

October 18 - November 1, 2024

Athens Now

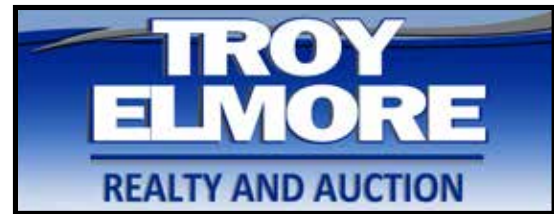
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With Love From Our
Warriors...*

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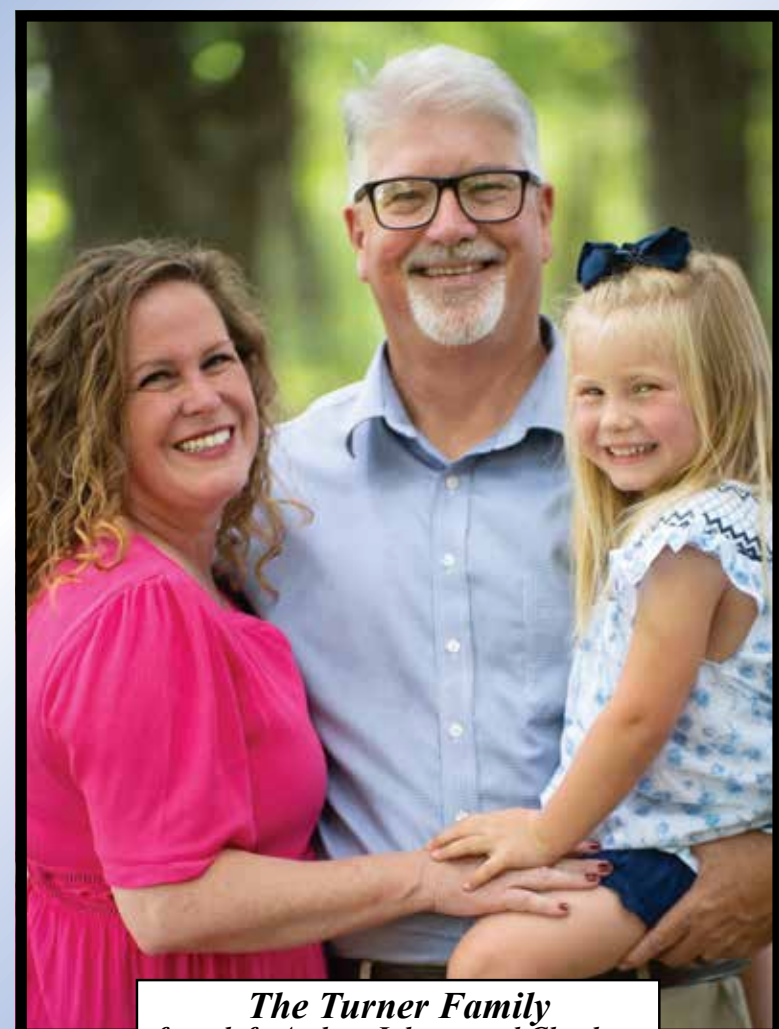


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Elect Johnny Turner -- Limestone County Commission, District 2

By Ali Elizabeth Turner

Johnny Turner spent the first part of his career in sales as well as the corporate world, and developed a personal commitment to being someone who kept their word and genuinely served his customers. If there was anything that just didn't "feel right" about a sale, Johnny would have rather gone without the profit and be able to live with himself, and at times that is just what he did. All his life he has been a strong supporter of the Constitution as written, the 2nd Amendment, limited government, and the values that honor faith and family in the private quarter as well as the public square. He is no stranger to challenge or crushing circumstances and is married to a breast cancer survivor. Johnny and his wife Amber adopted their now five-year-old granddaughter, Charlotte, and



*The Turner Family
from left, Amber, Johnny and Charlotte*

Continued on pages 16-17



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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
- Deb Kitchenmaster
- Eric Betts
- Roy Williams
- Nick Niedzwiecki
- Dale Lone Elk Casteel
- Jackie Warner
- Carissa Lovvorn

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Publisher's Point

Reagan -- Reading The Currents

These days, the use of the word “chill bumps,” or “goose flesh,” or “goose bumps” (or if you are from Hawaii, “chicken skin”) can be inspired by everything from music to a movie to a movement. In the case of the film, *Reagan*, I think it applies to all three.

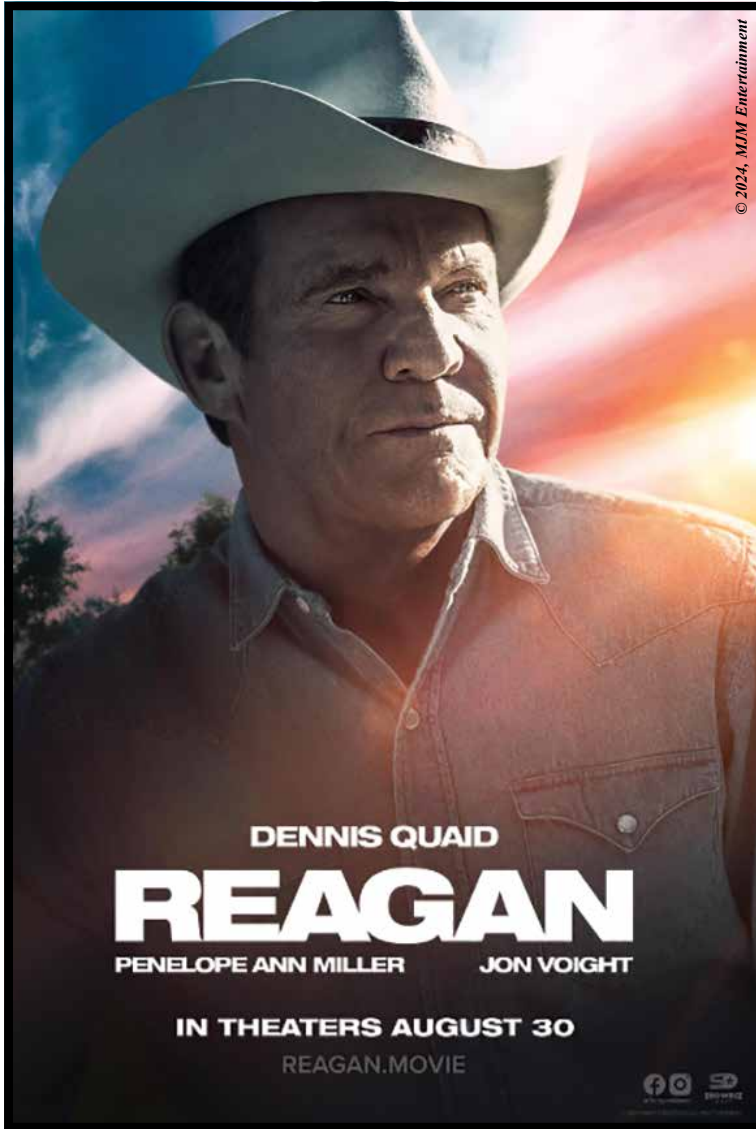
We have a presidential election coming up in a couple of weeks, and there are many who wish Ronald Reagan could be raised from the dead and come back to help us. Ronald Reagan, a true American success story, who was an actor in Hollywood, served in WWII, became governor of California, and served for two terms as the president of the United States. He survived an assassination attempt, effectively ended at least the outward manifestation of the Cold War, and above all, was a man of deep faith and a consummate gentleman.

Enter Dennis Quaid in the effort of “resurrecting” Ronald Reagan. The man gives a remarkable performance; some say it’s the role of a lifetime for him, and from what I understand, portraying someone else is the hardest job an actor can ever do. The hours and hours of practicing gait, voice, hand gestures, facial gestures,

and micro-expressions allegedly are daunting. Quaid said that he was “scared to death” to play the role. He felt that he just couldn’t do it, but the film’s “parents” saw something in Dennis that he didn’t see in himself. And while it took years for the film to come to fruition, Quaid says that it’s his favorite role of his career.

Ironically, Quaid said in an interview that one of the things about which he was dogmatic was that the film *not* come out in an election year. Well, he didn’t get his wish, and he doesn’t want the film to be seen as a political statement, given its release being so close to the election itself. He wanted people to know about the man, who, as Quaid said with emotion, “was everybody’s dad.” He also was a hopeless romantic; he literally wrote love notes or letters to his wife, Nancy, on a daily basis.

The “reading the currents” statement is drawn from Reagan’s experience as a life-guard as a young man. He talked about the fact that you needed to learn to “read the currents” in order to be a good life-guard, and when it came to the geo-political arena, Reagan was a master at “reading it,” calling everyone’s bluff, and



remaining unflappable. Senator Patty Murray referred to Reagan as being made of Teflon -- “nothing stuck.”

What is little known about Ronald Reagan was that in 1983, he encouraged everyone in America to read the Bible, to read it in a year or re-read it in a year. Can you imagine if any president proposed such a thing these 40 years later? To say that there would be a hue and cry would be an understatement.

So, it is to that end that I encourage you to go see *Reagan*—not for the politics, but to see what happens when someone has principles and the strength to stand on them.

