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Bonsai Coffee Company: Carefully Chosen Coffees, Homemade Goodies, And A Place To Enjoy Them

By Ali Elizabeth Turner

When Rachel Campbell was a girl of ten or eleven, her Athens grandparents unknowingly fueled both her creativity as well as a desire to one day own a coffee shop. Grandpa Leicher owned an auto mechanic

shop, and in the same building, Grandma Leicher had a ceramic shop. There was a time when the Leichers were looking to purchase a RV, and in every model Rachel and Grandpa went to see there was a coffee pot on the kitchen counter of the vehicle. Rachel loved the smell and the feel

Continued on pages 12-13

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Publisher's Point

The Awesomeness Of Awe

I have learned something recently that, please forgive me for being corny, but it is pretty awesome. I happen to be someone who believes we are fearfully and wonderfully made, and that we have been given life on this planet by Someone who not only loves us, but IS love. That love knows no bounds, is holy, and is much stronger than evil. And with that belief, I want to spend all of my life learning, growing, and becoming what my Maker dreams I can be.

So it is with awe that I tell you about awe and what it can do for every part of your life. There is a researcher who has spent his whole career studying the topic of awe, and he ain't finished. His name is Dacher Keltner, and he is the author of the book, *Awe: The New Science Of Everyday Wonder And How It Can Transform Your Life*. It turns out that awe has a profoundly positive effect on every aspect of human health and well-being, shows up in your blood and brain, and most interesting to me is utterly transcendent when it comes to how it shows up in cultures.

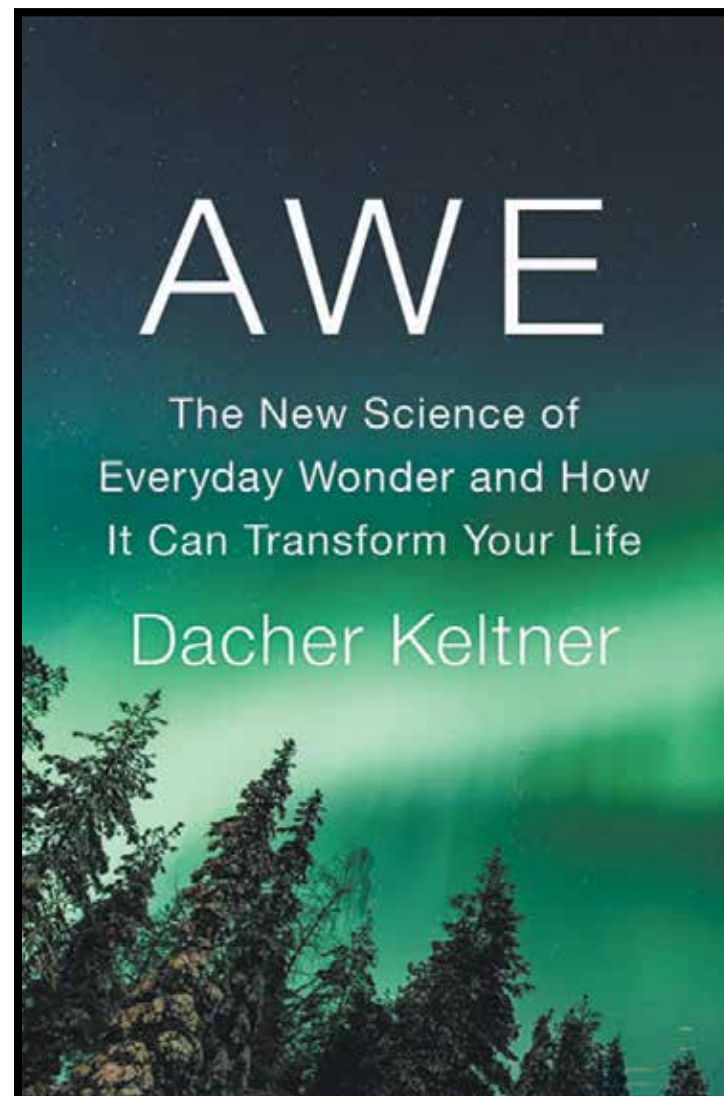
In the literal thousands of studies drawn from dozens of cultures, awe shows up the same.

