second



wind that lifts you above the storm.

- Uses failure as fuel for the next endeavor
- Turns worms into butterflies
- Hangs on to dreams
- Realizes everyone fails; but that doesn't make us a failure.

TENACITY KNOWS:

There's not a Victory without a fight. There's not a Sunrise without a night.

There's not a Purchase without a cost. There's not a Crown without a cross.

Plan your work - Work your plan. (And don't forget to plan a lot of "DO DAYS" into your schedule. Some of us plan so much we never get much actually done.)

Take time to THINK -- If you could have any question fully answered, what would it be?

QUESTIONS to ask yourself about GOALS:

1. Is it MY goal?
2. Is it morally right and fair?
3. Are my short-range goals consistent with my long-range goals?
4. Can I commit emotionally to complete the project?
5. Can I visualize myself achieving this goal?

Well Done! Is better than **Well Said.**

You are what you think about.

Strive diligently for EXCELLENCE. Never, NEVER seek or demand "PERFECTION."

Success is a journey, not a destination.

Desire creates Power.

No Goals = No Glory

Action conquers Fear.

The Chinese word for "CRISIS" is made of intricate symbols for two other words: *Danger plus Opportunity*

"If I accept you as you are, I will make you worse: However, if I treat you as though you are what you are capable of becoming, I help you become that." (Johann Wolfgang von Goethe)

On the other hand... you have different fingers.

Depression is merely anger without enthusiasm.

The Eagle who soars high above never worries about how to cross the river below. (I saw that on a motivational poster once. Then I thought... "Yes, but the eagle soaring above has to descend daily for suste-

nance. The highs of life are great, but the real character is developed and revealed in the trenches of daily life.")

Change is inevitable... except from vending machines.

Always try to be modest... and be proud of it.

And one last thought: You are enough. You are unique. You are treasured. If you don't believe that, contact me. I will PROVE IT TO YOU!

Detri would love to hear from you! Especially your thoughts on how to handle criticism, or problems you would like to get feedback on from others. Email: detrimcghee@gmail.com or Facebook: Criticism Management by Detri. Free outline for Criticism Management available at www.criticismmanagement.com

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The Alternative Approach

We Are A Sick Nation

by Roy Williams



In the 1980s, America was recognized worldwide as the healthiest industrialized nation on earth. There was almost no obesity, type II diabetes was affecting only a fraction of the population, and no one even knew what an autoimmune disease was. So, let's take a look at the baseline condition of America's public health today.

Obesity: 74% of American adults are overweight or obese. Close to 50% of our children are overweight or obese. Over 70% of young adults are not qualified to be in our military due to weight issues. A full 50% of American adults now have type II diabetes or are pre-diabetic and 30% of our teens now have pre-diabetes. To help you understand those numbers better, in 1950 only 1% of Americans had type II diabetes. This is a condition affecting our children that no pediatrician in the 1950s would have had to deal with.

Now 18% of our teens have fatty liver disease. Fatty liver disease was only diagnosed in late-stage alcoholics until the 1990s when it started to spread to all age groups, even those who had never used alcohol. Please real-

ize that fatty liver is now the **number one disease killer** around the world and is caused by eating excessive amounts of addicting sugar of which high fructose corn syrup is the most consumed form of sugar in the world. Young adult cancers are up 79% and this is the first year in American history that cancer has passed two million cases. Slightly over 25% of women are on antidepressant medications. Another scary fact is that over 40% of young adults have mental health conditions.

Autism rates are 1 in 36 nationally, which was one in 1500 before the year 2000. Remember the screening has not changed and the definition has not changed. All this and so much more has been caused by the foods we are eating. Our food supply, lacking over 60% of the nutrients necessary for good health, is causing a metabolic breakdown at a cellular level. It's called a metabolic dysfunction, a relatively new disorder driven by our toxic food system and our toxic environment. The food industry working in conjunction with the pharmaceutical industry has been developing this slow progres-



sive plan using addictive and toxic chemicals that are FDA approved to be added to our foods beginning with the seeds they plant, the insecticides they spray on the plants we eat, and the toxins used to preserve our food supplies.

Yes, this is all happening, largely due to our food supply or the food complex that is tied directly to the sick care system. What better way to support the sick care system than to poison our food supply and make our citizens eternally sick? It all stems back to the invention of processed foods that destroy the body at a cellular level, a highly complex destructive system of addicting the citizens with great tasting, addictive, and toxic foods that lead to chronic disease. They are destroying the human body from within.

Their plan has worked making the food industry and the pharmaceutical in-

dustry some of the richest in the world. Today most people over 50 years of age are taking more than four prescribed drugs daily. America receives more prescriptions annually than all other nations combined, and it is not by accident that this happening. Our society believed and trusted the governmental organizations that were originally set up to protect the public from dangerous foods and drugs that did more harm than good.