Ali Elizabeth Turner

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



Welcome To Alabama, With Love From Our Warriors



by Ali Elizabeth Turner

I never know when it's going to hit and reduce me to a puddle -- the gut-wrenching gratitude I have for soldiers, for being an American, for being an Alabamian, for being given a second chance. This time it was completely unexpected and totally last minute as I was leaving the "soft opening" of the new State of Alabama Welcome Center that is southbound on I-65 in Ardmore. The ribbon-cutting event sponsored by the Chamber was well-attended; the remarks from dignitaries were touching and humorous, numbers of news outlets were present, and the food was delicious. There was live music—old R&B, and some of us were singing along and dancing. It was a perfect fall day; the sun was bright and the hearts of those present were warmed.

The building is lovely and has the brilliant feature of being remarkably pigeon-proof while not detracting from the architecture. It is huge, one of the largest now in our fair and Sweet Home Alabama. It is up-to-the-minute as far as tech is concerned. Estimated times of arrival for your destination are visible on screens, and the racks for the tourism brochures are large, with room on their shelves for just about every attraction and destination in our state.

Did I say the restrooms were gorgeous? Is it okay to even say that about public restrooms? Well, I just did. I am tellin' ya, it's worth a trip to stop by,

(once the place opens) just to see and maybe use the restrooms!

OK, let's deal with the elephant in the room, and that is "the rocket." We had a concerted "Save the Rocket" campaign in Alabama when the rest area closed, and there was no small amount of controversy over the fact that the rocket was going to have to come down because it had been destroyed by weather and...you guessed it...birds. I am pleased to report that we are going to have another rocket at the rest area. It will be a replica of the original Saturn 1B, that surprising provider of comfort that we all experienced when we crossed the border of Sweet Home Alabama as weary travelers. It's not here yet, but Rep. Andy Whitt assured us that it is on its way, and its impact as a landmark will finish out the final touches of a rest area that will truly provide rest when it opens.

A touching point of interest that can be seen by travelers as they drive in from I-65 is the area honoring Alabama warriors who have paid the ultimate price for our freedom. Erected on the northeast portion of the property, and along the walkway that will lead to the new rocket, is the military monuments park which includes monuments honoring local veterans lost during the Korean and Vietnam Wars. And my nearness to this hallowed ground is when and where it hit me; that wild, visceral unpredictable wail on the inside that can only



begin to convey my thanks to these men and women I never knew.

I honestly was on my way out of the rest area, feeling the press of putting the paper to bed so that you, dear reader, could be consuming *Athens Now* in a timely manner because somehow by grace I managed to meet our deadline. I wanted to both check out the memorials as well as pay my respects, and then beat feet back to Athens to get

to typin'. At least, that was the plan. I walked barefoot from my little delivery truck, thinking I would enjoy the sun, the breeze, the fall colors, and the feel of the grass beneath my feet for just a moment.

However, my soul had another idea. I took one look, first at the Vietnam Memorial Wall and then the memorial for the Korean War, and I was an immediate hot mess. I bowed my head, let the tears flow

and my shoulders bob up and down. And I was glad once again for the scandalous mercy of a holy God. There was a time when at best I would have ignored such a memorial, if I needed to stop and rest at a rest stop. Now I have been "arrested," if you will pardon the pun; arrested by grace and tasked to tell the tale of its "amazing-ness" as long as I have breath. Warriors, thank you for welcoming me, and us to Alabama the Beautiful.

A Northern Lady Comes South To Teach In Alabama

by Dale Lone Elk Casteel

Can you imagine a highly educated, sophisticated lady from New York City coming to Alabama to teach at a country school? The first day of school, this lady walked into her sixth-grade class to teach country boys and girls. After they had all gotten acquainted, she said to the students in her new class, "Let's talk about some of the words you use down here that we might not use up North."

The class was quiet for about a minute, then Billy Bob spoke up and said, "I know one...hankering." The teacher asked him to use this word in a sentence. Billy Bob said, "I was not hankering to get up this morning and come to school." An amazed look came upon the teacher's face.

The teacher then asked, "Does anyone else have a word?" James Earl spoke up and said, "I have one...grateful." The teacher responded, "We use that word a lot, but go ahead and make a sentence with it." James Earl said, "If you want to keep your house warm, make sure you're grateful." A big smile came across James Earl's face.

The teacher again asked if there was someone else with a word, and from way in the back, Betty Jean said, "I know one...sinsuwas." The teacher replied, "That's not even a word. How would you use it in a sentence? Betty Jean said, "My dad used it many times talking to my mom, 'Sinsuwas up,

bring me a cold beer out of the 'frigerator.'"

The teacher said, "There has got to be a lot more of these senseless words." Katie Bell stood up and said, "I got a gooden." The teacher said, "Let's hear it." Katie responded, "Usetocould. Since I broke my leg, I don't dance anymore, but I usetocould." Someone in the back of the class yelled out, "Over yonder. We live up on this hill, but my Grandpa and Grandma live over yonder.

The teacher asked the class to make a sentence using the word sophisticated. After much thought, one boy said, "This city boy is so sophisticated that he don't know how to pee off the front porch."

The teacher said, "I have to leave for a few minutes, can you tell me where the restrooms are?" With confused looks on their faces, one of the children finally said, "We don't have a restroom." Another little girl spoke up and said, "Sometimes, the teacher will lay her head on her desk for a while."

The teacher asked, "What if you had to go to



the toilet?" Tommy said, "We don't have toilets, we have outhouses." The teacher remarked, "What in heaven's name is an outhouse?" One little girl spoke up and said, "It's where the boys go to smoke, if they have the makings." Another girl told the teacher that the girl's outhouse was away from the boys' as she pointed down yonder. This New York City lady wasn't at all impressed about having to go to the outhouse.

Homer, a countrified boy as country as buck grass said, "Do you mean that them city boys and girls

poop inside the schoolhouse? Us country folk don't believe in doing that!"

The teacher made it through one day of school down here in the South and learned more about the bare facts of life than she could in a year up North. She said "I am going to stick with this countrified living and show these South-

erners that I can handle anything that comes my way. I am not going to eat these things that they call chitlins, or hog jowls, or pig's feet. I am not eating baked opossum or catfish stew. When I find me a place to live, I will move over yonder like I am hankering to do, and yes, I will have a bathroom in my house, and no, there will be no slop jar in my house!"


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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.

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.

ServSafe Manager Training

November 11

8:00am - 5:00pm. The Launch Box, 121 S Marion St, Athens, AL. 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.

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

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

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Series "Gettin' Dirty At The Library" Presents: "Composting" by Kathy Cook. Free and open to the public!

2024 Athens-Limestone Tinsel Trail

November 18 - December 31

Big Spring Memorial Park in Athens, AL. This is a month-long OUTDOOR event, and we take every precaution to protect Big Spring Memorial Park, its users, and its animal inhabitants. Athens Police Department will increase patrols in the park the duration of the event. Thank you to Athens City and Limestone County for arranging for temporary power poles for us this year!

2024 Athens-Limestone County

Christmas Parade

December 5

2024 Theme: Christmas Carnival of Lights. Line up: 3:00 p.m. – 4:30 p.m. Parade Time: Promptly at 6 p.m. Deadline to Enter: November 5, 2024 (No late application will be accepted this year) Entry Fee: \$50.00 (Must be paid by November 19th or you will not be able to participate. No exceptions) IMPORTANT INFORMATION FOR THE 2024 PARADE: In order to increase safety measures, the following new rules have been implemented: • 4:30PM will be the CUT OFF time for all drop offs, float line up, walking groups, band arrivals, and single vehicle entries. Latecomers will be turned away. No exceptions. • You are NOT ALLOWED to throw any items from floats (candy, toys, goody bags, food, coupons, souvenirs, etc.). Athens PD will be monitoring this, and you will be denied entry to subsequent parades if this rule is ignored • NO HORSES will be allowed in the parade aside from carriages/or miniatures on floats • The amount of float entries will be limited this year. This is a first come first serve basis. No additional floats will be accepted, and registration will be CUT OFF once max number of floats are registered. To enter, email brooke@alchamber.org

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.



Carissa's Corner

Acutely Aware

by Carissa Lovvorn



I stared blankly at the computer located in the waiting room of our fertility specialist. "That is ironic," I thought to myself, as I noticed the date on the bottom of the screen. There I sat, on October 1, waiting to discuss the doctor's findings after my most recent loss. Until last year, like many people, I had no idea that October was Pregnancy and Infant Loss Awareness month. Now, I am acutely aware of it. I am not just part of the 1 in 4 women who have experienced a miscarriage, I am part of the 1% of women who have experienced recurrent miscarriages.

While pregnancy and infant loss is a common occurrence, women, including myself, feel ashamed and alone during their struggle. Our society tends to overlook the emotional impact of these losses



for reasons such as the topic is uncomfortable in nature, the loss did not affect them personally because they never met the child, and simply, people do not know what to say. Throughout this month, individuals and groups strive to educate, provide support, and break the stigma that goes along with stillbirth, miscarriage, ectopic pregnancy, SIDS, or any other reason that a precious

life ends too soon.

I would like to offer some suggestions to those who would like to support a family who has experienced pregnancy or infant loss. Pray for peace and understanding for the bereaved family. This type of grief is difficult to understand and navigate. Pray for the mother's physical health, as there are many complications that can arise from the loss and healing takes time. Share your story if you have experienced something similar. As much as we don't want anyone else to feel the pain we have endured, it is nice to talk to someone who is familiar with the struggle. Offer a hug or a listening ear without judgement or advice. Each loss is personal and distinct. It is not a problem where one solution will fit everyone's situation. Consider sponsoring a miscar-



riage care package. For example, Through the Seasons women's ministry provides packages that include a book, two bath steamers, a gift card, and a birthstone necklace in honor of the baby's due date. Or one can simply give flowers, a card, or take the family a meal. A small gesture of kindness goes a long way.