The look on the face, the mouth ranging all the way from opening a touch to "my jaw hit the ground," the inevitable smile at the end; it is what invariably shows up in people all over the planet.

My first thought as to the greatest source of awe was that Nature would win hands down. Seeing the vastness of the ocean, or a huge oak tree, or a gorgeous flower growing; all of those sights do indeed inspire awe. And even in this hurried, pre-packaged world, Keltner found that the average person experiences true awe two to three times a week.

Awe can be found in art and music. The Sistine Chapel comes to mind as does Handel's "Messiah," or if you prefer, kintsugi pottery or kids singing at the top of their lungs on the way to camp. Dance does it, the sound of bells, a stadium full of people cheering provides awe. It is everywhere, and Keltner has even studied awe in animals.

However, there is a quality that Keltner calls "moral beauty" that is the big gun when it comes to the power of awe. Turns out that all over the planet, the thing that causes humans to react in awe is observing or participating in humans doing



good. It is actually profoundly healthy. That level of awe lowers inflammation. It deepens a sense of being. It pulls people together, and they show it through touch, voice, facial expression, and body language. It inspires generosity after the fact. Most importantly, it quiets the self. Who hasn't stood on the beach, heard the waves, smelled the salt, heard the gulls, had no ability to see beyond the horizon, felt small, and it felt so good to be re-

mindful of just that? Being small and simultaneously aware of being loved is a good thing, and I would encourage you to get Awe and start to get good at looking for awe's awesome evidence everywhere and every day.

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Lindsey Graham And His Legacy As A JAG Officer

by Ali Elizabeth Turner



Irrespective of which side of the political aisle you claim as your perch, when there is an unexpected death amongst our leadership, it reminds us that nothing is certain and life is fragile. We need to grieve, we need to remember, and we need to walk in the truth that every service member declares, that we are willing to “defend the Constitution from all enemies, foreign and domestic,” regardless of whether or not we have been a part of the US military. U.S. Senator Lindsey Graham died suddenly from a cardiac event, and the flags are appropriately at half-mast.

Lindsey Graham was a full-bird colonel in the United States Air Force, and was a JAG officer. He went to Afghanistan and Iraq, and in April of 2007, briefly served at Bucca, which is south of Baghdad. This was right around the time I was getting ready to come home for good, and there were several things he did (and didn't do) for which I am thankful and I believe need to be honored.

First of all, he stayed “with the guys.” He was



Colonel Lindsey Graham, Camp Bucca, Iraq, April, 2007

determined to not stick out or be flaunting his senatorial position. This is in stark contrast to a certain colonel who arrived at Camp Victory, checked in to Billeting to be directed to his private officer's accommodations, and literally asked my roommate Kay how often maid service would clean his quarters!

Secondly, Colonel Graham refused to be addressed as “Senator.” He simply wanted to be “Colonel Graham.” He had a job to do, he was there to do it, and refused any special treatment at all. Bucca was a tough place. It was a prison, the issues there were complicated, the Multinational Forces were working day and night to help the Iraqis pull the place together. Colonel Graham knew he did not have much time to get the job done. On his watch, Bucca improved, and policies were put in place to make sure justice was served.

While Colonel Graham was in theater, he also visited the 386th Expe-

ditionary Medical Group and the Contingency Air Medical Staging Facility. This is where service-members wounded in Iraq or Afghanistan were taken and treated while still in country. More severely wounded warriors were flown to the U.S. military hospital known as Landstuhl and located in Germany. Colonel Graham commended the entire medical staff for the fact that the survival rate in the Area of Responsibility (AOR) was outstanding because of their work.

