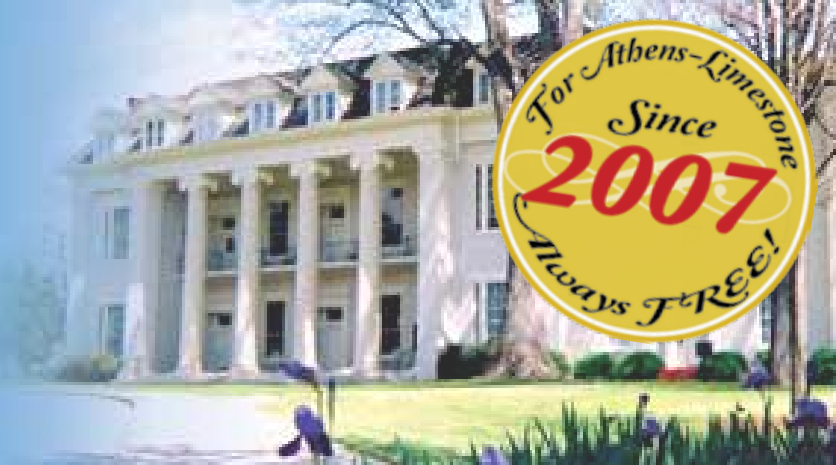


October 4 - October 17, 2024

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com
 ADVERTISING:
Ali Elizabeth: 256-468-9425

TROY ELMORE
REALTY AND AUCTION

See Our Listings Inside this edition...
Pages 25 - 32

Special Feature

Alabama Veterans Park...
The Alabama Veterans Museum is pleased to announce the fulfillment of a dream -- the Alabama Veterans Park as a beautiful addition to our...
Page 5



What Makes Ronnie Roll

"Kitschy And Kool"...
When I walked in, Mayor Ronnie and Amy Golden were talking about some projects for the Athens Activity Center, of which Amy is the...
Page 8



Cooking With Anna

Picking Out A Dress For My Brother's Funeral...
I have been wrestling with how to tell you all that my baby brother passed away from this life at the end of July...
Page 12



"Treasures for Everyone"

(256) 426-0300
HOURS: TUES-SAT
10-5 OR BY APPT



116 N. JEFFERSON ST
ATHENS, AL 35611

The 18th Annual Athens Storytelling Festival: 'Magination, Music, & Mirth

By Ali Elizabeth Turner

For 18 years now, our dear burg has had multiple seasoned 'tellers treat us to tales and tunes of all kinds as part of the Athens Storytelling Festival. Mind you, some of these fol-

Continued on page 15



Future 'tellers at School Days



Dawn and Scott Craig

Vote For Dawn Craig, Limestone County Commission, District 4

By Ali Elizabeth Turner

Dawn Craig has dedicated her life to service and hard work. As a child of the Air Force, a USAF wife, and the mother of a USAF son, she brings a unique perspe-

Continued on page 17



FRAME GALLERY
OF ATHENS

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302

TRACIE@FRAMEGALLERYOFATHENS.COM

125 NORTH MARION STREET, DOWNTOWN ATHENS



OPEN

Alabama Biz Finder

... Always Open - 24/7

alabamabizfinder.com



Sand Blasting
&
Powder Coating

Give us a Call:
256-614-2016

www.Tennesseevalleycoatings.com



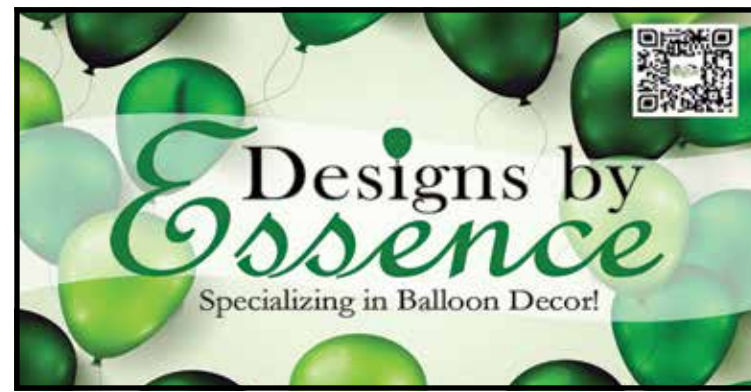
NEED A LOGO?

Contact us
about your next
business idea!

— LOGO DESIGNS — rtgreendesigns.com

"Suit Your Business"

205.515.2317



Designs by
Essence
Specializing in Balloon Decor!

Celebrating over

35

years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



A T H E N S , A L
WOMEN'S
RESOURCE CENTER

256-233-5775 • 24-Hr Hotline

727 Market Street W, Ste. D in Athens

www.savallifeathens.org



Dugger's Florist
& Gifts, LLC

www.duggersflorist.com

Melinda Dugger
Owner

duggersflorist@gmail.com
800 Hwy 72 East, Suite A
Athens, AL 36511
(256) 232-5777

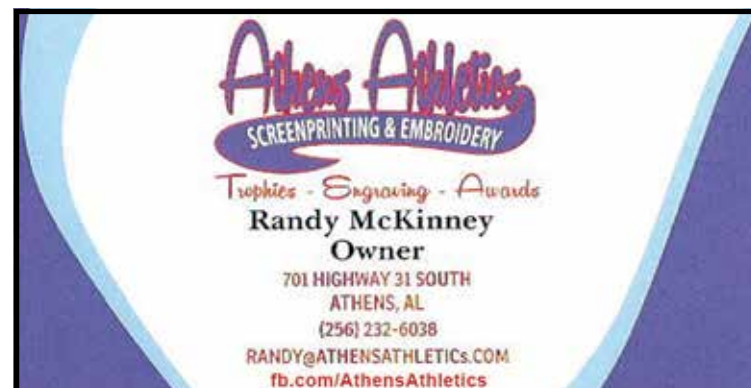


RIVER CITY

ROOFING
SOLUTIONS INC.

256-274-8530

WWW.RIVERCITYROOFINGSOLUTIONS.COM



Athens Athletics
SCREENPRINTING & EMBROIDERY

Trophies - Engraving - Awards
Randy McKinney
Owner

701 HIGHWAY 31 SOUTH
ATHENS, AL
(256) 232-6038

RANDY@ATHENSATHLETICS.COM
fb.com/AthensAthletics

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Sales
Rosemary Stainbrook

Contributing Writers

- D. A. Slinkard
- Anna Hamilton
- Phil Williams
- Claire Tribble
- Stephanie Reynolds
- Detri McGhee
- Lisa Philippart
- Joel Allen
- Roy Williams
- Nick Niedzwiecki
- Yvonne Dempsey
- Dale Lone Elk Casteel
- Eric Betts
- Sonya Fehér

Athens Now is published every first and third Friday of the month and is a publication of Turning Press, LLC. Reproduction in whole or in part, without expressed written permission of the publisher, is strictly prohibited. Athens Now is not responsible for the content or claims of any advertising or editorial in this publication. All information is believed to be accurate. © Copyright 2007.

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

Contents

- Publisher's Point** 3
- All Things Soldier** 4
- Special Feature** 5
- Calendar Of Events** 6
- Special Feature** 7
- What Makes Ronnie Roll** 8
- Rightside Way** 10
- Slinkard on Success** 11
- Clean Green And Beautiful** 12
- Cooking With Anna** 13
- Health And Fitness** 14
- Cover Story** 15 & 17
- From The Tourism Office** 16
- Learning As A Lifestyle** 18
- spaceWise** 19
- Dog Barker** 20
- McGhee On Management** 21
- Alternative Approach** 22
- Mental Health Minute** 24



Publisher's Point

The Hard Hallelujah

As of this writing, tiny Israel (which is surrounded by neighbors who are trying to make it even tinier) is trying to celebrate Rosh Hashanah, the Jewish New Year. Rosh Hashanah means "head of the year," and is one of the most fascinating of the feasts. It is a burst of joy and sweetness to be followed by several days of repentance, meditation, and reflection. It culminates in Yom Kippur, which is the Day of Atonement, (or as a former pastor would say, "At-ONE-ment") whose intended result is that God and man become so intimate that you don't know where one stops and the other begins. It is a time of getting things straightened out, both horizon-

tally and vertically, and I think we can agree that the entire planet needs exactly that, and right now.

What is wild is that Israel, once again, is attempting to celebrate, then meditate and finishing with divine meditation in the midst of being attacked by a nation that does not just want to make tiny Israel even tinier, but to utterly destroy it. They are smack dab in the middle of what I call "the hard hallelujah." What is that? It is the rational decision to do the irrational; to praise God in all things as well as for all things. Does that sound nuts? It does. Is it what believers are called to do? It is. How do we know? "Little David," who was no

stranger to the demonic actions of those who would destroy him out of jealousy, and thus is a perfect picture of Israel said it best: I will bless the Lord at all times; His praise shall continually be in my mouth. Joseph said to his jealous and dysfunctional brothers, "What the enemy meant for evil, God meant for good," Paul admonishes us to remember that God will work ALL things together for good to them that love Him and are called according to His purpose, along with Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Does that mean that we never weep, we never mourn, or we deny that

negative, hateful, horrible things sometimes singe the hair right off of our souls? Of course not. Jesus would not have said, "Blessed are they that mourn, for they shall be comforted," if it wasn't true. What it means is that BEFORE heartbreak hits, you have determined by grace to develop a mind and heart set that begin to move toward the understanding that God's got this, and that He has indeed made all things beautiful in His time. Therefore, the worst becomes the raw materials for the best, when you let God get His hands on it.

I know that when I am in the presence of someone who has both undergone and lives this process, and has ultimately found great beauty coming out of the biggest, nastiest ash heap, I am drawn up short and challenged to the core to access a realm whose password at times is the hard hallelujah. Therefore, let us pray for the peace of Jerusalem, and for all who are in great danger in this new year.

Ali Elizabeth Turner

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



Heroes In The Aftermath Of Helene

by Ali Elizabeth Turner



It's been about a week since Hurricane Helene hit with hellacious viciousness, and we still don't know the fullness of the devastation. About 180 are confirmed dead. Hundreds are still missing, and as of Wednesday, October 02, communications were still iffy. The fact that a hurricane made its way into the mountains is past strange, and when we went to print, I hadn't heard from a family that is dear to the heart of our family. They live in the Asheville area. My husband has safely been near Bristol, TN, in his job as an over-the-road truck driver, and a Carolina woman who is like a sister to me has been able to text, but the phones are not back up. Now that I know that she and her family are okay, we have decided to wait until comms are all the way back up to talk. It



is only reasonable to wait until things have settled down to have an ear-to-ear, heart-to-heart conversation, and keep space open for first responders.