Though I am not sure how my motherhood journey ends, I will continue to praise our Heavenly Father. For those women who are moving into the storm, are in the middle of the storm, or just coming out of the storm, I will


be praying. You are not alone. Though sometimes we may not feel it, God is good and with us through it all.

The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all. (Psalm 34:18-19 NKJV)

*Many blessings,
Carissa*

If you would like to send a miscarriage care package, please visit www.throughtheseasons.org




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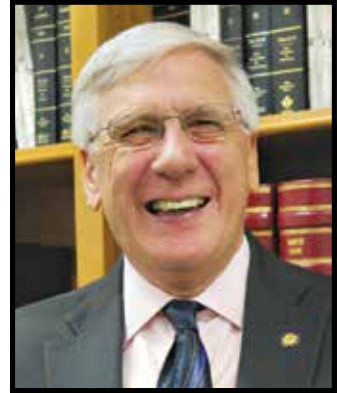
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What Makes Ronnie Roll

The Need For Kindness And Persistence

by Ali Elizabeth Turner



We met after the Chamber Coffee on Tuesday, as the mayor had been with his family on Columbus Day. What was on his heart was the need for folks to have a blend of kindness and persistence, and there were quotes on both topics that had of late meant a lot to him. The first was from Mr. Rogers, and it was the "kindness quote:"

"There are three ways to ultimate success:

The first way is to be kind.

The second way is to be kind.

The third way is to be kind."

I laughed and said, "Well, I guess that about does it; nothing else really matters." But for today's time he also wanted to talk about persistence -- something we are at times lacking greatly in our culture, and something we desperately need. Mayor Ronnie's source this time was former President Calvin



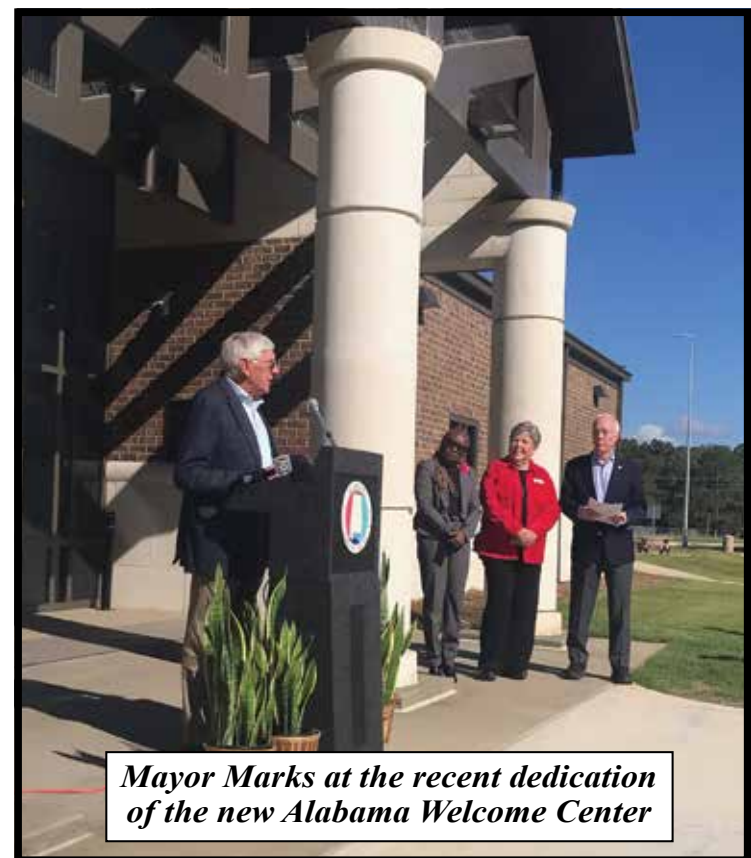
The Mayor's Youth Commission's first podcast of the 2024-2025 school year

Coolidge (Silent Cal), and the topic was persistence.

Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated

derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On!' has solved and always will solve the problems of the human race.

Coolidge actually gave that speech in 1894 at Amherst College in Massachusetts, and it certainly rings true today. We moved on to other



Mayor Marks at the recent dedication of the new Alabama Welcome Center

topics, beginning with the Storytelling Festival coming up next week. "It is just the best thing for the kids," he said. I told the mayor what I tell everyone, that watching the kids get "captured" by the 'tellers is by far my favorite part of Storytellers; to put down their phones and soak up someone's story without the aid of anything other than the power of storytelling is formidable.

"We had the first session of the Mayor's Youth Commission," the mayor told me, and it was a rare chance to watch kids probe the minds of a federal elected official. In this case, it was U.S. Congressman Dale Strong, who was interviewed on a podcast produced by the kids themselves and broadcast from City Hall. "They asked him about things such as immigration and term limits, and Dale loved his time with them."

The third topic of conversation was the dedication ceremony and ribbon-cutting for the new Welcome Center located at the Ardmore exit on I-65 that was held on Wednesday, October 16. It had certainly been a long haul to "git 'er dun," and Mayor Ronnie was looking forward to attending. He took out a school picture of Quinton, and it was amazing to see how much he had grown. Things just plain move too quickly, and kids growing up is certainly one of them.

We had met right after the Chamber Coffee, but that didn't deter us from praying. The election was coming up, so many things are pressing upon our land, and so we prayed, right there in the hallway of Trace's Salon in East Limestone. And then, once again, it was time for Ronnie to roll.

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Failing Up

by Phil Williams

In both of my deployments in the Global War on Terror, I commanded men that I had not worked with before. We gelled well overall. We were recognized for our work in some very remote and hostile areas of both Iraq and Afghanistan. But on both deployments, there were men assigned with little notice who seemed to be solid dudes...at first. But each time they quickly became insubordinate, even dangerous, and in both cases, I got rid of them and the team improved as a result.

The real shock came when, in both instances, I learned after the fact that each of my problems were prior failures who had been booted from teams on previous deployments. No real record. No real consequences. Both men got promotions and wound up with me later. They were allowed by feckless leaders to fail up which put my teams at risk.

General Carl Stiner, one of the first commanders of U.S. Special Operations Command, once said that if you cannot trust a man in combat, you should get rid of him right away. My only regret was that I had not done so sooner.

When did it become okay to reward failure with promotion? Short answer: never.

Alexandr Wang is one of the young guns of the tech world. CEO of a \$14 billion artificial intelligence company, Wang announced earlier this year that there

would be no hiring at his firm based on so-called diversity, equity, or inclusion. In contrast, Wang promotes meritocracy based on what he coined "MEI", or merit, excellence, and intelligence. Hiring "only the best person for the job, we seek out and demand excellence," he said. Doing so "results in the strongest possible team, but also ensures we're treating our colleagues with fairness and respect."

The American dream was built on risk and reward. The idea that achievement is possible with a strong work ethic, decisiveness, and a willingness to stake one's future on sound effort in the present. Yet, in some circles, we too often see there is no need for merit. No need for achievement. No need for even being right. No place sluffs off meritocracy more so than government.

Too many empty suits with a guaranteed government paycheck, no skin in the game, and no requirement to show a profit, form a zombie-like sleepiness of effort. Add tenure to the recipe and you get a constant level of people failing up. To be sure, good people exist in the government employ. Hard workers doing hard work. But among their ranks are the fail-ups.

Worst among them are appointees to major positions in the Biden/Harris Administration.

Has anyone in the Biden/Harris admin lost their jobs for failure? Nobody did from the Afghanistan debacle. Nobody has for

the southern border disaster. No economic advisors were fired for epic inflation and deficit spending. None from the CDC or National Institutes of Health over COVID vaccine mandates. Transportation sector malfeasance on EV charging stations, energy sector lost independence, yet all jobs are secure.

One man stands out as most egregious among them all. One man has presided over the most epic failings of U.S. policy without once being reprimanded by his alleged boss, yet still walks the halls of government like a ghoul. That shambler is none other than Department of Homeland Security (DHS) Secretary Alejandro Mayorkas - the poster boy for failing up.

Customs and Border Patrol is overwhelmed. The U.S. has had in excess of ten million illegal migrants storming our southern border. An exponential increase in the number of illegal border crossers on the terror watchlist have been released into the interior. Fentanyl trafficked across the border has killed over a hundred thousand Americans. The CHNV parole program was shut down for fraud then restarted, bringing upwards of 30,000 more migrants into the country every single month. Who is in charge of our border security? DHS Secretary Mayorkas.

In recent events, the Republican candidate for president, former President Donald Trump, survived two assassination attempts. One of those attempts grazed

him with a bullet and killed an innocent bystander. Secret Service ranks are filled with DEI hires, drone operators have little training, morale is low, and recruiting and retention are down. Who is in charge of the Secret Service? DHS Secretary Mayorkas.