The truth is finally coming out, and people all over this country and around the world are waking up. It is time to fight back. Now that we know that our food supply lacks over 50% of the nutrients that will help us avoid deficiency disease, which is 89% of the disorders being treated by the medical establishment, we can fight back. All we as a society have to do is decide that we will cut back on all types of sugar,

especially high fructose corn syrup, stop all soft drinks, and supplement our diets with some really high-quality nutrients such as **Ultimate Fruit & Veggie** which, when taken as suggested, will provide each person with the same as 5 servings of raw fruits and vegetables each day.

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Cooking with Anna (continued from page 13)

What Are You Eating?

by Anna Hamilton

consume. What have I been listening to, watching, reading? Who have I chosen to spend my time with? These things truly will shape you are.

Jesus, in Matthew 15:17-20, explains why what we choose to consume matters so much to our well-being. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body. But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person.” Jesus knew that the information you allow in your mind will shape you as much as the food you eat can shape your waistline.

Don’t just watch the latest, most popular movie or television show. Don’t just read the latest book. Don’t just listen to the music that is on the Top 40 list. The author of Proverbs knew that guarding your heart from the ways of this world was of most importance. “Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths of your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil,” Proverbs 4:23-27

As a Christian, your future can be a glorious one. However, what you decide to consume will begin to

determine greatly the type of future you will have. What you consistently read, watch, and listen to will shape your life, either for good or for bad. So, what are you choosing to consume? Are you craving the beautiful words of the Lord? Feed your body emotionally, spiritually, and physically with all of the wonderful things God gives us.

This week’s recipe is a yummy way to use up any extra veggies you may have in your fridge. The base of this salad is cabbage, but feel free to add any veggies your family likes to this delicious salad. My family loves it and I hope yours does too!

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.” Philippians 4:8-9



Brain Stimulation Therapy

by Lisa Philippart,
Licensed Professional Counselor



“When I look at the human brain, I am still in awe of it.”
- Dr. Ben Carson

formation on TMS, and I also encourage you to do your own research when trying to decide if this type of therapy may help you. TMS uses a magnet to activate the brain. This therapy was first developed in 1985 as a treatment for depression, psychosis, and anxiety. Unlike ECT, TMS can be focused to a specific site in the brain which is believed to reduce the chances for side effects. In 2008, TMS was approved for use by the FDA as a treatment for major depression for clients who did not respond to at least one anti-depressant medication. At first the evidence supporting TMS was mixed, but in 2010, the first large clinical study funded by NIMH was published showing that 14% of participants achieved remission with TMS compared to 5% who received no treatment. After the trial ended, all clients could enter a second phase, where remission rates reached 30%.

A typical TMS session lasts 30-60 minutes and does not require anesthesia. An electromagnetic coil is held against the scalp in the area most associated with mood regulation. Short electromagnetic pulses are administered through the coil and through the skull, causing small electrical currents to stimulate nerve cells in that

targeted area of the brain. For the client, this feels like a slight knocking or tapping on the head. Sometimes the client may have discomfort at the contact site, and the muscles in the jaw or face may tingle during the procedure. Other side effects include mild headaches or brief lightheadedness. A complete round of TMS treatments lasts about six weeks with five sessions per week. In 2013, several commercial health insurance plans began covering the cost of TMS for the treatment of depression. As always the appropriate

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treatment for improving your mental health is best determined by you and your doctor. When I'm asked for my opinion on BSTs, I present two steps first...Step 1 - Maintain sleep, exercise, nutrition, and stress management techniques, and Step 2 - Talk with a professional ther-

apist and/or psychiatrist for medication.

More information on BSTs can be obtained through the NIMH website.

Lisa Philippart is a Licensed Professional Counselor whose practice is in Madison, Alabama



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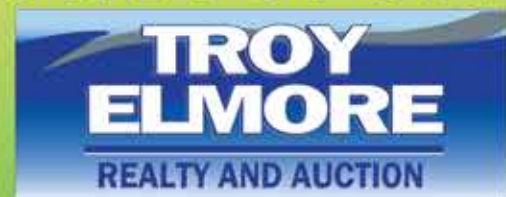
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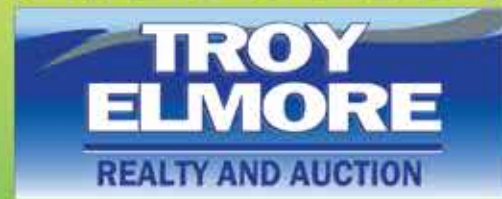
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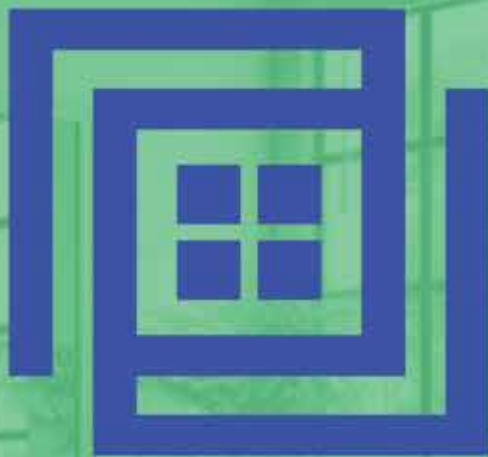
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"And all at once
summer collapsed
into fall."
- Oscar Wilde

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