So, as we went to print, there has been an organized response from our military, as well as an im-

pressive amount of help from the private sector. Here is a rundown of some of the troops that have been deployed, and what they are doing.

The Commander-in-Chief has tasked the DOD to activate and deploy 1,000 soldiers who are currently stationed at Fort Liberty. They are considered to be a task force whose focus is relief efforts. They are part of the 18th Airborne, and are also working with members of the 82nd Airborne Division. Their purview includes mechanics, water, and fuel.

Fort Liberty has people

and machines that are trained to deal with high water, and there are also support crews for rotary wing aircraft. One YouTube film has captured the rescue efforts of private citizens that fly 'copters and what they have been able to do to rescue as well as deliver supplies has been extraordinary.

The 3,900 National Guard team in Florida has teamed up with 18 members of the Mississippi Guard and so far, have rescued over 150 people and 50 animals. They have also cleared nearly 1200 miles of road, and have put to-

gether about 30 locations from which to deliver supplies.

"It's pretty devastating to look at a lot of homes that have been wiped off the foundations and a lot of people that are probably going to be having to restart their lives pretty shortly," Army Brig. Gen. Alex Harlamor of the Florida National Guard mentioned last Saturday in an interview with CNN.

Helene is considered more than a 100-year storm, and it will take decades to build back. But, as someone who was in the middle of Mt. St. Helen erupting in 1980, I know that in time, nature will make an extraordinary comeback, and lives will rebuild. In the meantime, we have soldiers to thank for keeping us safe, and helping our neighbors to get back to normal. They are the Heroes of Helene.

New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

**Athens Auto Tire
&
Wrecker Service**

24 Hr. Road & Wrecker Service

306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537





Caleb Lawler
CERTIFIED FINANCIAL PLANNER™

Financial Advisor | Edward Jones

27453 Capshaw Rd. Suite D | Athens, AL 35613
Phone 256.233.4037 | Fax 855.225.7589
caleb.lawler@edwardjones.com

**HAZEL GREEN
CHIROPRACTIC**
Dr. JOHN BOYLE

13971 Highway 231/431
Hazel Green, AL 35750

Tel: (256) 828-4288
Fax: (256) 828-4250
hazelgreenchiropractic@yahoo.com
hazelgreenchiropractic.com



One Rainy Night In North Korea

by Dale Lone Elk Casteel

It was sometime in the summer of 1951, our company was up on a little rise with the artillery and tanks set up a short distance behind us and a company of Marines to the left of us. It had been raining most of the day and was still raining that night, and the big guns were continually laying the fire power down.

Our company had received word that the North Koreans and Chinese were going to make a big push down the valley where our camp was set up, and it was my time to be on guard duty that night. With all of the firing from the artillery and the tanks and also the thundering and lightening, one could say that it was a

miserable night. The position for my post was on a little rise above our company. I was the person on the front, right where the enemy would be coming from, so there was no settling in for the night. My weapon for that night was a 50-caliber machine gun, and with everything that was going on that night, my finger was on the trigger as if it were glued there. I had my poncho on to keep the rain off of me, but that did not stop the misery.

Later on that night when a flash of lightning came, I thought that I could see heads ducking down. I had to be sure that it was the enemy before I opened fire. With every flash of lightening,

I was sure I could see heads ducking down, causing me to wonder if it was the right thing to hold fire.

I finally decided to call the sergeant of the guards. He eased up to where I was and began to watch, and in a short time, he too began to think that he was seeing heads ducking down. He said, "Let's wait and make sure before we open fire. So we sat there together waiting and watching.

It was a great sight to begin seeing daylight appear; I had lived through the longest night I have ever lived so far. We found out that day that some of the Marines had gotten their throats cut while they were asleep in

their tents. I began to wonder if some of those heads that were ducking down were actually the North Koreans or the Chinese. It now makes me wish that I had opened fire on them, and I will never know if I was right or wrong for holding fire. This was just one of the tight spots that we had to go through during the Korean War.

Throughout the war, there were many more nights comparable to this situation, like having to jump out of a good warm sleeping bag and get into your foxhole with freezing rain and snow falling on you while waiting for the enemy to show up.

I believe that God was watching over us during this war because there was a lot of praying from the men. We did have church when time allowed, and all of the men had their little Gideon Bibles with them. It is a rotten shame that the government of today thinks that our soldiers do not need a Bible with them. What else can you expect from those who have never been in a war? How would they know?

Sometimes, I get a haunting feeling down deep in my heart that I could have saved several Marines from getting killed on that night long ago; then I realize that you have to live with your decisions, right or wrong.



LADON TOWNSEND LIMESTONE COUNTY COMMISSION DISTRICT 4



Since being elected, my priority has been to listen to the people in my district and help. Serving as your county commissioner is an honor that I do not take lightly. I hope to continue working for you and making our county the best place in Alabama to call home.

Ladon Townsend

**VOTE LADON TOWNSEND
ON ELECTION DAY
NOVEMBER 5TH**

Calendar of Events

Silver Sneakers

Every Monday, Wednesday and Friday

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

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 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,

Senior Lunch Matinee Series Third Thursdays Monthly

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

FB: www.facebook.com/YesterdaysEventCenter

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!

Limestone County Master Gardeners presents Backyard Wildlife October 12

10AM. Limestone County Extension Bldg., 1109 W. Market St., Athens. How to welcome wildlife to your yard. 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.

Veterans Day Parade November 11

11:00 AM. Location: Starts at Athens High and takes Pryor to Shaw to Hobbs to Jefferson to Market to Marion to Washington to Jefferson to the library.

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!

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.





Special Feature

Alabama Veterans Park

by Yvonne Dempsey

The Alabama Veterans Museum is pleased to announce the fulfillment of a dream -- the Alabama Veterans Park as a beautiful addition to our museum complex.

As many of you may remember, the railroad depot next to the train tracks on W. Pryor was the initial home of the museum. Over the years and due to the accumulation of numerous historic artifacts, the museum became too small for the many displays. Thankfully, the solution to the space problem was close at hand in the form of the Limestone County Event Center across the parking lot from the museum, which was deeded to the museum by the County. Generous donations made it possible to renovate half of the large building for the museum while leaving the other half as a popular event venue that is available for rent.

In July of 2021, the museum relocated to the newly renovated building across the parking lot. The spacious, well-lit building is fully ADA compliant, affording visitors easy access to all the museum has to offer. With the museum's move to the new building, the dream was then to purchase the adjoining property that held storage units and a small office building. The idea was to honor our veterans with a beautiful park that could be enjoyed by all for years to come.

Almost three years after moving to the new

building, the museum was able to purchase the adjacent property.

The buildings were torn down to make way for the planned park. Many

long hours of planning, preparations, and hard work went into creating

this beautiful addition to our museum and our city.

Visitors approaching the Alabama Veterans Park will notice the Bell OH-58A Kiowa helicopter displayed above the south side. This particular helicopter was used by the U. S. Army from 1969 through the '70s. A Lance missile launcher is displayed on the park's north side. The fenced park is beautifully landscaped with benches along the winding sidewalk. The center of the park has three flagpoles, monuments, and a fire pit that will be used for the flag retirement ceremonies for U. S. flags no longer in service.

Although a date has not been set, an official ribbon-cutting ceremony and dedication will be held and the public will be invited to the event. An announcement about the date and time will be made in the news media.

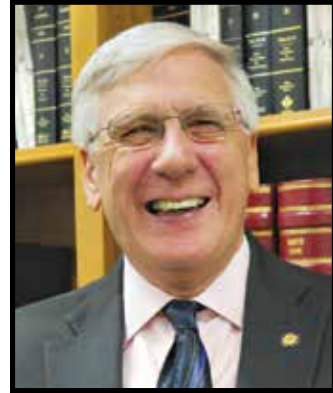
The museum board and staff would like to thank all who made contributions of money, time, talent, and hard work, to make our park a reality. Without the generosity of our supporters, we would not exist for future generations.

Just a reminder that Coffee Call is held in the event venue on the first Saturday of each month at 8 a.m. It is a free breakfast for veterans and their families. It is a great time for food, fellowship, and even touring the museum afterwards.



“Kitschy And Kool”

by Ali Elizabeth Turner



When I walked in, Mayor Ronnie and Amy Golden were talking about some projects for the Athens Activity Center, of which Amy is the administrator. While the Activity Center is largely for seniors, all are welcome. Monday's theme was "School Days," and Kay Burlingame, as always, had made plans sure to please. A special event was going to be happening at the noon hour, and the word Amy used to describe what Miss Kay had cooked up for the day was "kitschy," and it was meant with all affection. "Kitschy" is a Yiddish word that when used positively combines ultra-sentimentality with not-so-stellar art. If some-

one had a grandmother who had several paintings of sad-eyed clowns hanging around her living room walls, her taste in art could be considered kitschy, and it almost makes you love Grandma all the more. Or, take the paintings of dogs playing poker, if you have seen those. What everyone was about to experience was completely kitschy, and as Amy said, "cool." (It was my choice to spell it with a "k" just for this article, by the way.) So, what happened? Folks brought in their "School Days" pictures complete with freshly lost milk teeth, cowlicks, buzz cuts, perms, and more. The identity of the student was only a

number, and the audience had to guess. Mayor Ronnie's pic was taken when he was about three, sitting on a porch in his little Liberty overalls with a book on his lap. The event was a big hit, and the participants brought school supplies for the Athens City Schools. There was more to celebrate. Athens took 32 medals in what is the known as the Masters Games of Alabama! Many thanks to Miss Kay, Amy Golden, and all the rest of the volunteers who made the day a success. The mayor also wanted to emphasize that we call it the Activity Center rather than the Senior Center. "It's about activities, not age," he said with a smile.

We discussed Hurricane Helene and what we as a city were doing to help. Utilities departments throughout the South and beyond have a reciprocal services agreement which basically means that if we are in trouble from a storm, others come help, and if they are in trouble, we go to help. "We've been on both ends of this," the mayor said. Mayor Ronnie then called Blair Davis, who heads up our electrical crew, and as of this writing we have a team of six that has gone to the Erwin, TN, to help. Depending on need and the length of time it takes to "git 'er dun," they will stay out 'til next week and then a fresh

crew will replace them. The mayor finished that conversation with, "It's a dangerous job, and we appreciate it," and Blair responded "Glad we can help."