We are now watching recovery operations in the Carolinas and other southern states in the wake of Hurricane Helene. The death toll is well over 200 as whole towns were wiped out. The Biden/Harris administration waited days before activating military assistance. The Federal Emergency Management Agency (FEMA) was slow to get on the ground. Yet to this day, FEMA states on its website that the number one goal of FEMA is not disaster relief, it is "equity as a foundation of emergency management," whatever that means. Mayorkas announced just months ago that FEMA was "tremendously prepared," yet now says that FEMA does not have the funds to assist Americans in the wake of this disaster. But in the past few years, FEMA has spent hundreds of millions of dollars supporting illegal immigrants. Who is in charge of FEMA? None other than DHS Secretary Mayorkas.

For only the second time in U.S. history, Congress referred articles of impeachment on Mayorkas to the U.S. Senate. Majority Leader Chuck Schumer killed the Senate impeachment process. Mayorkas

has no accountability. He continues to serve in a vaunted position of great authority.

This level of allowed failure leads to the reasonable conclusion that it is not failure at all. Perhaps these were his desired outcomes. Mayorkas may the best for the job if harm to America is the end result he seeks.

But the public needs accountability. Yet in the Biden/Harris administration, there is no accountability. There is no need for merit. Mayorkas will continue to fail up...at our expense.

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

Build Your Library

by D. A. Slinkard

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



We are all familiar with the television commercial for the major credit card company asking you, “What’s in your wallet?” This actually got me thinking about the business world, and my question for you is, “What’s in your library?” The saying that “Knowledge is power” holds truth for the business world, and another question for you is, “What books are you reading?”

It is said that CEOs of companies are the most avid readers out there. In fact, I have read Internet statistics that suggest CEOs read an average of 60+ books per year. How does this number compare to what you are reading? If you want to be great in the world of business, you are going to have to start reading. Learn to see the clues of success that others have found in their journey. It is great to take what others have learned in life and apply it to your life.

To survive in the business world, you must equip yourself with a special skill set or skill sets if you are going to achieve success. I want you to think about your business and what skills need to be learned. You need the ability to effectively communicate with your customers and your employees. You need to effectively grow as a leader because we all know there are bosses and then there are

leaders. Also, you must be able to work on your mindset to be able to positively impact all facets of your business.

If you are in the world of sales (by the way, all businesses are selling something), how many sales books have you read in the last year? It amazes me how many sales managers I see working for companies that have never picked up a sales book in their life! How are you going to be effective in your role? This makes me wonder how many times people are successful in their employment not because of what they are doing, but actually due to what

I term “accidental success.”

Accidental success means you reached success, but it was by no part on purpose. You accidentally achieved your results. The results you obtained were by mere luck, and the chips just happened to fall in your favor. What happens next week, next month, or even next year when you are not finding the lucky breaks? This is why you must build your reading library.

There is not a one-size-fits-all for the business world. Just go to any bookstore and you will find countless books on business matters. There

are different focus areas for growing your business and no matter which author you read, each book requires you to do one thing -- read it with an intent to learn something.

Personally, I love the feel of having the book in my hands with a pen by my side ready to jot down notes and “aha” moments I have while reading the author’s words. Many times, I am able to take one idea and morph it into something that fits with my personality. Before long, I am building a strategy from many people’s thinking (books) and am becoming a better business leader.

Now that I have these ideas in my mind and I have written my notes, the next step I take is to put them into action. This particular activity is the hardest part because it actually requires you to do something. This is also the most rewarding, because you are able to see the impact reading has on you, your employees, and most importantly, your customers.

As your library begins to expand, you will notice your business-intelligence level starts to change as well. Certain things that didn’t make sense before will suddenly make perfect sense, and you will be able to better judge the direction you need to go with your business. The more knowledge you gain and the more you apply the principles learned, the more “lucky breaks” you will find yourself “catching.” Think about the impact this will have on your life.

When you see a book, I don’t want you to see it as the price tag someone says it should cost. I want you to see the book for the amount of money it can bring you when you apply the knowledge you gain to your business. A \$30 book investment could easily amount to \$1,000,000 in sales if you use what you learn. Start today, build your library, and change the world of business as you know it.





Clean, Green And Beautiful

Recycling 101, Again

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

Surprisingly, a lot of people still do not know that the old Athens-Limestone Recycling Center on Lucas Ferry is closed. This was a major loss for Limestone County, but the Limestone County Commission stepped up to fill the need. Their program is not as large as the Athens-Limestone Recycling Center was, but it is growing. Progress takes time and planning. We all must work together to make this program come to life.

The Limestone County Recycling drop-off is currently located at 1301 North Jefferson Street (the old L&S Shopping Center). They can accept cardboard, mixed paper, steel cans, aluminum cans, plastics #1 & #2, some electronics, and motor oil. Each item has its own trailer (with a garbage can at the end of each trailer for bags and other items). Unlike the old ALRC, they do not have a building with sort lines and balers yet, nor do they have employees to run the lines, bale, and transport. This is why pre-sorted trailers are important -- the two employees currently spend their days transporting trailers to different recycling facilities in Athens, Decatur, and Town Creek. This severely limits them in more ways than one. Since they have no sort



lines, they are unable to leave trailers open to the public at the drop-off, schools, and other places. If you ever looked inside a public recycling receptacle, then you know what I am talking about. This is where the public doing their part is important. Don't create extra work where there doesn't have to be.

One complaint that I hear often is that there is no longer any way to recycle glass. Glass is expensive to recycle and will never break down in nature. The glass collected goes to College Park, Georgia, for recycling. While recycled glass retains most of its quality, companies are particular in using recycled glass. The recipe for all glass contains a percentage of recycled glass. Some companies (food- and drink-based mostly)

only accept their own glass back to be able to ensure quality. The only place that currently accepts glass in North Alabama is Phoenix Glass Recycling in Huntsville. She crushes her glass and then transports to Georgia where it is used in reflective paints and asphalt. Once again, this could be a possible service offered in the future after there is a facility and more employees.

One thing they have been able to add since opening their new program is recycling of motor oil. They have a large white tank on the lot for it. You can empty your own container, if you wish (just be sure to use the funnel and replace the cap on the tank), or you can leave them there for an employee to empty. They will recycle your container after empty-

ing. This is an awesome service they provide for free.

They are able to accept most electronics. The main thing that they do not accept are the old, big back televisions. These contain mercury and must go to a hazardous waste facility. There is no designated place for electronics, so you must call Keri (256-871-0674) with Limestone County Recycling for more information and instruction. She is the director of this program and is happy to answer

any and all questions you may have regarding recycling.

As the new Limestone County Recycling Program grows, remember that sometimes the best progress takes time. In an effort to be as cost effective as possible, they are taking the time to think everything through so that they are able to offer as much of this needed service to Limestone County as they can. Making as many improvements and upgrades as cost efficient and effectively as possible will hopefully lead to a curbside recycling service for all of Limestone County. Until then, remember, the more the program is used, the more it will grow. These commissioners have a lot on their plate, much more than most of us are aware of. They are doing the best that they can starting from scratch; so tell them thank you when you get the chance. Limestone County is rapidly growing, and its programs are too.



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Cooking with Anna

Let's Focus On Joy

by Anna Hamilton

This week I read a quote from inspirational author Rita Schiano, "Talking about our problems is our greatest addiction. Break the habit. Talk about your joys." How true this is! I often find myself, especially here lately, just focusing on all the bad that has happened. I find myself drowning in my sadness, instead of thinking and focusing on all the wonderful things that are in my life.

I had never thought about focusing on and talking about all the negative things, all the problems in my life, as an

addiction, but it truly is! Have you ever noticed that when you are in a group of people and someone starts talking about their problems, everyone will eventually start to join in? Misery truly loves company.

God hates complaining. The Bible is full of examples of how complaining can keep us from being close to Christ. Complaining can keep you away from truly enjoying your Christian life.

Complaining is the opposite of thanksgiving. God expects us to be

continued on page 23

Hearty Pumpkin Soup

Ingredients:

- 2 lbs. pumpkin, diced, or one 15oz. can of pumpkin puree (not pie filling)**
- 4 cloves garlic, chopped*
- 1 cup onion, chopped*
- ½ cup pesto*
- 1 Tbsp turmeric*
- Salt and pepper to taste*
- Olive oil for drizzling*
- Splash of heavy cream, optional ***

Directions:

Put pumpkin, turmeric, salt, pepper, garlic, and onions in a large saucepan and add enough cold water to just cover them.

Bring to a boil over high heat. Reduce heat to medium-low. Cover and simmer for 15 minutes, or until the pumpkin is tender.

Remove from heat and add the pesto.

Transfer soup to a blender and puree until smooth



To serve, top with olive oil and a crack of fresh pepper.

**If using a can of pumpkin puree, sauté the onions and garlic. Stir in the can of pumpkin puree and 1 cup of water. Cook until heated through. Stir in the pesto and serve topped with a drizzle of olive oil.*

***If you want a super creamy soup, stir in a splash of cream after the soup has been pureed.*

Health and Fitness

Why Crossfit Athens Should Be Your Choice For Health And Fitness – Even If You Have No Workout Background

by Nick Niedzwiecki - Owner, CrossFit Athens

Starting a fitness journey can be intimidating, especially if you have no prior workout experience. With so many options available, it's easy to feel overwhelmed by the choices. However, finding a gym that prioritizes community, inclusivity, and a structured path to progress can make all the difference. This is where CrossFit Athens stands out. Whether you're completely new to fitness or returning after a long break, CrossFit Athens is the ideal choice to help you achieve your health and fitness goals.