But of all the accomplishments in the colonel's life, there is one story that I believe transcends politics and shows the heart of a big brother. Sena-

tor Graham has a sister who is nine years his junior and her name is Darline. Their parents were both killed in an accident when she was 13. Lindsey legally adopted her, and that act made sure that she would be taken care of if for any reason he died while serving our country. They had been close all their lives, and Darline, who was not one to seek the limelight, has fittingly been appointed to finish out her brother's term as the senator from South Carolina. May God grant her wisdom and strength in this time, and may God rest the soul of Colonel Lindsey Graham, USAF, Ret., Judge Advocate General.



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Calendar of Events

Traveling Exhibit “My Wild Backyard” at EarlyWorks Children’s Museum Through August 31

404 Madison Street in historic Downtown Huntsville. The popular exhibit helps children get up close and personal with nature living in their own backyards this summer. A.A. Milne, creator of the cuddly teddy bear Winnie the Poo once quipped, "Weeds are flowers too, once you get to know them." Children will have the opportunity to get to know the secret lives of critters, bugs, and plants found just outside their own backdoor this summer as the “My Wild Backyard” interactive traveling nature exhibit has arrived at EarlyWorks Children’s Museum. “My Wild Backyard” features hands-on, immersive experiences for children to "peer inside wildlife dens, crawl along the forest floor and swim along the pond bottom” all with a focus on the hidden world of insects, spiders, and creatures that live in yards, gardens, and urban spaces. Not only is “My Wild Backyard” an exciting living adventure, but it is an educational experience as well, aimed at teaching families about ecological changes that take place across seasons. The exhibit is included in general admission with prices ranging from \$10 to \$12.

NO VVA/AVVA Chapter 511 meeting

There will be NO VVA/AVVA Chapter 511 meeting in July. The next meeting will be Monday, August 3.

Light Up The Square Worship Night July 17

Free event open to the public where everyone is invited to be a part of a great evening featuring a great message and worship music. 5:30PM-9:30PM. The Square at the Limestone County Courthouse, 200 W. Washington St.

Athens Lions Club Annual Summer Kiddie Carnival Through July 25

309 E. Forrest Street Athens, AL. Thursday-Saturday nights, 6:30-9:30 pm from June 11th-July 25th. This year we will be closed July 2nd-4th weekend. Free Admission. Tickets: 50 cents per ride, cash only. Concessions available.

3rd Annual Downtown Athens Culinary Month Entire month of August

Athens Main Street is thrilled to host the 3rd Annual Downtown Athens Culinary Month. Calling all foodies and local food enthusiasts! It's that time when Downtown Athens comes alive with flavors and culinary delights during the highly anticipated week. During August, you'll have the chance to indulge in a delectable array of dishes and explore downtown Athens's diverse culinary offerings. Downtown Athens Culinary Month isn't just about delicious food; it also celebrates the local community and the hardworking chefs, restaurateurs, and staff who make dining in downtown Athens an unforgettable experience.

Preserving the Harvest August 8

Join the Limestone County Master Gardeners for their workshop on how to Preserve the Harvest. 10-11AM Limestone County Extension Office. 1109 W. Market St., Athens, AL.

Summer Sippin' August 15

Athens Main Street invites the community to beat the heat and explore Downtown Athens at Summer Sippin'. This fun and flavorful afternoon invites visitors to explore participating shops offering unique summer-themed drinks and seasonal sales. Each stop provides an opportunity to sample creative beverages, discover great deals, and cast votes for the coveted title of Summer Sippin' Champion. 3PM - 7PM. Downtown Athens.

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.



Mental Health Minute

What Nursing Home Residents Want You To Know

by Lisa Philippart,
Licensed Professional Counselor

“Be kind; for everyone you meet is fighting a harder battle.”

- Plato

my own private practice, I had worked as a geriatric counselor in the nursing home setting. I was referred to clients who either had a history of mental illness and needed continuity of care or to residents who were exhibiting “challenging” behaviors. I was honored to work with these residents who displayed courage, humor, and intelligence as they neared the end of their lives. As we talked about their accomplishments and challenges and they shared their stories with me, I often thought about how many of their family members were missing out on spending time with their loved ones. Tragically, I was sometimes the only “company” a resident would have, and this would break my heart. Over the years, I would ask residents what they would like visitors, family, staff, and friends to know about their situation, and what could make their lives better in the nursing home setting. This is my list of the most common suggestions that the residents shared with me:

1. We need something to look forward to. Your visit, no matter how short, makes my day. And please don't tell me that you will be coming

to see me, and then don't show up. You think we don't remember, but we do.