Of course, we spent some time touching on the most prickly of our current challenges, that being the animal shelter. The process of deciding on the best way to handle that and all the other was put squarely under the question, "How do you (we) grow well?" That is the perennial question, and there was one thing to do: pray. So, we prayed, and once again it was time for Ronnie to roll.



The Original
Rocket City Barns
 •Sheds •Carports •Metal Buildings

See our inventory at:
RocketCityBarns.com

Call or Text **256-221-7062**

The UPS Store

Here to serve all your **PRINTING** needs, Business cards, Invitations, Banners, Posters, Yardsigns and More!!

1260 Us Hwy 72 E Ste B
 Athens, AL 35611

Hours:
 Mon-Fri: 07:30 A.M. - 06:00 P.M.
 Saturday: 09:30 A.M. - 04:00 P.M.
 Sunday: 11:00 A.M. - 04:00 P.M.

P: (256) 444-4044
 F: (256) 444-4055
 E: store7250@theupsstore.com
 W: theupsstore.com/7250

The UPS Store

Tennessee Valley Spotlight

Mondays at 10am
1080 AM WKAC

purehope FOUNDATION

BUILDING HOPE

IF YOU'LL SET A FIRM FOUNDATION,
she'll build her dreams upon it.

HELP US BUILD THE 1ST HOPE HOME
 at
Pure Hope Ranch

SCAN THE QR CODE TO JOIN OUR
matching campaign
 and **DOUBLE** your impact !!

A generous donor has committed to match dollar for dollar any gift up to \$250,000 total.



Push Back Against The Purge

by Phil Williams

The great woke purge of U.S. history continues. In a never-ending series of virtue signals, the left erases the past with zealous fervor.

The Biden/Harris administration portrayed young troopers wringing their hands at the vast inequity of being assigned to a military post named after someone from 150 years ago that no one knew was tied to the Confederacy. Those names were chosen to bring healing to the broken nation in the post-Civil War reconstruction. But that matters not in the purge. Are we safer now that Fort Bragg is called Fort Liberty?

The history purge became all-encompassing in the military as it swept up base names, statues, streets, and buildings. But in 2023, it focused on stones. That's right... stones.

As a former Army Ranger, I am partial to the US Army Ranger Monument at Fort Moore, GA (formerly Fort Benning). Prominently located in a grassy open area known as Ranger Field, the monument sits adjacent to the Maneuver Center of Excellence where young infantry and armor officers enter the profession of arms. Overseen by the National Ranger Memorial Foundation, the Ranger Monument was built with over \$500,000 in private donations. Made up of large marble pillars surrounding a giant bronze Fairbairn-Sykes fighting

knife, like those carried by the 1st Ranger Battalion in WWII, the monument is one of Fort Moore's most visited historical sites. A key element of the overall monument is the long stone walkway containing the verified names of Rangers throughout history. No rank, just the word "Ranger" with a name and unit.

Enter the days of the great modern purge. In 2023, the Ranger Memorial Foundation was informed that several engraved stones would have to be removed. Someone had anonymously complained, and again, it was believed scary to young troops who might be confused by a name, for which they would have no personal reference. The Foundation was directed by the Garrison Commander at Fort Moore to remove the offending stones or risk having a detail sent over to do it for them. The Foundation reluctantly agreed in order to avoid having damage done to the monument.

I must pause here and ask: If we are going to remove the names of dead Rangers from a historical monument that was built with private donations... well, when do we start removing headstones from graves? Keep in mind that Arlington National Cemetery is actually built on the land of former Confederate General Robert E. Lee. Applying the logic of Ranger stones, should we dig up and relocate the 482 Confederate graves

at Arlington? Before you dismiss the craziness of that suggestion just know that earlier this year the Confederate memorial at Arlington National Cemetery was removed by order of Congress under then Speaker Nancy Pelosi.

Where does this purge of history end?

But recently, a shining example of good people saying "enough is enough" occurred. Retired Master Sergeant Howard Mullen is a 2013 inductee into the Ranger Hall of Fame. He served honorably in the 75th Ranger Regiment and earned combat jump wings jumping into Grenada during the Reagan era. Mullen recently petitioned the town council of Andersonville, Georgia to receive and display several of the stones that were removed from the Ranger Memorial.

"[T]here were four stones removed simply because these Rangers fought with the Confederacy," Ranger Mullen told the council. "There's a big push to remove these monuments... erase our history. So it's very important that we maintain our history for our future generations." He went on to say that the plea was not at all political and that the men whose names were on the stones were historically considered Rangers. In Mullen's words, "People are sick of this stuff." The council agreed and the stones will be moved in the first week of October for permanent display at the Civil War

Drummer Boy Museum.

But there is a nuance to this story that is equally important. Ranger Howard Mullen is a black man. He is a Ranger with a decorated career, and he is obviously not threatened by history. In fact, he is determined to preserve it and to prove that is not offensive or scary to modern warriors. That's a decent ending to a bad story.

The effort by the left to purge history is wrong on so many levels. Stalin and Lenin were well known for purges and their rebranding of history. North Korea, China, Myanmar, Saddam's Iraq - they've all gone through purges of history to ensure the narratives that don't suit the current power base are wiped from visibility.

But here's the rub: In an era in which the left heralds so-called "diversity," it is becoming more and more apparent they have no desire to actually celebrate differences. The Ranger Memorial, the Confederate monument at Arlington, and the names of legacy forts like Bragg, Benning, Rucker, and Hood have all been swept up in a historical purge in order to eradicate any memory of that which makes the current leftist power base feel uncomfortable.

There is no acknowledgement given to what it means to have history correct itself. No value placed on the fact that these names were emblazoned by past generations to pro-

vide healing salve on past societal wounds. No future citizen will be able to truly recognize the value of where we are without being able to fully acknowledge from whence we have come.

If we erase history -- if we purge names, and places, and statues -- then what we are really saying is that we cannot overcome our history unless we eradicate our history. By doing so we lose sight of the past and all the lessons that go with it.

We have to push back against the purge.

"Rangers Lead The Way!"

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

What Is Your Excuse?

by D. A. Slinkard

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



I think about the word “motivation” quite a bit and am always looking for ways to increase my personal motivation. For as long as I can remember, I have been motivated to receive recognition for a job well done, and I am motivated by financial success. If you want to motivate D.A. Slinkard, all you have to do is show me the opportunity for recognition and show me the money. I understand that not everyone is motivated the same way I am, and that is okay. I believe we need to understand what motivates us to perform our best and then utilize these methods to reach beyond our potential.

I was reading the 20th Chapter of Proverbs the other day and one verse really stuck out to me. Proverbs 20:4 states, “The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing.” As soon as I read the verse, I knew exactly what I wanted my next *Athens Now* article to be about. This verse here sums up the lives of too many people in our society.

The word sluggard means a lazy person, and it seems that since COVID occurred, we have a lot of lazy people who no longer want to work. We have a lot of lazy people who want a handout and not a hand-up. This verse is telling us the lazy person will not plow or work by rea-

son of the cold. This lazy person is making an excuse not to work because it is cold. Truthfully, if we want to, we can make up a million and one reasons why we cannot do something. It seems that lazy people are good at making excuses. It has been said if it is important to you, you will find a way and if it is not, you will make an excuse.

The sluggard will not plow by reason of the cold; therefore shall he beg in harvest, and have nothing. How many people in society are sitting around begging for handouts because they are not willing to put in the work? Does this sound familiar? I hate to admit it, but if it is something I do not feel like doing – I can tend to

be like the sluggard and make an excuse.

I recently started a part-time business in which I clean exterior windows for residential and commercial customers. I am in the beginning phases of this business, and my customer count is low. To make money, what do I need to do? I have had to go out and personally knock on doors in neighborhoods trying to see if people are interested in having their windows cleaned.

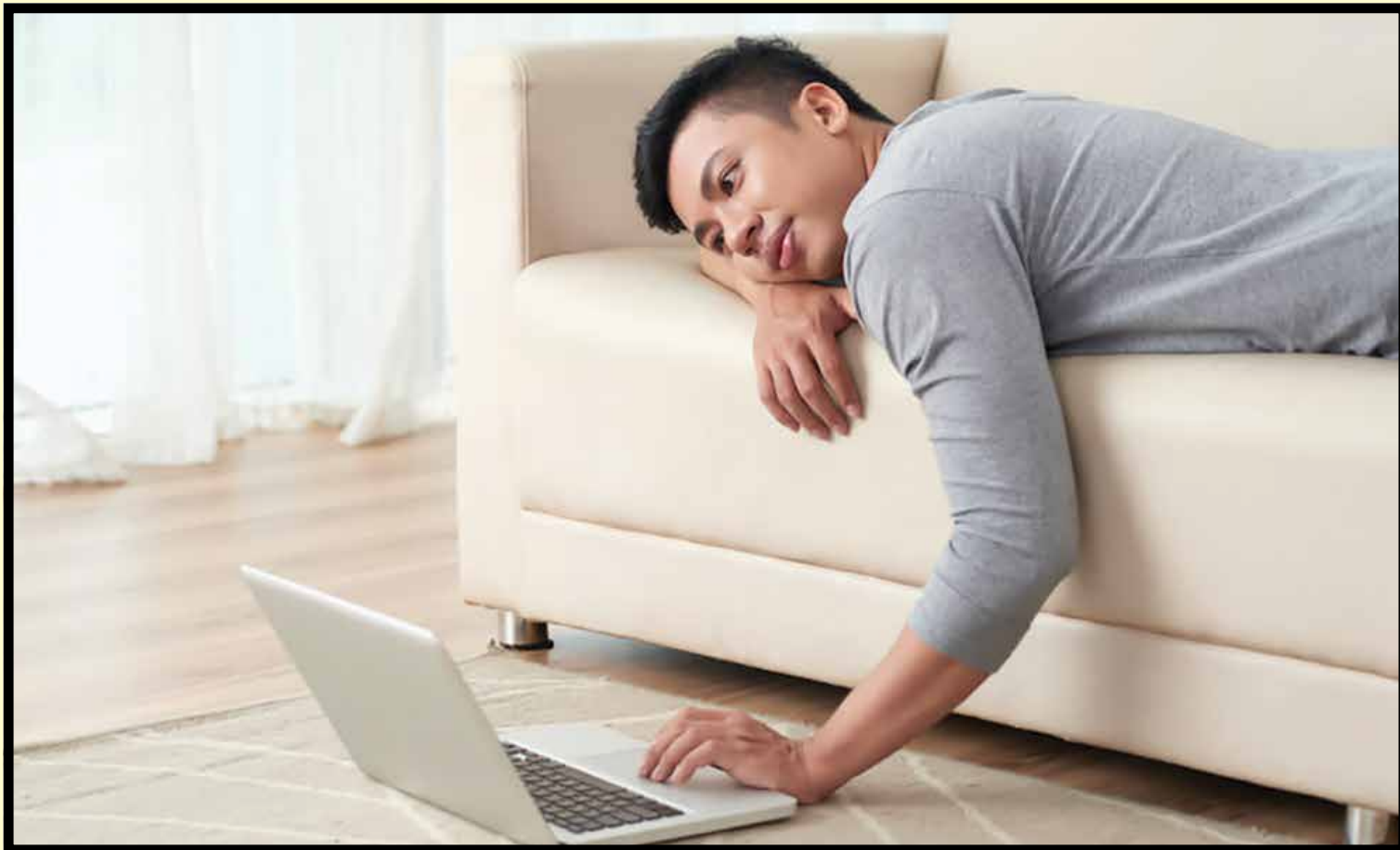
You may not realize this, but going door-to-door means you get told, “No,” quite a bit. It is super easy to become demotivated, especially with how some people respond to a stranger being on their doorstep. I say all of this