1. No Experience Required
One of the biggest misconceptions about CrossFit is

that it's only for elite athletes. At CrossFit Athens, that couldn't be further from the truth. Whether you've never lifted a weight or participated in any type of workout, you'll find that the program is designed to meet you where you are. The coaches take pride in working with beginners, teaching proper form, technique, and movement patterns that are essential for long-term fitness. Every workout can be scaled to suit your current fitness level, ensuring that you're challenged but not overwhelmed.

2. Personalized Coaching and Guidance
At CrossFit Athens, you'll

benefit from experienced coaches who are dedicated to helping you succeed. If you've never worked out before, having a knowledgeable coach to guide you is invaluable. They will break down each movement step-by-step, ensuring you understand the mechanics and how to perform exercises safely and effectively. The coaches emphasize progression, starting you with the basics and building up as you gain confidence and strength. This personalized approach makes CrossFit Athens an excellent option for anyone nervous about starting a workout program.

3. A Welcoming and Supportive Community

Walking into a gym for the first time can be intimidating, but CrossFit Athens fosters a welcoming and inclusive environment. The gym's community is built on mutual encouragement, where members support each other regardless of skill level. You'll be surrounded by people who were once beginners themselves and are eager to help new members feel comfortable and supported. This strong sense of community is what sets CrossFit Athens apart from other fitness programs. You'll quickly realize you're not just joining a gym—you're becoming part of a team that wants to see you succeed.

4. Varied Workouts for All-around Fitness

One of the most appealing aspects of CrossFit is the variety in its workouts. Instead of doing the same repetitive exercises every day, CrossFit Athens offers constantly varied functional movements that are designed to improve overall fitness. Whether it's weightlifting, cardio, or bodyweight movements, you'll never get bored because no two workouts are the same. This variety ensures that every part of your body is worked, building strength, endurance, flexibility, and coordination in a balanced way. For beginners, this means a well-rounded introduction to fitness without the monotony of traditional gym routines.

5. Results You Can See and Feel

The CrossFit methodology is results-driven, and at CrossFit Athens, you'll start to notice improvements

in your fitness quickly. The combination of strength training, cardio, and functional movements helps you build muscle, burn fat, and improve your overall health. For beginners, this is incredibly motivating—you'll see progress in ways that go beyond just physical changes. Increased energy levels, better sleep, and improved confidence are just some of the benefits of committing to a consistent workout routine at CrossFit Athens.

6. Flexible Class Times

Another advantage of CrossFit Athens is their convenient class schedule, offering early morning, midday, and evening classes. This flexibility allows you to fit workouts into your busy life, whether you're a morning person or prefer to exercise after work. The structured class format also removes the guesswork of figuring out what to do at the gym, making it easier for beginners to stay on track.

In conclusion, if you're new to working out and looking for a supportive, results-driven, and inclusive environment, CrossFit Athens is the ideal place to start. With expert coaching, a welcoming community, and varied, engaging workouts, CrossFit Athens makes fitness accessible for everyone—regardless of experience or fitness level. Starting your health and fitness journey may feel daunting, but with CrossFit Athens, you'll have all the tools and support you need to succeed. Take the first step today, and discover what CrossFit Athens can do for your health and well-being.



On The Trail Of Richard Martin

by Stephanie Reynolds, Athens-Limestone Tourism Association



In a generous parking lot off Piney Chapel, TWS (also known as my husband, “The Wonder Sweetie”) and I watched every car that passes. We got to the trailhead a little early and took a few moments to rest as we waited for the rest of our group.

We had already rucked 1.5 miles down from the ingress closest to our home to the southmost entrance of the Richard Martin Trail, and I needed a sock adjustment. The picnic tables at the pavilion gave me plenty of room to offload my ruck (after I had very carefully paused my Garmin as to not get extra credit for time-under-weight; I am laughably precise about such things).

Soon a grey car arrived, and a white one, delivering two of our most steadfast and reliable trail buddies: a lovely, grace-filled, genteel lady who wears her heart on her sleeve and brings me flowers and a quick-minded, affable but wincingly outrageous young blond man with a love of coffee and questionable philosophy.

This is most of our core group. We’d pick up another one on our way down the trail—a brilliant wordsmith and artist, weary but with a boundless reservoir of gumption. Our resident baker—an unpretentious, nurturing young lady who ensures we refuel properly after our walks with delights such as apple pie with shortbread crust and salted

caramel drizzle--regrettably couldn’t make it. Both my heart and my tummy were bummed by her absence.

I don’t even know how long we have been going down the trail—the months and years blur. I like that. I like that the rhythm of my life is a blur of people, nature, and fellowship that seems to stretch endlessly in both directions. Not actually eternal, that is reserved for the Lord Himself, but momentarily eternal. Eternal within my brief time.

Anyway, the day couldn’t have been better. The bright air in the sunlit spots was warm, but the darker air under the canopy of trees was cool. There were showers of gold leaves from the trees just up the trail that drew us in and carpeted our path, but plenty of still-green leaves in the trees to look vibrantly alive. I love autumn in North

Alabama—it just goes on month after month after month.

This was our first “cool weather ruck” since the fabulous sauna-hikes of summer. It made us bold, vigorous, undaunted. At our “this is the first spot we check to see if anyone needs to turn back”, no one even thought about heading home.

We passed Leatherneck Swamp.

We hit our second “Everyone still good?” spot where the decision becomes a little more difficult. This is where the temptation of bacon and coffee joins forces with slightly aching legs to challenge our resolve. About half of the time our tummies, quads, and calves override our ambition and we decide breakfast is the better part of valor. No shame in that, of course. We aren’t training to be Green Berets, we’re a group of

friends enjoying nature, discussion, and company. The exercise is merely a side benefit.

But that day, like bold, half-grown pups in the woods, we decided to went a little farther, then farther. Our graceful friend peered down the path, “Is that patch of light Elkmont?” My much weaker eye squinted as I tried to remember that part of the path. “I don’t know if THAT is Elkmont, but it’s pretty close.” I said, hoping I was right. I would hate to be off by a mile or two; we had already gone farther than our norm.

“Do you want to try?” she asked eagerly. Why yes, yes I do. I love going further. “Let’s just go to that tree...that patch of light...just beyond that bend...” is my trail motto. There is always one more “just...” to explore.

The rest of the group agreed. Elkmont was tan-

talizingly close. (Plus, one of us needed coffee and more than one of us needed a restroom.)

I was almost right, Elkmont was just past that brightened trail stretch, and was delightful as always. I love how the trail goes from deep tunnel in marsh and woods to open widely upon Elkmont, beautiful and friendly and fabulous! One of these days I’m going to do a deeper piece on Elkmont, but suffice it to say that if you haven’t explored that lovely place, you are missing a brilliant gem in Limestone’s crown.

After a brief rest, we headed back to our end of the trail but with plans to start at Elkmont next time and walk to the state line. That end is slightly more technical and equally beautiful, and I can’t wait to go on it again.

Every time I see Richard Martin, I am thankful for his vision and drive to make Limestone County amazing. And every time I see him, there is a new project, a new event, a new concept he is working on. I am glad to know him and glad to be reminded that just one person—Mr. Martin, you, even someone like me—can make a huge and lasting positive impact on the people and environment of our community. Because of his vision years ago, a relative newcomer to the area now is healthier, happier, and more joined to the community.

We can all make a difference. We just need to start down the trail.



Elect Johnny Turner -- *Limestone County Commission, District 2*

by Ali Elizabeth Turner

continued from page 1

together they are active in our community in a number of arenas; the most recent is working toward getting Johnny elected as the new District 2 Commissioner for Limestone County.

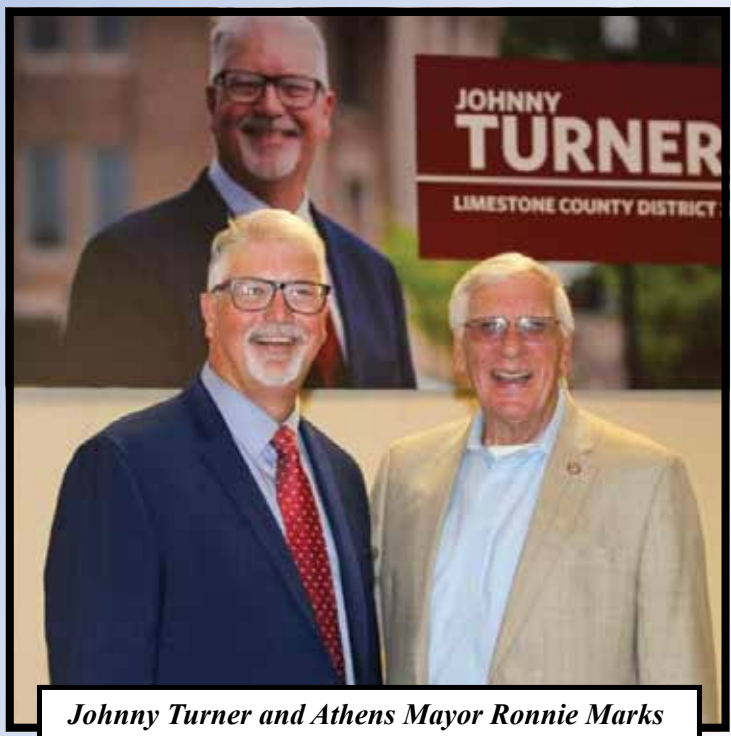
Johnny is well-known in North Alabama as the former field representative for Limestone and Morgan Counties for U.S. Congressman Mo Brooks. Johnny served in that position for twelve years through tumultuous times, including the first Trump administration, the as-

sassination attempt that wounded Steve Scalise, and the 2020 election. He is quick to say that the whole experience prepared him for what lies ahead for Limestone County, and gave him skills that he would like to use as your commissioner.