2. We like schedules and routines. We have lots of time on our hands, and it helps to know that there is a plan for our day... even if it is only breakfast, lunch, and dinner.

3. We need to keep moving. We may complain about our aches and pains, but it becomes important for our sense of independence and overall well-being to know that we can still go where we want, when we want.

4. No kindness is too small. For example, a resident asked me to open the blinds for her so she could look outside and enjoy the day. She thanked me so profusely, that I always walked by her room to make sure she could look out her windows.

5. Look at us with respect, not pity. We can tell the difference. Please sit down when talking to us, so we are eye level. We are doing the best we can and would appreciate your willingness to treat us as fellow human beings. NEVER TALK TO US LIKE WE ARE CHILDREN!

6. Ask before you help us. Don't assume you know what we want or that we want your assistance. And then listen to our responses. You can't possibly know what it is like to be in our shoes.

7. Don't ask how we are unless you really want to know the answer. Actually this question is useless to us. It would be better to ask us how you can help us today. We will give you an honest answer; so be prepared.

8. What you see on our outside is different than what is on the inside. Our bodies may be falling apart, but our brains might be sharp as tacks. Conversely, our thoughts may be foggy, but our bodies might be able to function just fine.

9. You will receive a much better response when you ask, rather than issue orders. We have the right to say no. And rather than argue with us, look for a compromise, or even better, let us have our way. Unless there is a safety concern, the battle is not worth the fight.

10. Words are almost as powerful as medication. We respond to both. If

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you want to see an immediate improvement in overall health, tell us we look nice, share a kind word, pray for us, or for a truly amazing transformation...sing! We will probably join in!

I learned so much from my clients and residents in the nursing homes... about suffering, about joy, about regret, about hope, and about life. I leave you with a bonus thought...number 11 from a resident whom I cherished and admired. She would often get frustrated and lash out at others. She wanted us to know this: “Please leave your feelings of impatience or feelings of dis-

comfort at the door, and just spend time with me. Your presence is enough. There will come a time when you will have to let me go. But until then, my being here is not about you.”

Take action: Visit a veteran's home or nursing home through your volunteer organization.

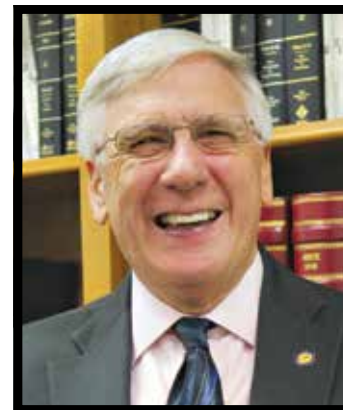
Lisa Philippart is a Licensed Professional Counselor, who divides her time between her own private practice in Huntsville and providing personal counseling services at Athens State University.