because God knew exactly what I needed to read when I needed to read it, and God’s timing for me reading Proverbs Chapter 20 was on point. I want success for this new business venture, and what I realize from this Scripture is if I am not willing to put in the work, I will beg during harvest time and I will have nothing.

This right here is motivation enough for me to go to one more door at least one more time -- and when I have knocked on that door, I am motivated enough to go to one more door at least one more time. There were multiple occasions early on that because I would not give up, I was able to sell a window cleaning job. Is it easy? Not at all, but I

have determined not to be the sluggard who is willing to give all kinds of excuses as to why I cannot have success.

Your success is not guaranteed. My success is not guaranteed, but the reality is we must work hard to obtain greatness. I believe we have grown soft in our society in that we despise anything that requires any kind of extra effort. We want things to work in our favor every time, and we forget the hard work and dedication we must put in. What motivates you? How do you stay motivated? How do you achieve success when all you want to do is give up? Email me and let me know what works for you.





Clean, Green And Beautiful

Where Have All the Flowers Gone?

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

The Athens-Limestone Beautification Board had the best time this past week planting the downtown flowerpots. The kids from Graham's Ag classes at the Limestone County Technical School are absolutely amazing to work with! We were able to help teach and encourage these students to take pride in not only their own hard work, but their community as well. We had two different groups to work with, and they all worked hard with us. Both groups had a mixture of experience levels and schools, but these kids worked so well together.

Even though it was hard to pull such beautiful flowers, the morning class helped us to empty the summer plantings and prep the pots for the fall planting. We always hate to pull up the big, vibrant plants. The upside is that this year, the students took the plants back to their greenhouse at Tanner High School



to propagate the plants they collected for us to use again next year, and to sell at their plant sale in the spring! We are very excited that they will be able to learn and experiment with starting plants

from cuttings and watching them grow. Thankfully their teacher, Lauren Graham, said "YES" to taking all the plants back to work with, so they will have plenty to do in the coming weeks!

will be the ones to grow our plants!

With their help, I think we finished in record time. We removed plants and replanted 27 BIG pots in 3 hours! That's a lot of hard work, but Mrs. Graham and her classes were nothing short of amazing, and we are so proud to have them help us. We can't wait to see how their hard

work in the greenhouse over the winter turns out in the spring. We are very excited that these kids can walk around the Square and know that they put in hours of hard work and dedication to help the community. We think that may be the best part of our new partnership!



The sun decided to shine for the afternoon class! Thankfully we had plenty of muscle in the afternoon class. They helped to distribute pumpkins, pansies, and soil for each of the downtown pots. Everyone had plenty to do from holding the grass up to planting pansies. One student even operated a drone to take pictures of everyone working. The spring planting will be so much fun since these kids



Become a Fan



(256) 233-8000

KALBCares@gmail.com

www.KALBCares.com



Cooking with Anna

Picking Out A Dress For My Brother's Funeral

by Anna Hamilton

I have been wrestling with how to tell you all that my baby brother passed away from this life at the end of July. I feel as if I owe it to you guys. I tell you the good, the bad, and the ugly of my life because in all honesty, it is my therapy. I feel that you don't pass judgment, you just read my words and become part of my life.

I am the oldest of four children. My brother, John Richard, was the youngest. My mom gave us all very Southern, double names. I'm Anna Lynn, my sister is Mary Ellen, my brother is Anthony Alexander, and my baby brother is John Richard. We were the bookends of the family. Even though we were 6 years apart, we were extremely close. Every part of my life growing up is a memory of my siblings and I playing together. All four of us had each other's backs and had an unspoken pact of unity. When John died



at the end of July, my world stopped.

I had the privilege of knowing him for just shy of 38 years, so let me tell you a little bit about his life.

John Richard Lindley was born on October 13, 1986, in Tupelo, MS, to Anthony Lindley and Rhonda Duncan Lindley. He attended Hamilton High School and graduated as a LPN from Bevill State Community College. John Richard worked with Northwest Alabama Mental Health Center and loved his patients dearly.

He was a member of the Kingsville Church of Christ. John Richard used every opportunity he had to spread the good news of the Gospel of Jesus Christ.

John Richard loved his family and friends dearly and always looked forward to spending time with them. He loved his beloved pets, but especially his

continued on page 23

Skillet Jalapeno Cheese Bread

Ingredients:

- 1 stick butter
- 2 ½ cups self-rising flour
- 1 ½ Tbsp sugar
- 1 ½ cups shredded cheddar cheese
- ½ cup diced jalapenos (plus slices to put on top)
- ¾ cup buttermilk

Directions:

Preheat oven to 450 degrees.

Melt the butter in a microwave safe bowl.

Pour butter into an iron skillet.

In a large bowl, mix together flour, sugar, cheese, jalapenos, and buttermilk. Once combined, pour batter over the melted butter in the skillet. Smooth out the mixture and top with some jalapeno slices.

Place in preheated oven and bake for 25-30 minutes.

Serve warm and enjoy!



Crossfit Athens, Transforming More Than Fitness

by Nick Niedzwiecki - Owner, CrossFit Athens

When people think of fitness, they often picture isolated hours in the gym, headphones in, and the world tuned out. However, CrossFit challenges that idea entirely. CrossFit is more than just a workout regime—it's a dynamic, supportive community that can profoundly impact various aspects of your life. The sense of belonging, accountability, and personal growth that comes with CrossFit goes beyond physical transformations. Here's how being a part of the CrossFit community can change your life in ways you might not expect.

One of the most noticeable differences between CrossFit and traditional gym environments is the community. From day one, you become part of a group that celebrates everyone's victories, big or small. Whether you are an elite athlete or a beginner, the shared struggle of intense workouts creates a bond. Members cheer each other on, offer encouragement, and celebrate accomplishments. This camaraderie helps build meaningful relationships that make working out less of a chore and more of an exciting, social experience. This sense of belonging

extends beyond the gym walls. CrossFit communities often engage in social events, charity fundraisers, and outdoor challenges, making it easy to make friends and feel connected to a larger, supportive network. For many, this connection helps fight feelings of isolation and loneliness, giving a sense of purpose and identity within a group. Consistency is key to achieving fitness goals, and CrossFit's community structure is one of the most powerful motivators for staying consistent. When you are part of a class, people

notice if you don't show up. This mutual accountability keeps you coming back, even on days when you feel unmotivated. Unlike traditional gyms where it's easy to skip a session, CrossFit's group classes provide a scheduled structure, making it easier to stay on track. Moreover, the coaches and fellow athletes will encourage you to push your limits and reach new heights. You're not just working out for yourself; you're showing up for your team. The shared experience of hard work, sweat, and effort makes skipping a workout harder, helping you maintain a long-term commitment to fitness.

CrossFit workouts are designed to challenge both the body and the mind. High-intensity, constantly varied workouts push you beyond what you thought you were capable of. Whether it's mastering a challenging movement like a pull-up or finishing a grueling workout, each achievement builds self-confidence and mental toughness. The mental resilience developed in CrossFit often spills over into other areas of life. You learn to persevere through challenges, stay disciplined, and set goals. This mindset can enhance productivity at work, improve stress management, and increase overall life satisfaction. CrossFit isn't just about what happens during an hour-long workout. The

community often promotes healthier lifestyle habits, including proper nutrition, recovery, and overall well-being. Many CrossFit gyms host workshops on topics such as meal planning, mobility exercises, and mental wellness, encouraging members to take a holistic approach to health. Surrounding yourself with like-minded people who prioritize health and fitness creates an environment where it's easier to adopt and maintain positive habits. You're less likely to indulge in unhealthy behaviors when your social circle values an active, health-conscious lifestyle.

The bonds formed within the CrossFit community often transcend the gym. Through shared experiences, whether it's completing a brutal workout together, participating in competitions, or attending social events, members form strong, lasting friendships. These relationships are built on mutual respect, trust, and encouragement. Joining the CrossFit community can transform your life in profound ways. It goes beyond the physical benefits, offering a sense of belonging, accountability, mental resilience, and a support system that helps you grow as a person. Whether you're looking to get fit, make friends, or adopt a healthier lifestyle, CrossFit has the potential to be a game-changer in your life.



The 18th Annual Athens Storytelling Festival: 'Magination, Music, & Mirth

by Ali Elizabeth Turner

continued from page 1

ks are Emmy-Award winners, children's book award winners, and music industry award winners, and they all have something in common: Athens is one of their favorite stops on the circuit. Why? Because of how we have showered them with love and made them family.

Recently, I spoke with Leah Oakley, who is the new president of the Athens Storytelling Festival. She happens to be a teller herself, having personally studied under the tutelage of veteran teller, Donald Davis. Leah recently retired as a bookkeeper for our public schools, and is one of many people who works tirelessly to give "kids of all ages" the opportunity to experience expert delivery of 'magination, music, and mirth. The festival will be held once more on the Athens State University Campus, and there are free events in addition to "School Days," the opportunity for local students (whether public, private, or homeschool) to attend special sessions designed just for them, and our local legislators have made it possible for them to do so at no charge. We are the only city in the nation that does this, and we thank our representatives and local sponsors who make it possible for kids to hear life lessons that are laugh-out-loud funny.