I asked Johnny about some of those skills, and here is what he told me: "I have the ability to pick up the phone," which is an understated way of saying that he has no problem communicating with people and getting the job done.

Johnny also said, "I built relationships over the years -- relationships that have lasted." Below is a statement made by Mo's former chief of staff, Marshall Yates, which illustrates Johnny's point:

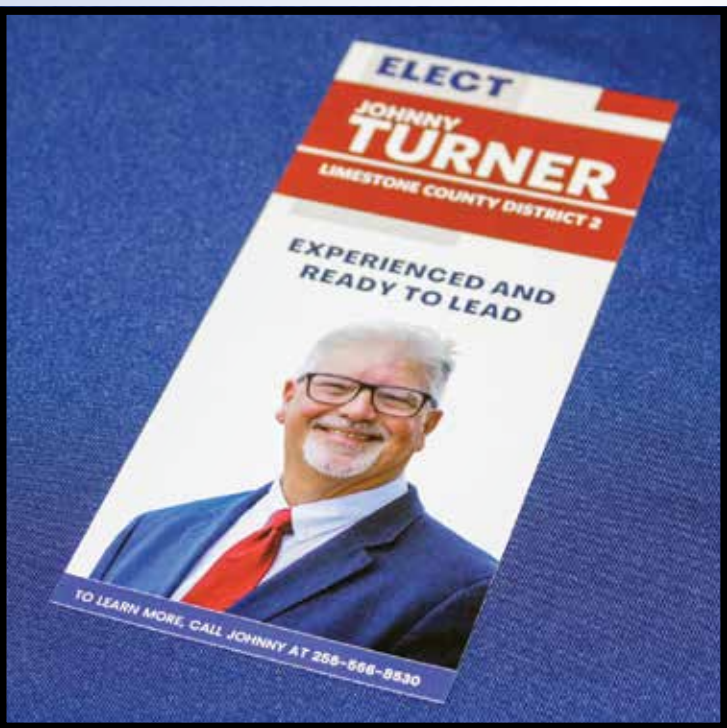
I worked closely with Johnny Turner the better part of a decade. I can tell you Johnny is loyal, a true conservative, big into gun rights, and a strong advocate for Limestone County. He's the right pick to help grow Limestone County, continue to bring in investment,



Johnny Turner and Athens Mayor Ronnie Marks



**JOHNNY
TURNER**
LIMESTONE COUNTY DISTRICT 2



and grow jobs to lead the county into its best decade yet.

Johnny's experience as a congressional field rep gave him a firm understanding of what is needed to run a county well. It was his job to communicate with and educate constituents, and he needed to be able to address concerns that pertain to the inner workings of government. He has lobbied for initiatives and understands public policy.

There are several topics that are top-of-list for Johnny. He is committed to seeing to it that the taxpayer dollar is spent prudently, and that appropriate services are readily available to the citizens of our county while the county is being run well. Another is increasing the number of SRO officers in our schools. If elected, Johnny will join the ranks of every elected official in Limestone County that is facing this question: "We are the fastest growing county in the State of Alabama, and how do we grow well?" He put it simply by stating, "We have hard questions to

ask, and hard choices to make."

Johnny and Amber Turner are involved in a number of community ventures. Amber works for the Limestone County Economic Development Association as their project manager. Formerly she was with the Morgan County Chamber of Commerce and headed up their workforce development team. Johnny is on the Board of Directors for the Mental Health Center for North Alabama, and improving the mental health of the people of Limestone County is a passion that runs deep. He is a member of the Rotary Club and the Athens-Limestone Chamber of Commerce. He has volunteered for providing security where Charlotte attends school, and the Turner family worships at Journey Church. They are dog lovers, and between them, Johnny and Amber have fostered 30 dogs.

When current District 2 Commissioner Danny Barksdale decided that he would not run again, Johnny began the qualification process for running as a Republican candidate for the posi-

tion. Here is what he said:

I am announcing my candidacy for Limestone County Commission District 2. Currently the seat is held by Danny Barksdale and he does not plan to run for reelection.

As you know, for the last twelve years, I have served as the Field Representative for Congressman Brooks in Limestone and Morgan Counties. It has been my honor to work along other community leaders. Amber and I are invested here and we have chosen this as the place we want to raise

our daughter. It is my strong desire to continue to work with others as we chart the future for the county and our families.

The role of County Commissioner is a new one for me, but I think my background brings much to the table. In addition to my work in the political arena, I previously worked in the corporate world, I have served as a director of a community bank, I have served on the boards of several non-profits, and in my church. I think that experience and the connections I have made

over the last decade will serve the community well.

I believe I am the right person for the job at this time; if you agree, I want to ask for your support in this campaign. Together we can continue working to make this region the best in Alabama. I humbly ask for your vote and support.

If these are the qualities and level of experience that you would like to see in the next District 2 Limestone County Commissioner, then vote for Johnny Turner on November 5.



Learning As A Lifestyle

Crafting A Personal Mission And Vision Statement: *A Guide To Purposeful Living*

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



A personal mission and vision statement serves as a guiding star, aligning an individual's decisions and actions with their core values and life goals. In a world filled with diverse opportunities and challenges, having a clear sense of direction is crucial. A well-defined mission statement helps individuals stay focused on what truly matters, preventing distractions and enabling efficient goal-setting. This clarity can catalyze personal growth, as it encourages setting priorities that align with long-term aspirations.

Furthermore, a personal mission and vision statement fosters resilience during challenging times. Life's unpredictability can often lead to unforeseen obstacles that may cause doubts or setbacks. During such times, a clear mission statement provides an anchor, reminding individuals of their purpose and strengthening their resolve to continue forward. It becomes a source of motivation



and resilience, allowing them to navigate through difficulties while maintaining a positive outlook.

Additionally, having a personal mission and vision statement can enhance one's professional life. By clearly articulating their core values and aspirations, individuals

can identify career paths that resonate with their personal goals. This alignment increases job satisfaction and productivity, as individuals are more likely to engage with work that they find meaningful and fulfilling. Employers, too, appreciate individuals who have a defined purpose, as it often translates

into strong leadership and dedication.

A crucial aspect of crafting a personal mission and vision statement is understanding how it contributes to the common good of one's community, organization, team, or family. Recognizing the broader impact of personal goals fosters a sense of responsibility and interconnectedness, as individuals see how their actions influence others. When personal aspirations align with communal values, it not only enhances the individual's life but also strengthens the group as a whole. This perspective encourages collaboration and shared success, motivating individuals to pursue goals that benefit not just themselves but also those around them. In doing so, a personal mission state-

ment becomes a catalyst for collective growth and harmony, promoting a supportive environment where everyone thrives.

On a broader scale, personal mission and vision statements contribute to building a sense of community and connection. When individuals are clear about their goals and values, they tend to seek out like-minded people, fostering networks of support and collaboration. These communities can enhance personal and professional growth through shared experiences and mutual encouragement. Overall, a personal mission and vision statement is not just a declaration of intent; it is a powerful tool that enhances self-awareness and empowers individuals to live a life of purpose and fulfillment.