What Makes Ronnie Roll

In All Things Rejoice

by Ali Elizabeth Turner

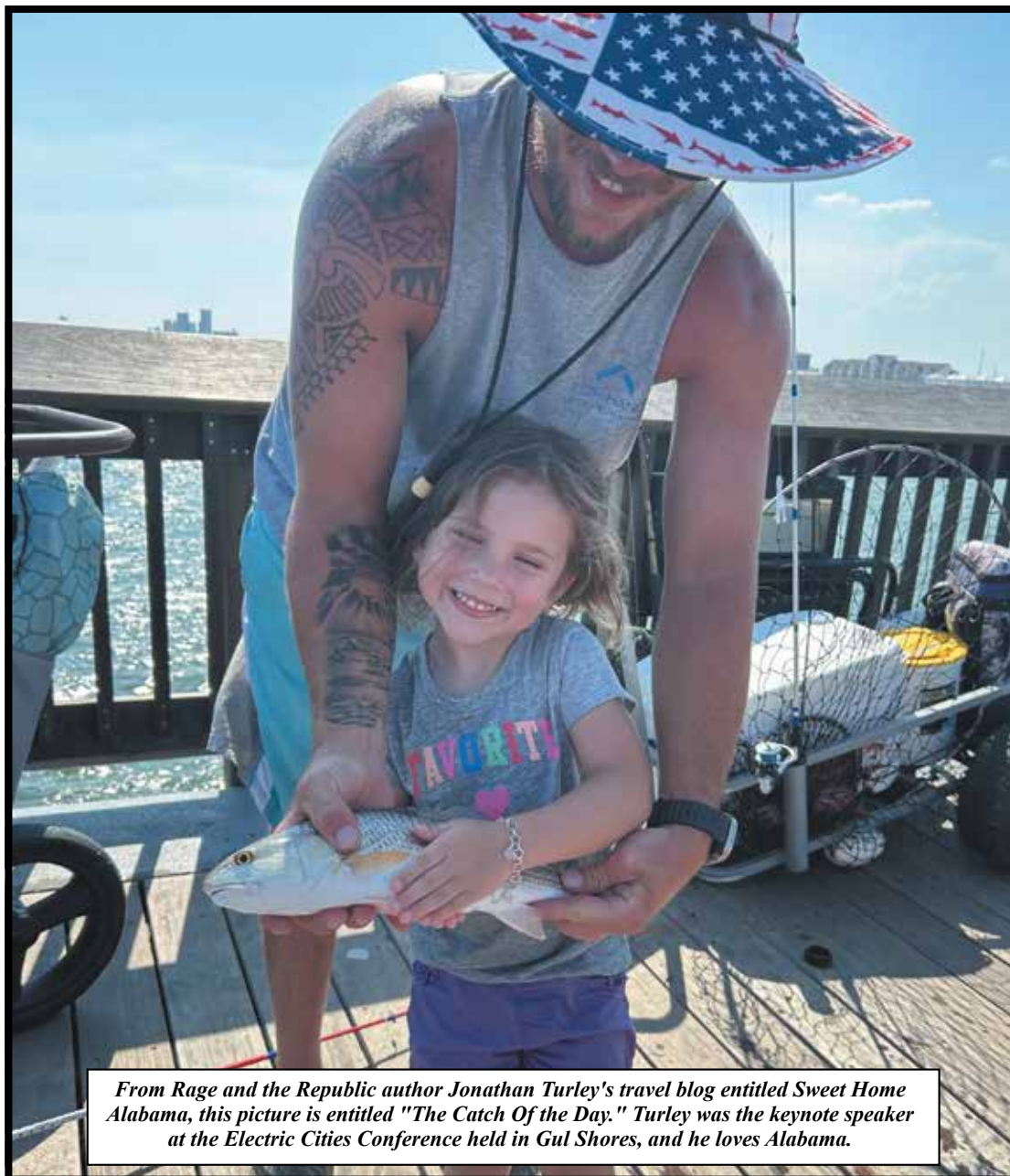


Mayor Ronnie was just back from an annual event known as Electric Cities, and it had been held in Gulf Shores. He, the people who run Utilities, and our whole city council had attended, and that is in part because of the unique way our Utilities Department was set up long ago. “The City of Athens and the City of Florence own their utilities departments,” he said. “Everyone else has a separate board that does the managing, but we are different,” Mayor Ronnie added, and I know to him that is something about which we can rejoice. “Our electrical department is at the table, and trying very hard to build for the future.” While it is true that this means everyone in city government has some extra responsibilities as compared to other cities, it also makes for much better communication and transparency.

About 150 people were at the State Lodge in Gulf Shores, and they wrestled with pressing subjects such as alternative sources of power, the daunting task of how to deal with AI centers, gas lines, and more. “We are in good shape in North Alabama when it comes to power supply. Part of that is because we don’t have to

deal as much with providing power in places that are mountainous,” he said.