Before we moved to a discussion of this year's line-up of tellers, Leah gave the basic run-down of the schedule:

Monday, October 7 at 6 p.m.
Student 'Teller Competition to be held at Athens-Limestone Public Library. The winners will be able to compete for a chance to tell at the Thursday, October 24th session to be held in the big

tent.

Monday, Oct 21 at 5-7:30 p.m.

Donald Davis will be presenting his most excellent workshop entitled, "Connecting Teachers and Students through Stories." Dinner will be served in Sandridge Hall from 5 -6 p.m., and those reservations are now closed. However, the workshop that will be held in McCandless Hall is free and open to the public.

Tuesday-Thursday, October 22 - October 24

School Days -- Kids from throughout Limestone County will attend all three days, and I can say from experience that this is my favorite event. To watch students actually be engaged with something other than a smartphone is refreshing, and watching them laugh through listening and imagining is delightful. Donald Davis, Carol Cain, Tim Lowry and Josh Goforth will be the 'tellers for School Days **Tuesday Night - 6:30 p.m.**

Student 'Teller Showcase is the opportunity for the young 'tellers to trot out their talent under the big tent. Everyone is invited, and admission is free.

Thursday Night 7:30 p.m.

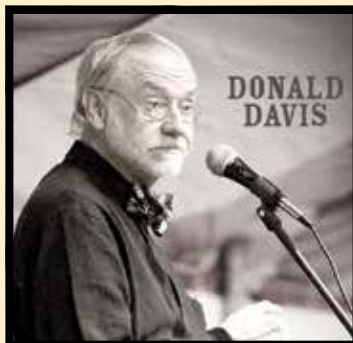
The Olio, which in the food world means a highly spiced stew, or it can also mean a miscellaneous collection of things, is the night in which all of the tellers give a "sampling of their wares," in preparation for the Friday and Saturday events. The winners of the student competition will also tell their stories.

Friday-Saturday 9 a.m.-9:30 p.m.

The festival in full swing! At 9:15pm on Friday night, you can attend the Ghost Walk, which will be conducted around the Athens State University campus. Ticket hol-

ders are free, all others are \$10. Athens State students will be dressed in character. This is NOT the same event as Tourism's Haunts Walk.

The 'Tellers



Donald Davis

During his twenty-five-year career as a United Methodist Minister, Davis began to use stories more and more. He was also asked to begin performing at festivals and in other settings until he retired from the church to tell stories full time.

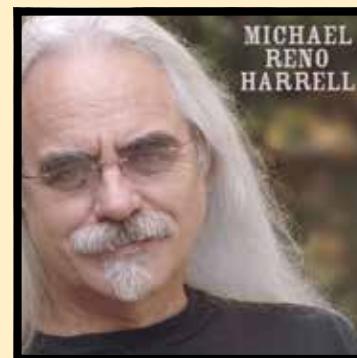
The author of eighteen books and more than forty original recordings, Davis is the recipient of both the Circle of Excellence and the Lifetime Achievement Awards from the National Storytelling Network.



Josh Goforth

Josh hails from Madison, AL. He could be described as the festival's "Hometown Boy Makes Good," and is a musical prodigy as well as an outstanding 'teller. He started playing in church at the age of four, plays ten instruments, and I am told that he and Mi-

chael Reno Harrell have teamed up to do an original presentation for this festival.



Michael Reno Harrell

Michael's natural knack for storytelling, in print, song, and spoken word, has earned him praise from not only the music community but from the literary and storytelling worlds as well. Along with his performances, Michael often conducts workshops in songwriting and storytelling, and we are looking forward to whatever he and Josh have cooked up for us.



Carol Cain

Carol Cain is from a big family and a small town, which both give her plenty to talk about! For the past 28 years, she has brought "Rosie the Riveter" to life, and has performed on stage, radio, and television. Carol is also no stranger to mauseums, schools, churches, senior centers, and libraries throughout the Southeast.

Tim Lowry

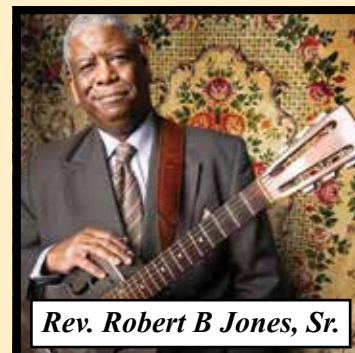
Audiences across the country enjoy storyteller Tim Lowry, as he mixes stories



Tim Lowry

from American History with a variety of folktales and personal narrative. The award-winning recording artist and author has performed on television and in hundreds of appearances nationwide.

When he is not on the road, he makes his home in Summerville, South Carolina, and does a special version of Charles Dickens's *Christmas Carol*.



Rev. Robert B. Jones, Sr.

Reverend Robert B. Jones, Sr.

The wait is OVER! Athens Storytelling Festival is pleased to welcome Rev. Robert B. Jones, Sr. to our stage in 2024. He is a nationally known 'teller, as well as a fine blues musician. In addition to his work on the Main Stage, Robert loves to take interactive storytelling programs into area schools, and like Donald Davis, illustrates his sermons with stories. There you have it, ladies and gentlemen! The 2024 Athens Storytelling Festival is almost here, and info as well as ticket purchases are at athensstorytellingfestival.com. See you there!

One Whole Year!

by Stephanie Reynolds, Athens-Limestone Tourism Association



Hello, my fabulous Limestoneians! It was my one year anniversary at Tourism on the 27th of Sept. **ONE WHOLE YEAR! WOOHOO!!**

-One year of learning the tourism industry.

-12 months of planning how to bring economic benefits to you.

-52 weeks of being reminded how amazing YOU are and how blessed I (and anyone else who lives here) am to be part of this amazing area.

-365 days of being thoroughly immersed and invested in the well-being of all of Limestone County

What have I learned this past year? Well, I learned that tourism is a part of economic development. Did you know that tourism brings in \$55 MILLION to Limestone County each year? Yep, you read that right, \$55 million, and that's at our current level. We can

go so much higher.

I learned that, even if I do my job well, it's hard for others to see what tourism does because our office doesn't have a cash register (well, we do but it's in the closet). Tourists don't give me money if I do my job well. They spend their money on the hotel room, the fuel-up, the meals at our restaurants, the shopping at local stores. If I (and you!) do my job well, they come back again and again. And again. And that money is what I call "weightless revenue"--money spent here by people who don't need to utilize our schools or other long-term services. They help pay for schools they won't need to use and roads they don't live on (just as we do in other places when we're the tourists--community members helping other communities!).

I learned that if I do my job well, more hotel staff, restaurant staff, grocery clerks, shopkeepers, etc. have jobs

and get their paychecks, and they buy houses and rent apartments and buy groceries and bank locally and get their medical/car/vet care here--I learned that, if I do my job well, I make more jobs available.

I learned that if I do my job well, our taxes are lower. More tourism means lighter taxes. Oh, I know it doesn't feel that way. Taxes seem out of control sometimes. But it would be worse without tourism. In Alabama, tourism offsets over \$700 a year in taxes for each household. What that means is we would pay \$700 more in taxes to get the same amount of services we have now. So if I do my job well, we have better roads, better schools, better everything with less burden on you, my amazing neighbors and friends.

I learned that it's hard for people to see what we bring to the table. And I can't blame them! I didn't know either until I started working

here. If you had asked me a year ago what "tourism" does, I would have thought something like, "Oh, tourism greets visitors and throws parties!" Now if you ask, I will firmly say, "We make jobs. We bring money in for the city and county to the tune of \$55 million. And we can do more as we get more. The more I can do my job, the more I can do for you, our citizens and government."

I learned that it is hard for people to see the big picture, the long game. I get that. Forest for trees is a real thing. It's hard to see that an investment now pays big in the future. But I ALSO learned that, if I do my job well, transparently and obviously, people can be reassured about our tangible, monetary role in the betterment of their lives.

I learned that tourism, though, is so much more than money (though money is important)! If I do my job

well, I actively, deliberately preserve our history--our community stories of heroes and heroines, the simple, the plain, the rascallions, and the honorable.

I help citizens and visitors make memories with their children and grandchildren, friends, and neighbors.

I help people discover new hobbies, new health, new friends. I help our communities keep firmly founded in their fabulous character, even in the middle of the huge boom we have going on. I help new people feel at home and loved and acclimate to us.

I help keep trails active and preserved, stores visited, music playing, the nation celebrated, cottage industry supported, organizational bonds strengthened, and shining lines of cooperation and understanding fostered across businesses and government and citizens and groups.

And, hopefully, at the end of the day, all citizens and visitors will reap lasting benefits delivered by a thriving, diligent, determined Tourism Office.

If I do my job well.

Notes: By the time you read this, tourism will be back under the Chamber of Commerce! For news of our events, you can go to <https://alchamber.org/about-athens/explore-athens-al/>

Don't forget to follow our NEW Facebook page: www.facebook.com/exploreathensal/

Our new Instagram: @exploreathensal

Our LinkedIn: www.linkedin.com/company/athens-limestone-tourism

**BRAD STOVALL'S
AUTO BODY**

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

Behind Tanner Post Office • 233-5140

Vote For Dawn Craig, Limestone County Commission, District 4

BY Ali Elizabeth Turner

continued from page 1

ctive to the community. Together with her husband, Scott, she co-owns PrimeTime Basketball Academy, where they nurture young athletes.

Dawn excels at hands-on tasks, from construction to operating tractors. Her years as a K-12 substitute teacher allowed her to balance family responsibilities while remaining actively involved in her children's education. Married since 1994, the Craigs are proud parents of a son who served in the Air Force and a daughter studying nursing.

Living on their family farm in West Limestone, established in the 1930s, they dedicate a portion to Christmas tree farming—a tribute to tradition. Dawn, was once affectionately known as the "Box Tops Lady," regularly volunteered with the PTO, assisting teachers whenever needed. Both she and Scott actively support their community, exemplifying a life committed to family and service.

In late 2023, Dawn threw her hat in the ring for the District 4 position. Here is the letter she wrote when she first announced her candidacy, and it serves to provide an excellent introduction to her values, concerns and commitments:

Dear Limestone County Residents,

I am excited to announce my candidacy for the position of County Commissioner of District 4, a seat that holds immense responsibility in guiding the future of our community. As a woman deeply rooted in Limestone County, I bring a unique perspective and a commitment to values that reflect the essence of our community.