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The View From The Bridge

Points To Ponder Heading Toward 2025

by Jackie Warner

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

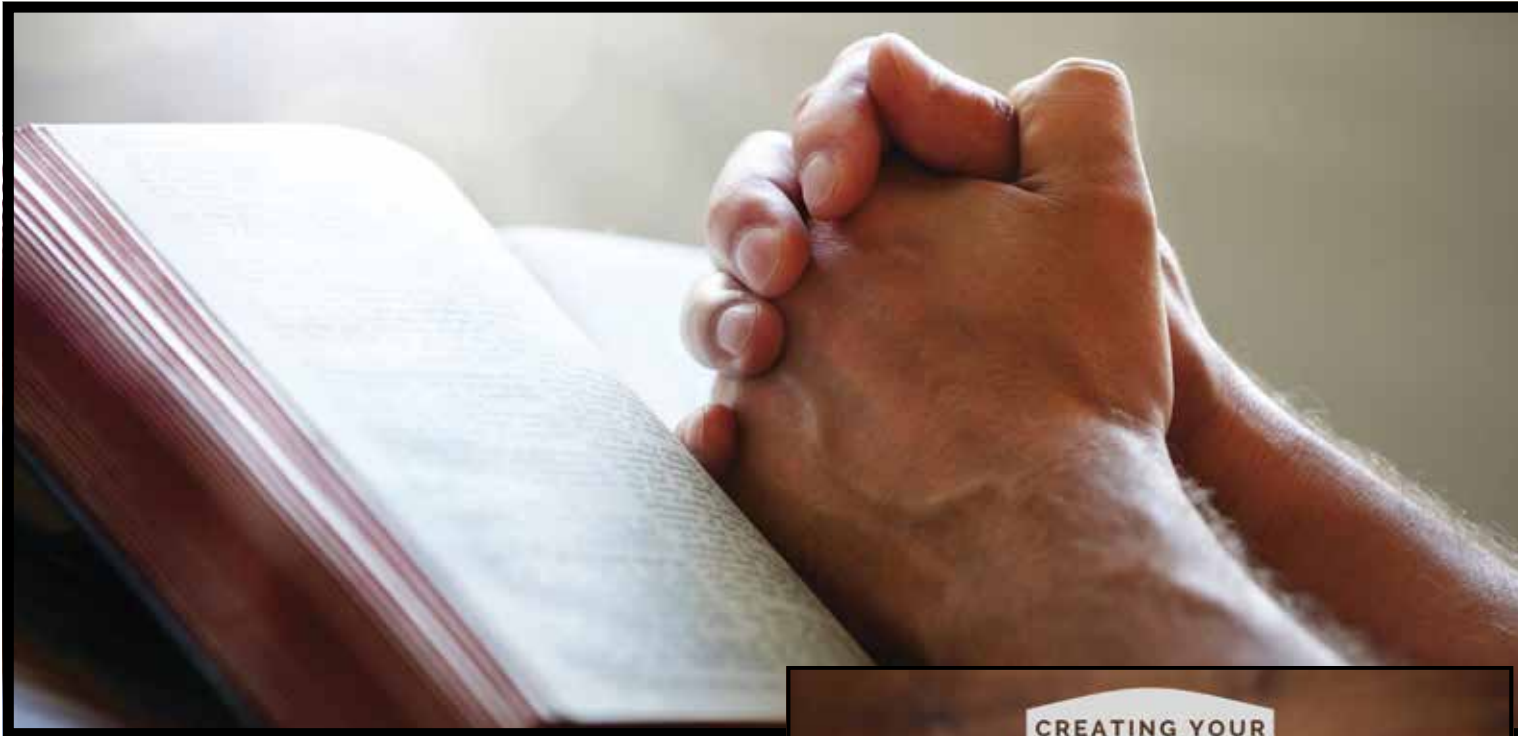


This week, I just celebrated another birthday, and I am more than thankful to see another trip around the sun! Thanking God for his grace and mercy!

This year has flown by...I used to hear my elders say time waits for no one, and just like that, we, are moving toward a new year! When I take a look back ten months ago as we started 2024, there was a lot that carried us to this point -- celebrations, goodness, disasters, unfortunate happenings, unknowns, and the list continues.

I challenge all of us to stay woke, and if you are not awake, it is time to really wake up and open our minds, taking a closer look at what is important for our future and for those who will come after us. Don't get caught up in distractions, but lean into what is real. What will be the legacy we design and leave? It is about ensuring and transforming for the better.

Will we repeat or engage in conversations and actions that chart a new path that supports the greater good? Philippians 1:6 -- *Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*



As we prepare for 2025, what are some areas to consider?

1. Sharpen your mind. Read more...do not depend on social media, Facebook, or your friends for your knowledge -- read and study to learn for yourself. Exercise your brain!
2. Monitor your spending. Save more and do what is required to understand what you are actually paying for. "Can't believe we are now paying \$4.00 per gallon for orange

juice."

3. Focus on your spiritual and physical wellness; not everything can or should be cured by a prescription from the doctor or a post from Instagram or TikTok.
4. Stop talking and start observing what is around you. Understand the real issues we as a country and world are facing, and then understand what it means for you...for the future
5. Lean not to your own understanding; seek



HIM! Proverbs 3:5-6 -- *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

Until Next Time, Be Sincere, Kind and Intentional

Jackie Warner, Community Outreach Specialist

Email: thebridge.us@gmail.com

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The Horse Knickers: “GET OUT AND VOTE”

by Deb Kitchenmaster



What's a horse's number one priority when voting? Wait for it...a stable economy!

The American Horse Council (AHC) urges the entire equine industry to vote early. One of the key freedoms of being an American citizen of the United States of America is the freedom to vote. It is important to mount up and exercise your right to participate in an election. This election! One vote -- yours -- can make a difference. Don't allow anyone to tell you otherwise. I want to encourage you to be informed, get out and talk to others, and if you can, volunteer. Elections have consequences. Elections have consequences for the equine industry as well. When the choice not to vote is made by an individual of age, that person is giving up their voice. Don't give up your voice. Protect it.

The Horse Protection Act was updated 4/10/24. The Prevent All Soring Tactics (PAST) Act H.R. 3090 has been reintroduced in the House of Representatives by Representative Brian Fitzpatrick (R-1-PA) along with 240 co-sponsors. H.R. 3090 would strengthen the Horse Protection Act, banning the use of devices commonly used to inflict pain on horses, eliminating the current system of industry self-policing and increasing penalties for violators.



AHC (American Horse Council) is actively supporting the passage of H.R. 3090.

Have you heard the name Allie Young? Allie, 34, started the ride to the polls campaign back in 2020, in Arizona. Her passion was to register new voters in person and online. The horse symbolizes strength and resilience, as well as connection to the earth in Navajo (Dine') culture. One hundred Indigenous voters will be riding on horseback to a polling station on Election Day. Here are a couple of quotes from Allie Young: "When one mounts a horse and is in rhythm with the horse, that reconnection happens. So when we're con-

nected with the horse, we're then reconnected to Mother Earth and reminded (REMEMBER) our cultural values, and what we're fighting for, what we are protecting." Are you aware of how the horses on the Border Patrol's horse patrol units play an integral part in securing the nation's border? Thirty-one horses, all geldings, mostly Mustangs, and 30 Border Patrol agents partner in the Rio Grande valley sector. It's officially reported that the horse's stealth and swift skills, connected with its rider, is a synergy that intervenes greatly to stop migrants from illegally crossing from Mexico into South Texas, especially at night.

The horses are excellent in the night watch because they can see. They often see objects and/or people coming across before the agent does. "They're very useful out in the field. They can get into areas that other entities aren't able to get into," Agent Danny Rios stated. Before these horses and riders go into the fields for overnight duty, these horses and the Border Patrol agents, who ride them, must go through extensive training and pass a National Border Patrol training program that takes about 6 weeks.

Regardless, if you are a council member functioning out of Washington D.C. or a Navajo with a burning, passion-

ate cause in Arizona or a night rider patrolling the border in South Texas, or any other 47 states, hear the knickers of the horses to make sure you cast your vote! May the horse be with you, may you be rooted and grounded in Perfect, Unfailing Love, Wisdom and Truth, watered by Grace! Saddle up your horses; we have a nation to save by crying out to Almighty God, that by His hand and our righteous action "America shall be saved." Do your righteous action...vote.

*Your NEIGHbor,
Deb Kitchenmaster*

256-426-7947

horsinaround188@gmail.com

EMOTIONAL INTELLIGENCE: Needed Today Like Never Before

by Detri McGhee - CLU, ChFC



The daily life of recent weeks has provided me with many opportunities to display my personal level of (or lack thereof!) emotional intelligence. “EI – The ability to manage both your own emotions and understand the emotions of people around you.”

The world seems in chaos, and it seems that everyone I know is being hit on multiple levels with some deep, complicated, frustration-filled, fearful, situations. They seem to be coming one after the other, and with no respite between. Physical problems on one hand, spiritual and/or emotional issues on the other - upon ourselves, soon followed by physical problems for those we love and are involved in caring for... just when financial or emotional problems fall heavy upon us, giving no chance to catch our breath before yet another crisis descends.

One cancer diagnosis, followed by another, swiftly followed by a loved one in a wreck, a friend with marital crisis, just after learning that a job has been terminated, and a new debt has been added.

How are we expected to cope?

All this exposes our strengths and our weaknesses. And, now – more than ever – it is crucial that we develop our character, define our goals, eliminate stum-

bling blocks, and set our minds and hearts toward developing the skills we already have, and obtaining the skills we yet lack, but can have if we are willing to pay the price. The price is not always – or even primarily – paid in money.

Most often, the costliest price of “growing up well” is paid in the soul, the will, and the heart. If you are eager to pay that price, you are indeed a rare being. I have never met anyone who enjoyed being corrected, criticized, confronted, and castigated, no matter what the promised results would be. And yet, I have never seen anyone grow in peace, patience, and maturity without passing through the fires of life to emerge cleansed of the impurities that were interfering with the purity of the soul and the joy of living.

For the third time in my life, I submitted to a

personality profile test. Curious to see what I might now look like to others, I answered their many questions as honestly as possible. In all three – spaced almost 50 years apart – my basic temperament/profile/personality remained remarkably the same. But the major changes were in my understanding and application of my natural strengths and weaknesses.

In my early 20s, seeing my strengths and weaknesses in black and white was overwhelming. First, my strengths seemed too good to be true. And my weaknesses felt too overpowering and ugly to accept. Now, both seem like simple facts and guidelines I can use to make my life and myself better for myself and for others.

So, I encourage you to take a little time to see who others think you are! I am NOT compensated by this company I

used, and there are many for you to choose from. I mention this one because it was the one I used, and their report was timely, well done, easy to get, and very reasonably priced. They also offer some deeper support if you are interested. If I remember, it was \$1.99 up front and \$27.88 monthly until cancelled, which I did immediately after printing my report, with no problem. www.mypersonality.net

For an even deeper, more meaningful study in personality strengths and weaknesses, I do not think you can beat the book, *Spirit Controlled Temperaments*, by Tim LaHaye. My copy was published in 1966, and I have never found a more powerful, useful, life-changing, and easy-to-comprehend and apply teaching on the temperaments of mankind. Other places use other terms, but the truths and the applications of this work

earn your investment of time and application.