Thoughtful Development:

Limestone County is currently the fastest-growing county in our state. I believe in steering this growth thoughtfully, ensuring that development enhances our quality of life while preserving the distinctive character that makes our county special. As your District 4 County Commissioner, I will advocate for well-planned

infrastructure that supports our community's needs and sustainable development.

Concerns for Costly Infrastructure Damage:

The rapid growth in Limestone County brings with it the potential for costly infrastructure damage. Each district is given a very small budget for maintenance and repairs, and the strain from growth unnecessarily burdens that budget. As your County Commissioner, I will prioritize proactive measures to address these concerns, working towards solutions that protect our citizens and maintain the integrity of our infrastructure with keeping the tax burden to a minimum.

In line with Republican values, I champion the principles of low taxes. Empowering individuals and businesses through fiscal responsibility fosters economic growth and prosperity. As your representative, I will work to create an environment that encourages entrepreneurship and economic vitality while keeping the tax burden on our residents as low as possible.

Growing up in a military environment, which could be considered one of the most diverse upbringings, tested the resiliency of kids regularly. This experience has made me a person who understands the importance of looking at situations from different perspectives. In undertaking this journey, my decision was not taken lightly.



It came after extensive reflection and research, recognizing the need for strong leadership and tough decisions to safeguard our community's future.

Together, let's navigate the challenges and opportunities that come with our county's growth.

I asked Dawn why she was running, and her response was, "I want to make sure that the voice of the people is heard, and in addition, key issues end up on the ballot." There are several things that Dawn believes she can bring as strengths to the Commission that would make a really good county even better. The first is to improve communication. If elected, she would work hard to make sure that the agenda for any up-and-coming meeting or work session would be finalized and disseminated at least three days ahead, so that people can be aware of what is going to be discussed, planned, and voted on.

Transparency is a big deal with Dawn, as well as proactivity. "We need to deal with things before they become a crisis; a crisis creates panic, which no

one needs," she said. She also added, "For the record, I am for the County taking over the animal shelter, I just feel that the situation could have been addressed much earlier." If you live in District 4, and this is what you are looking for in a commissioner, then Dawn Craig would appreciate your vote on November 5.

Dawn Craig

(256) 206-6078

dawncraigd4
commissioner@
yahoo.com

Facebook:

Dawn Craig for
Limestone County
Dist. 4 Commissioner



Forgive And Forget? Victims And Abusers

by Eric Betts, Assistant Professor | Course Developer, Hampton University School of Religion



The phrase "forgive and forget" is often invoked as a moral standard, but in many cases, it serves as a tool to silence those who have been wronged. This concept is frequently weaponized by abusers or those in positions of power to avoid accountability, pressuring victims into premature forgiveness without addressing the root cause of the harm. In these instances, the burden of forgiveness is placed solely on the person who has been hurt, compounding their suffering by asking them to carry not only their pain but also the responsibility of moving forward.

True forgiveness, when freely offered, can be a powerful force for healing. But it must never be confused with forgetting the wrong or rushing to reconciliation without acknowledging the damage that has been done. The idea that someone should "move on" without confronting the harm only serves to minimize their pain and protect the wrongdoer from accountability.

This distortion is particularly dangerous in abusive relationships or situations of injustice, where the abuser may demand forgiveness as a way of maintaining control, all while refus-

ing to make amends or change their behavior. By demanding forgiveness without restoration, abusers shift the burden onto the victim, who is asked not only to forgive but to take on the emotional labor of restoring the relationship.

In reality, forgiveness should not add to the pain of the person who has already been hurt. Healing cannot be rushed or forced, and the responsibility to restore trust and repair the damage must lay with the person who caused the harm, not the victim. Rather than placing the burden of forgiveness solely on the victim, it is essential

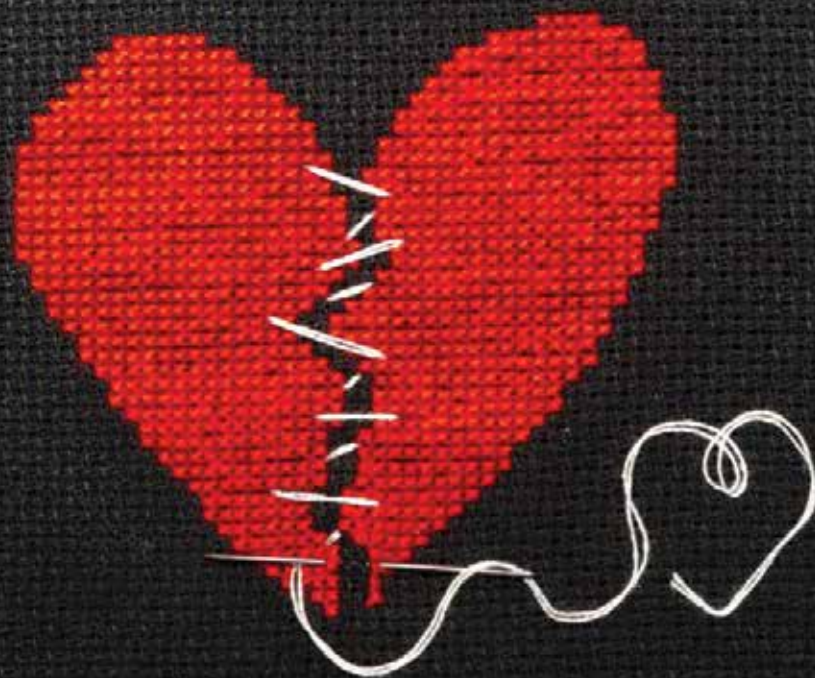
to walk alongside them in their journey toward healing—recognizing their pain, seeking justice, and offering support as they work through their trauma at their own pace.

Many religious traditions, including Christian theology, provide a more balanced understanding of forgiveness. While forgiveness is often seen as a moral imperative, these traditions also emphasize that forgiveness must be grounded in truth, justice, and accountability. Forgiveness is not about excusing harmful behavior or dismissing the need for consequences.

It requires genuine repentance, a commitment to make amends, and an honest acknowledgment of the harm that was done.

In this light, true forgiveness does not mean that the victim must bear the burden of fixing the relationship or pretending that the damage never occurred. Rather, forgiveness can only come as part of a larger process that includes real accountability and a commitment to healing for both parties. This means standing beside those who have been wronged and supporting their right to take time, to heal, and to see real change before being asked to forgive.

We must reject the misuse of "forgive and forget" when it is used to avoid responsibility or silence those who are suffering. True forgiveness should never place the weight of restoration on the person who has been hurt. Instead, it requires justice, accountability, and a commitment to walking alongside the victim—allowing them the space to heal without the added pressure of prematurely repairing what was broken. Whether in religious or secular contexts, forgiveness should always be an avenue toward healing, one that honors the victim's pain and does not bypass the essential work of justice and repair.



Space For What's Important: *Organize Your Kitchen For Fall And Beyond*

by Sonya Fehér



Beyond food, kitchens are gathering places, home-work stations, information centers, and more. Whether you're planning fall soups, holiday meals, or trying to simplify school and work routines, a well-organized kitchen makes it all easier.

The first step to an organized kitchen is deciding what you want to achieve. Do you want quicker week-night meals? A smoother morning routine for school days? Or maybe space for multiple people to work in the kitchen at one time. By focusing on the specific challenges, you can set clear goals and create a kitchen that supports your daily life.

Next, identify which areas aren't working. Look around and ask yourself: Where does clutter tend to build up, and which tasks feel the hardest? Also, consider where household members get in each other's way while trying to access storage or do a particular task. Key areas to consider are countertops, food storage areas, and storage for tools, dishes, and appliances.

Are countertops clear enough for meal prep, school lunch assembly, and serving? Are the pantry, refrigerator, and freezer organized in a way that makes it easy to grab what you need, or are they overcrowded or a jumble of miscellaneous categories that makes things hard to find? Do your drawers, shelves and cabinets make it easy to find and access your tools, dishes, and appliances?

Look around your kitchen and notice where things tend to pile up. Are your counters



crowded with papers or appliances? Is it difficult to access pantry staples or cookware? By pinpointing these trouble spots, you can figure out what needs to change. Then work in stages.

Declutter first so you won't waste space or time organizing things you don't want or need. Go through one drawer, shelf, or area at a time to get rid of anything you don't use, that's in poor condition, or that you have multiples of and can pare down.

Just like in a professional

kitchen, creating stations for specific activities can keep your space running smoothly. When utilizing zones, you'll group and store things in categories based upon the task that will be done or the types of items that need to be accessed to do the task.

Next, you'll choose where things should go. Group and store things in categories. When deciding where things should be stored, consider how often something is used, where it needs

to be used, and who uses it.

Once you've decluttered and decided where to store things, you can figure out how to make the most of your space by utilizing various storage solutions. Instead of jumping into a costly kitchen remodel, start with simple storage fixes. Consider adding baskets or bins in the pantry to corral snacks or gather pasta. Drawer organizers can separate utensils or kitchen tools. Helper shelves and baskets provide more verti-

cal storage. Use turntables in corners. You can buy inexpensive vertical pan organizers for cookie sheets and cutting boards and add pull-outs to your cabinets and under your sink. These small adjustments can make a big difference in how smoothly your kitchen functions.

Finally, label shelves, bins, containers, and anything else that holds a specific category of food or tools. Sometimes, it's even worthwhile to label both the shelf where something should be and the bin that holds items on that section of the shelf. Labels help everyone know where things go and keeps us honest when putting things away. When we're feeling a little lazy or just putting something in the general vicinity of where it goes, labels remind us that there is actually a place where something should go.

With a few simple changes, your kitchen can help you enjoy fall soup making, holiday prep, and the demands of school and work schedules. Organize in stages, focus on what matters most, and create systems that serve you—so you can spend less time searching for things and more time enjoying this busy but exciting season.

If you'd like my pantry and kitchen organizing guide with a list of categories and stations to make your organizing easier, email me at sonya@spacewiseorganizing.com.

Sonya Fehér

Organizer, Coach, Author, & Speaker

<https://spacewiseorganizing.com>

Did Your Dog Get Out?

by Joel Allen



It was a clear, sunny day and the wind had picked up a little. I was visiting a friend, and as I was in my friend's front yard, I looked across the street and saw one of his neighbor's dogs come out of the front door because it was not latched. Well, I was informed that the small-to-medium-sized dog that was pit mixed was not a nice dog, and I had Houston with me. I immediately put him back in the house.

As I watched the dog get out the door, sniffing and marking everywhere, I noticed another dog that came to the open door. It was a white, medium-to-large-sized dog, and it seemed to be nervous. The wind was making the porch storm door blow open and then

close, and it repeated again. The dog looked nervously at the swinging door, and I said, "Oh, this is not good," as the wind blew the door open again and the nervous dog hesitantly went through the door to follow its friend. Well, they went into another neighbor's yard, and the smaller dog seemed to be leading the bigger dog. They went to cross the street; suddenly, I heard tires screeching and saw the bigger of the two dogs get hit and scream out as it took off for the hills. The little dog went to its dog house and hid itself.

I immediately started yelling for the owner to come out and find her dog. I was angry and upset because here I see another dog owner who

is neglectful of their canine family member. Anyway, that day was long for the dog who got hit. In the end, the dog turned up approximately 4 miles away from where it had been hit. The Lady who hit the dog apologized, and I informed her that she was not flying through the neighborhood and the dog should not have been out. Later that evening the dog was found and taken to the vet. What a hard lesson to learn.

So, let's make ourselves more aware of what is going on in our lives including our canine family members. First, does anyone check their doors regularly to ensure they remain closed or sealed? I know I do. I treat my dogs like they're my

kids. I don't allow them to run loose. I will push on the door they are behind to make sure it is latched.

If they are in a fence, I will walk the fence periodically and ensure they will not escape. If we are out riding in the vehicle and the day is nice, I will leave the windows down and tell them to stay. Woodrow will still get out if he has a mind to. He is an old Great Dane. So, there are times I will roll the windows up half way to stop this. We all just need to stay aware of our surroundings and use the common sense we were all given.

There is something that many people are not aware of; it is their responsibility to ensure their dog is put up and

safe. If the dog causes damage of any kind, this falls to the owner to make things right between the offended person and themselves.

Let's take this a step further... What if your dog gets out and it causes someone to wreck and die? You are responsible! That is something to marinate on. Folks, think about these things because no one should get into trouble for the lack of using common sense.

Update: The dog who was hit is doing well. I have seen the dog since the accident over a month ago, and he seems to be in high spirits. So, be good to your canine family. Check your doors and locks. Ensure the fence and yard are always checked. Check your gates too, and place chains and locks in place so no one gets a "Scrabbles" as I had, who was a Great Dane and could pull a gate open with his mouth, even a locked gate... hence the need for chains.

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

Joel Allen
ABC Certified
Dog Trainer
256-651-2211



How Well Do You Know Yourself?

by Detri McGhee - CLU, ChFC



A few sessions back we began looking at the power behind the development of high levels of EMOTIONAL INTELLIGENCE experienced by wisely handling both Fear and Joy. We spent a couple of sessions on JOY, noting how Joy differs from Happiness. I promised that one day we would look at FEAR. Well, it won't be today! I just don't want to concentrate on that attribute yet. But, hang in there...one week soon we will delve into some issues there.

Today, as we consider Emotional Intelligence and how to develop higher levels of success there, let's look at some basic elements. Let's do a self-evaluation. To do this right, you need to set aside some alone time: preferably a lot longer than an hour. Get alone in a quiet place with pen and paper...no computer...no recorder. Write in your own handwriting, in your own words, and so honestly that you may not want anyone else to see it. In reality, this would make a great weekend project, though that may be hard to achieve. Now, INK IT, don't just THINK IT!

#1. WHO AM I?

- List all basic facts you can about "who" you are. Start with the obvious, simple facts: Age, gender, occupation, financial status, what you do, relationships (i.e. parent, child, aunt/uncle, pianist, guitarist, stamp-collector, chef, tax-collector, friend, banker, golfer, housekeeper, care-giver, etc.) List at

least 20, preferably more.

- List every possible character-describing words about yourself, both positive and negative. Ex. honest, self-indulgent, prideful, loyal, kind, harsh, etc. Think about your various relationships and ask, "How would they describe me if they knew no one else would know? What good and not-so-good things would they say?"

- Who do you think you are? Who do others think you are?

- Set a 5-minute timer, and ponder this: If I continue growing in the same paths I am now on, 25 years from now, I will be _____ old: What will I look like? Describe yourself as the people in your life are likely to see you then. Don't stop at 5 minutes if you're on a roll, but whatever you do, do not stop before 5 full minutes.

#2. WHAT TRAITS IN OTHERS DO YOU MOST ADMIRE OR DESPISE?

- List the attributes/traits in others that you most admire. Then rank them in order of priority, from most to least desirable.

- List the attributes/traits in others that you most dislike. Then rank them in order of priority, from most undesirable to least irritating.

#3. DESCRIBE YOUR PERFECT SELF:

- Be sure to include positive traits you already possess.

- What do you most admire in others that you



lack in yourself?

- Define areas that need refining, polishing, or even demolishing.

- Be as detailed as possible, considering as many varying relationships as you can.

#4. DECIDE ANY CHANGES YOU CAN COMMIT TO THAT PROPEL YOU FORWARD:

Remember the Chinese word for "CHANGE" is a combination of the words "crisis" and "opportunity."

Change is seldom easy. However, change can of-

ten bring freedom, peace, joy, abundance, solid positive growth, and many other good things. We WILL change through the years. But unless we take charge of – responsibility for – the changes that come, the result is likely to be a deterioration, not a change of positive qualities. If YOU do not decide who you will become, you abdicate that power to those around you, and lose a little of yourself each season.

John Maxwell says, "Change usually only comes when we hurt enough we have to, see enough we are inspired to, learn enough that we want

to, or receive enough that we are able to."

A parting thought – a repeat from last time: "Compare the cost of doing something with the cost of doing nothing."

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: detrimghee@gmail.com or Facebook: Criticism Management by Detri. Free outline for Criticism Management available at www.criticismmanagement.com



The Alternative Approach

“Do You Trust Vaccines?”

by Roy Williams

Have you heard that there are cures for almost all disease? We are here to tell you, that is a true statement, but the powerful drug industry and the medical profession will do anything, including lie, to protect their interests. In fact, those powerful organizations have censored information and pay legislators to make the sale of actual cures illegal.

With over 40 years of nutritional studies and having developed over 40 products that support natural health, I can tell you for a fact, that there are no limits to what those industries are willing to do to stop you from finding out about what we are going to disclose. After working with thousands of people suffering from disorders that are absolutely preventable and curable, we have decided to prove to the world, disorders such as diabetes, heart disease, arthritis, and even cancer, can be avoided and reversed with few exceptions.

Unfortunately, there is not a single product that does it all. So, with that knowledge, let me begin with the one thing that everyone can and should do to prevent many dis-

eases such as colds, flus, allergies, arthritis, diabetes, heart disease, sinus infections, yeast and fungal infections, parasites, fibromyalgia, auto immune disorders, and in many cases, even cancer. Please allow me to stress that almost all the health issues plaguing our nation can be prevented by doing one thing, **boosting your natural immunity.**

With over 40 years' experience in nutritional studies and having worked with thousands of clients, what I am about to introduce to you is so effective that our clients will tell you that our products have changed their lives more than anything they have ever tried. What is the secret? **SUPER CHARGE YOUR IMMUNE SYSTEM.** Our immune system is our first line of defense against infection and it is so effective, when it is working as God designed, that almost nothing can get past it; **not even cancer is allowed to develop when the immune system is working properly.**

When I was a teenager, the odds of me developing cancer were 1 in 14.



Fifty years later, my odds are 1 in 3 and that is in spite of modern science, new age medicine, and the most dangerous and expensive drugs ever introduced to the public. The one thing that has changed dramatically is our immune systems have been assaulted, leaving them so weak that most people are more vulnerable than ever before to become diseased. As a result, the only thing growing faster than preventable disorders are the profits gained by the medical profession and the pharmaceutical industries that only treat the symptoms of disease with no desire to prevent or reverse disease.

By taking just 2 IS-3 capsules each morning and 2 more each evening you can *super charge* your immune system, making it so powerful that it can keep you from becoming sick in the first place. Even if you are exposed to a virus or bacteria, you will likely not even know you have it. Imagine going through a spring and summer without sinus problems or allergies. Imagine, when everyone around is suffering from

colds and flus, you are never even affected or even, if you do develop some of the symptoms, they are so slight you don't even have to slow down. Remember, when there is another pandemic and everyone is worried, your immune system will remain so healthy, odds are, you may never even notice.

What's more, there are so many studies proving that a healthy immune system can protect you from many other disorders, especially infectious diseases, reducing your risk of shingles, gout, pneumonia, sinus infections, staph infections, Sars, diabetes, and even cancer. By maintaining a healthy immune system, you should notice more energy, better concentration, improved digestive health, fewer skin disorders, and increased stamina.

All this and more are possible with a product we developed and patented over 20 years ago called IS-3. So easy to use. Take two capsules each morning, and two before bed. IS-3 stands for Immune



Support 3 because the three main ingredients -- **IP-6, Cordyceps Synthesis, and Beta-1,3/1,6-D-Glucan** -- have an amazing history for their remarkable abilities to super charge the white blood cells, microphage, and killer T cells, which are responsible for recognizing, attacking, and disposing of any invader that gets into your body. Those 3 superstars for immune support along with the other vitamins and herbs all work synergistically, turning your immune system into a fighting force that protects from every direction.

To learn more, go by Herbs & More in Athens or NHC Herb Shop in Killen, call 256-777-5660 for delivery or log on to www.nhcherbs.com. IS-3 has been a staple for so many of our customers that I am sure you will be truly satisfied.

Your friend in health,
Roy P. Williams

Herbs & More
www.newtritionalhc.com

Roy Williams
Gwen Williams
Abbie Cooper

622 S JEFFERSON STREET
ATHENS AL 35611
256.233.0073
nhcherbs@att.net



Cooking with Anna (continued from page 13)

Picking Out A Dress For My Brother's Funeral

by Anna Hamilton

dog, Chops. John Richard's joyful spirit, tender heart, and bright smile will always be cherished and greatly missed by all who loved and knew him.

When John received the news, 13 years ago, that he had a rare autoimmune disease, his faith did not waver. Instead of complaining and asking why he would have to suffer, he turned his sadness into joy. You see, John Richard never once worried or was scared of what he knew he was about to face with his illness. He would frequently quote 2 Timothy 1:7, "For God has not given us a spirit of fear, but of power and of love and a sound mind." John boldly said, "Why not me? I am ready to suffer for the glory of Christ." His unwavering faith and strength gave all those around him the courage to keep our eyes focused on the promise of heaven. John decided to listen when God whispered his name.