I hope you are one of the few who are determined to be the best “YOU” that you can be! May you know the joy of never seeking perfection from yourself or others, but demanding excellence from yourself and inspiring excellence in others. I am praying that your emotional intelligence skills are increasing daily, and increasingly blessing you and all those you encounter.

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

Hit Bottom -- Build Better

by Roy Williams



Life has many twists and turns. Even though it is safe to say, no two lives have ever been exactly the same, almost all agree that we often have to hit bottom before we build a better life for ourselves. It is often found that the greatest successes come after tremendous failures.

This article is being written so that we may be prepared for what is coming for us as a nation, and for a better understanding of how we have got to where we are today. As a nation, we are in a huge recession if not a complete depression. Everyone I talk to, and believe me I talk to lots of people from all over the country, agrees we are in financial decline. Gas prices are 27% higher than they were just four years ago. Nationwide, electricity has gone up an average of 24%, healthcare is up a whopping 31%, food cost is soaring, and our national debt is unsustainable.

Hard to believe that in a little less than four years we have busted the bottom wide open. Now, as negative as that seems, let's remember how this article started and also

remember that just because we are in a bad situation does not mean we have to stay in a bad situation. Of course, there must be some changes made at the executive level, and that is what this next election is all about. In a representative republic, it is up to "We the People" to do everything in our power to elect the most qualified representatives to do what we elect them to do. Then we must always pay attention to what they are doing, and if we discover that they are not doing what we hired them to do, we must fire them.

With that in mind, please allow me to say, with as much humility as I can, "It is time to clean house." By doing that, we will send all of them a powerful message that we are watching, that we are sick and tired of the games they are playing, and that we will not only fire them, we will hold them accountable. It's time for those who do anything outside their oath to uphold the Constitution, to pay a steep price, and when convicted, sent to prison. Let them know that we will never tolerate socialism



or communism or anything resembling those failed forms of government in the greatest nation that has ever existed on earth -- the United States of America.

Now, let's continue the process of turning a failing, unsustainable sick care system into a truly proven and effective way to support the health of the human body naturally. By making a few simple changes, we can avoid the trap of disease management, which is all the medical establishment and the pharmaceutical industries have focused on for more than five decades. Have they been successful? Yes, that is if your idea of success is making the stockholders and the owners of the sickness enterprise some of the richest companies to ever exist. However, can you name me even one disease they have cured in over 60 years?

At NEWtritional Health Care, our goal has always been to, "Make America Healthy One Person at A Time," and we are now proud supporters of MAHA, which stands for "Make America Healthy Again." Our principal focus is to help everyone understand that almost all disease is caused by a lack of proper nutrition. Disease is not caused by a lack of prescription drugs, therefore no matter how many prescriptions you take, they will never cure you of any disease. For 25 years, we have formulated our own line of nutritional supplements that supports specific systems of the human body. Instead of managing your disease, we simply attack the root cause with what is missing so your body can heal itself.

Our results speak for themselves. The fact that over 15,000 people have purchased our supple-

ments and we are still growing, should tell you everything you need to know. Thousands have brought us their medical reports from before taking our formulations and again after six months to a year, showing amazing improvements. But what we cherish most are their testimonials about everything from better cardiovascular reports, better blood sugar levels, improved mobility, reduced pain, faster healing, and increased energy and sexual desire.

So, if you feel that you have hit bottom and are ready to build back better by giving your body what it needs to heal, consider checking us out at NHC Herb Shop in Killen, Herbs & More in Athens, visit www.nhc-herbs.com or call us at 256-233-0073.

*Your friend in health,
Roy P. Williams*

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nhcherbs@att.net

Abbie Cooper



Cooking with Anna (continued from page 13)

Let's Focus On Joy

by Anna Hamilton

grateful and thankful in all things. No matter what situation or problem you find yourself in, there is always a reason to give thanks and praise. Philippians 4:11-13 tells us, "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all things through him who gives me strength."

Complaining affects the attitudes of others around you. Have you ever worked in an environment where all the employees complained about their jobs and everything else? I know I have, and boy, what a horrible place to have to go every day. Complaining is contagious. When we choose to join in the complaining, we become a stumbling block to others, and we sure aren't letting the light of Jesus shine through us. Matthew 18:6 says, "Whoever causes one of these little ones who believes in Me to sin, it would be better for him if a millstone were hung around his neck, and he were drowned in the depth of the sea."

Complaining implies that we do not trust in God. I have always wondered why the Israelites complained constantly on their journey to the Promised Land. They had been witnesses to so many of God's miracles, and they still didn't have full trust that God would provide

for them. But, in reality, we do the exact same thing. God has never failed to take care of me and my family, yet I still find myself complaining about mundane things that happen. "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:18)

Most importantly, complaining leaves a bad testimony. How can others see Christ in you when you are constantly filled with a negative mood and bad attitude? You will be the only version of Christ that some people in the world see. It is our responsibility to praise God in all circumstances, and by doing so, we help show others the glory of God. My dear brother who just passed away was better at this than anyone else I have ever met. Even in his 13-year battle with illness, he never once complained. He praised God in all circumstances.

This week's recipe is sure to warm you up in the chilly fall weather coming our way. It is a deliciously healthy pumpkin soup. It is sure to please your entire family, even those picky eaters, and it is perfect for the fall season. I hope you enjoy this soup as much as our family does.

"Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion." (Psalm 103:1-4)

The Truths of Domestic Violence

by Lisa Philippart,
Licensed Professional Counselor



“Remember, life is better without the abuse, no matter how alone you may feel.”
- Domestic Violence Survivor

October is Domestic Violence Awareness Month, and with domestic violence on the rise, it is time to uncover the realities of this difficult issue. According to the National Coalition Against Domestic Violence (www.NCADV.org) more than 3 million incidents of DV are reported each year, for both men and women. Nearly 20 people per minute are physically abused by an intimate partner in the United States. While the amount of physical abuse is staggering, what is often overlooked is the mental

and emotional abuse that includes verbal cruelty, withholding, controlling, and manipulating. Let's examine the four truths or realities of DV: the abuse, the abuser, the cycle, and the dependency.

The reality of abuse:

1. Most forms of abuse take place behind closed doors.
2. Verbal abuse precedes violence.
3. Abuse WILL damage your self-esteem.
4. One-third of victims have been drinking or using drugs.
5. A gun in the house increases the risk of homicide by 500%.

The reality of the abuser:

1. Abusers deny their actions and blame the victim.
2. Abusers need to be

right and in control.

3. Abusers tend to be possessive and may try to isolate their partners from family and friends.

4. Abusers are often needy with unrealistic expectations of their partners and the relationship.

5. Abusers personalities may include insecurity, distrust, jealousy, and aggression.

The reality of the cycle: According to www.domesticviolence.org the cycle of violence includes 4 stages:

1. *Tension building* occurs when the abuser starts to get angry, communication breaks down, and the victim feels the need to keep the abuser calm.
2. *The attack* occurs, which includes any type

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



of abuse.

3. *Making up* involves the abuser apologizing, stating that it will ever happen again, or even denying that it ever took place.

4. The *calm* period usually means that physical abuse may not be taking place, and the victim may hope that the abuse is over.

The reality of dependency:

According to NCADV, victims of violence endure an average of up

to seven attacks. The abuser is counting on his ability to control the victim and use shame about the abuse to lower self-esteem. This lack of confidence causes the victim to withdraw, creating even more fear and reliance. The abuse becomes an emotional rejection with a threat of abandonment. Victims hope the abuser will change, since there are usually good times between episodes. And often the abuser can be charming and romantic. One victim explained that, “You love Dr. Jeckyll and make excuses for Mr. Hyde.” The dependency carries over into other areas besides emotional. Victims may also be dependent financially, have nowhere else to live, and have childcare concerns.

Next time we will examine the steps you can take if you or someone you know is involved in a domestic violence situation.

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



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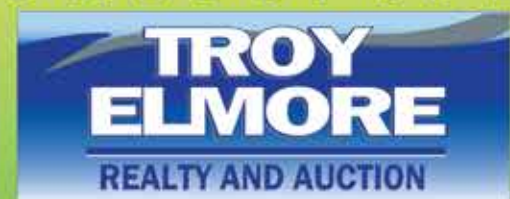
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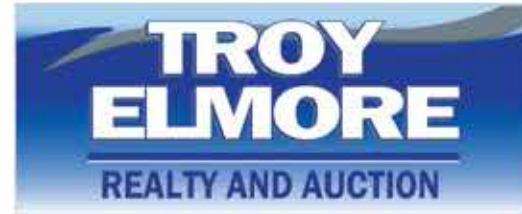
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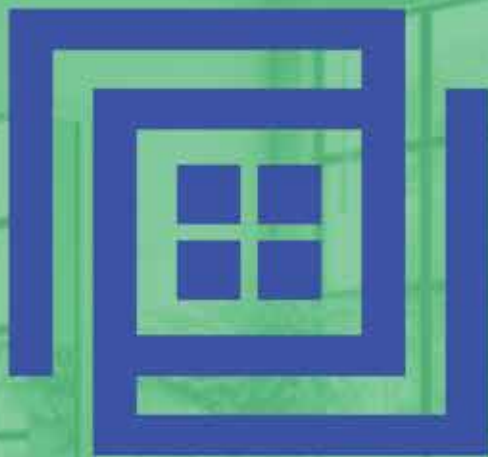
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