John knew that there was more of his song to sing. John took his passion for good food, good fun, and the Lord and developed a YouTube channel called Head to Tail BBQ & Cooking. John took his love of cooking and used that to help bring others joy and laughter. He also knew that once people were happy and fed, it would open a door for him to spread the Gospel. At the time of John's death, he had almost 3000 subscribers to his channel and his videos had over 820,000 views!

John used the past 13 years of his life to plant the seeds of the Kingdom, and I know that God will reap a great harvest from all of John's faithful work. It has truly been an honor to be his big sister. I know God's timing is perfect, even when it seems like things are falling apart. My favorite book of the Bible is 2 Corinthians Chapter 4. The entire chapter focuses on how temporary this life truly is. The last 3 verses (16, 17, and 18) are my favorite and what I lean on during times like these. "16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

My heart is completely broken, but I am trying to learn to live in this new world without my brother. We spoke every day, multiple times a day. His apartment was only 5 minutes from my house. We went to church together every Sunday. I don't know that the hole left from him passing will ever be filled, but I owe it to him to keep going. To keep spreading the good news of the Gospel of Christ. To remain positive and my faith strong and unwavering. I owe so much to him, so much that I will never be able to repay him.



On October 13, John would have turned 38. I am not sure yet how I am going to survive that day, but I know somehow, I will. The grief and pain seem overwhelming at times; my body hurts from grief and is exhausted by rest that will not come. Everyone tells me that it will get better, but at this point I am only holding on to hope that it will.

I encourage you to go to John's YouTube page and watch his videos. I promise you will laugh, be uplifted, and will learn an amazing recipe. John Richard was an amazing cook, and I had the privilege to get to eat his cooking. I am going to feature one of his recipes in this article today; it just seems fitting.

Please, please add my family to your prayer list. We could use them for sure. Pray for peace, comfort, and for hope. We know that we will get to see John again one day in heaven, but this earthly life is hard without him.

Thank you for letting me pour my heart out to you, my most cherished friends. I hope that you will hold your loved ones a little tighter and thank God for the family you have here on this earth. I truly had the best brother and friend in this world, and I will miss him forever.

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away." Revelation 21:4

Mental Health Minute

Working Toward Positive Emotional Relationships

by Lisa Philippart,
Licensed Professional Counselor

“Those who seek a better life, must first become a better person.”

- Jim Rohn

Let's look back several weeks ago to an article I wrote called "Unhealthy Relational Patterns." I promised you a follow up article on how to break the cycle of harmful relationship patterns by focusing on improving positive connections. In between these two articles I shared with you the process of finding a mental health counselor and what to expect from the counseling experience. (I love tying concepts together in a neat bow, which is what I am doing here!) So, let's say you came to me struggling with negative emotional attachments, and were wonder-

ing what I could possibly do or say to help you to improve yourself or your situation. The following are some examples of what I might share with you and the theories used.

Learning to challenge the negative patterns you have formed throughout your life is the best place to start. You can't change your relationships without first examining who you are and what is keeping you from becoming who you want to be. And one of the best ways to begin that change is by forgiving yourself. **(Forgiveness Therapy.)** Let's get rid of the blame. Stop asking yourself, "What is wrong with me?" or "Why did this happen?" Instead, look at yourself as someone who hasn't learned the lessons you were meant to learn yet. You want to resolve conflicts, but you just

need the right tools. So tell yourself that you acknowledge entering into difficult relationships that made you feel hurt, unworthy, or unnoticed. Close your eyes and forgive yourself. Tell yourself you forgive and let it wash over you. Repeat as often as needed.

(Family Systems Therapy.) What is this unpleasant pattern that you keep sewing into your life? Relationship patterns are made up of consistent traits, characteristics, and symptoms. So, take some time to write down the answers to such questions as: what do my relationships have in common, what were some warning signs that I see so clearly now, what behaviors did these relationships bring out in me? Now think about why you chose to enter these relationships. Many of us long for a need to be met.

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



Maybe our feelings were stirred in new and exciting ways. Our motives for connection can often be completely selfish. And a lot of times, we just enter into and stick with relationships that simply feel familiar... like a story we know so well. Sometimes that's okay, and other times it's a reflection of a story that wasn't good for us to begin with. Understanding the pattern is the key to finding ways to break it.

What kind of relationship are you really hoping for? Can you describe it? What

does it feel like? **(Emotion Focused Therapy)** Emotions are not the only important factors in our relationship lives, but they are the keys to who we are. So many of us are so caught up in the surface feelings of guilt, shame, or fear, that we are unwilling or unable to identify the underlying feelings. For example, you may have been in a bad relationship that left you feeling insecure, longing for comfort and respect. Peeling back those layers of hurt may help you to discover that what you are really searching for is a relationship of peace. Your quest for love may end up in the unlikelyst of places...an everyday dynamic of harmony that makes your relationship that safe place. Once you have identified the emotions, and what you want to feel, you are ready to improve emotion regulation, to transform those emotions from maladaptive to adaptive (which is the next step for you and your therapist to take together.)

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



New Home



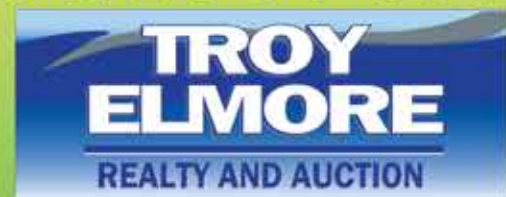
3 BEDROOMS / 2 BATHS \$259,900

109 ALAMO COURT
ATHENS, AL 35611



Call Troy Elmore to view!

Lynn Persell
H O M E B U I L D E R



TAKE A TOUR! 256-777-3710

**Call Now
to Schedule a
FREE Inspection!**

ROOFING

NEW ROOFS • RE-ROOFS • REPAIRS

100% Satisfaction Guaranteed

Local | Licensed | Insured

**EXPERTS IN STORM DAMAGE
& INSURANCE CLAIMS.**

**Your roof may be damaged and qualify
for free insurance replacement!**



**MCPMAHAN CONSTRUCTION
& ROOFING**

Licensed and Insured

256-527-6549

New Home



3 BEDROOMS / 2.5 BATHS \$299,900

117 JAMES BOWIE DR
ATHENS, AL 35611



Call Troy Elmore to view!

Lynn Persell
H O M E B U I L D E R



TAKE A TOUR! 256-777-3710

SUDOKU

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

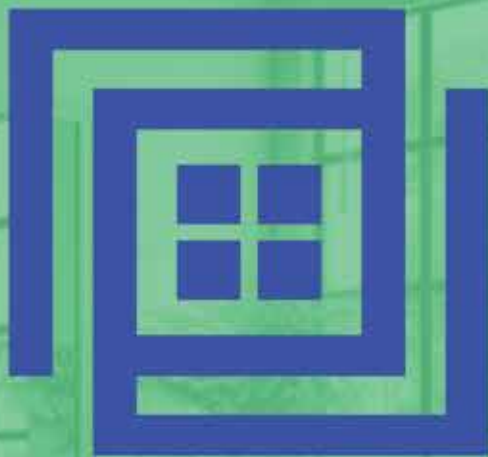
“
 Fall colors are funny.
 They're so bright
 and intense and
 beautiful. It's like
 nature is trying to
 fill you up with
 color, to saturate
 you so you can
 stockpile it before
 winter turns
 everything muted
 and dreary.

SIQBHAN VIVIAN

**TROY
 ELMORE**
 REALTY AND AUCTION

ANSWER KEY:

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



EARTHSMART
 WINDOWS & DOORS

**YOUR
 WINDOW,
 DOOR &
 SUNROOM
 EXPERTS**

256.693.5458 | sales@earthsmartwindowsanddoors.com

TROY ELMORE

REALTY AND AUCTION



ESTATE LIQUIDATION

in Alabama and Tennessee!

We specialize in assisting families, trustees, executors, and others in estate liquidation, downsizing, and business liquidation. It can be a difficult and intimidating process. Let us use our experience and expertise to help get the results you are looking for.

CALL TODAY FOR A FREE CONSULTATION

www.TroyElmoreRealtyandAuction.com

TROY ELMORE

ALSL# 5137

256-777-3710

**FREE
INSPECTION
&
QUOTE!**

NEED ROOFING?



**MCPMAHAN CONSTRUCTION
& ROOFING**

256-527-6549

LICENSED AND INSURED

OUR PAST SUCCESSES SPEAK FOR THEMSELVES!

HUNDREDS OF PROPERTIES
AUCTIONED AND SOLD!

Experience Matters!

TROY ELMORE

REALTY AND AUCTION

RESIDENTIAL • LAND • COMMERCIAL

CALL TROY ELMORE!

ALABAMA LIC# 5137
TENNESSEE LIC# 6503

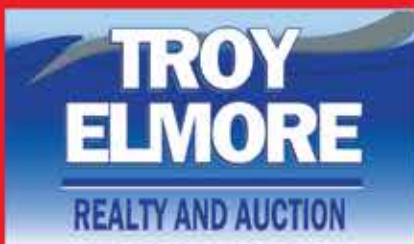
256-777-3710

AUCTION

Thursday, October 17th
@ 5:30 pm



2 Bedroom / 2 Bath Mobile Home & 0.8 +/- AC Lot
LIVE IN PERSON CALL TROY ELMORE 256-777-3710 FOR MORE INFO
18292 Oakdale Rd Athens, AL 35613



**Visit Us Online to See More
of Our Upcoming Auctions!**

**Like Us On
Facebook**

auctionzip.com #29747

gotoauction.com #10767

TROY ELMORE (256) 777-3710

Licensed in AL & TN ALSL# 5137 TNSL# 6503

www.TroyElmoreRealtyandAuction.com



Terms of sale: 10% non-refundable earnest money required day of sale balance due on or before 45 days at close. A 10% Buyers Premium will be added to final bid to determine ultimate final sales price. Taxes will be prorated. Possession given

with deed. As in all auctions this property is being offered in "as is where is" condition. The Auction Company or sellers make no warranty either implied or expressed as to property size or condition. Buyer purchases property based solely on

their own inspection and estimation of value. In all instances the Auctioneer is acting as agent to the seller. Announcements made day of sale take precedence over all printed materials.

**Visit Us Online
For More Info!**