Senator Tuberville was in attendance, and they heard a keynote speaker by the name of Jonathan Turley. Turley is in a class by himself when it comes to the history of the Revolutionary War, and during a break Mayor and Coach had a conversation that went something like, “How did he just do that? How did he speak for an hour and tell us so much important stuff that we never knew?” Their basic reference was the absolutely critical role of Thomas Paine as it pertains to the founding of our country. Thomas Paine and his pamphlet “Common Sense” are not just a footnote amongst the Founders. Turley brilliantly makes the case that we would not be “us in the U.S.” if Thomas Paine had not been such an out-of-the-box thinker. This pretty much made him come to America because no one knew what to do with him. Turley’s inarguably chewy book, *Rage And The Republic* is on our list to read, and their takeaway is that our country has always been in a state of revolution, and that is essentially what makes it so remarkable.



From *Rage and the Republic* author Jonathan Turley's travel blog entitled *Sweet Home Alabama*, this picture is entitled "The Catch Of the Day." Turley was the keynote speaker at the Electric Cities Conference held in Gulf Shores, and he loves Alabama.

The *Houdini* movie crew wrapped up production, and they love us so much that they will definitely be back. There were undeniably “summer-in-the-small-town-South” things to celebrate—a grandson discovering brand new baby kittens in a storm pipe on the edge of Sunrise Park and finding them homes as well; champion softball and baseball tournaments with a custom T-shirt presented to Mayor Ronnie by the Athens All-Stars. Then there is the rain, and no one

remembers such a wet summer. “Rejoice in all things,” said the mayor, even when it seems that North Alabama has been kidnapped and taken against its will to some steamy place at the Equator. “We ain’t in a drought,” I said, as it was raining bats and cats outside in that very moment. The mayor returned in perfect English, “No, we are not.”

Our current book is the *In The Pursuit Of Happiness*, and there was a quote that stood out: “Understand

that you don’t choose your signals, but you choose what you do after you get a signal.” In other words, stuff is going to happen and some of it can be really bad, for sure. But as humans, we get to choose what we are going to do with the rough stuff.

So, that was some of what we prayed about, really living out of choice, and we prayed for our town as well, as we have for the last 15 years. And then it was time for Ronnie to roll.

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Adjust Your Sails

by Anna Hamilton

I have written several articles focused on changing your attitude. Apparently, I have been in the need of an attitude adjustment because it has been on my heart and at the tips of my fingers. How you view life and how you adjust to the troubles that come your way makes all the difference. You can either view things positively or negatively, it's all up to you.

I recently read a quote that has been accredited to many different people such as Dolly Parton, Thomas S. Monson, Bertha Calloway, and Jimmy Dean. "You

can't control the wind, but you can adjust the sails." Even when the wind is swirling around you and everything seems to be falling apart, you are still in control of you own "sails." You get to control how you react to the chaos. Do you get swept up in the crazy and let your ship go down, or do you turn your sails a different direction and get through the storm?

Being able to adjust your sails not only allows you to navigate life's storms, but it also can help uplift and remind you to

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Creamy Crunchy Apple Salad

Ingredients:

- ½ cup Greek yogurt*
- 2 Tbsp honey*
- 2 tsp lemon juice*
- 4 large apples, peeled and diced*
- 1 cup raisins*
- 1 cup chopped toasted walnuts*
- ½ cup celery, chopped*

Directions:

In a large bowl whisk yogurt, honey, and lemon juice.

Add apples, raisins, walnuts, and celery. Toss to combine.

Store in refrigerator until ready to serve.



Land Of The Free (Chips And Salsa)

by Stephanie Reynolds, Athens-Limestone Tourism Association



Hello, my fabulous Athens-Limestoneians!

It is the 13th of July. My article is due...now, actually. I am staring out the window at a rainy day, lightly grey and thoroughly green.

And I rest.

It's been a long few months of meetings and contracts and negotiations and emails (So. Many. Emails.) I learned how to use Microsoft planner (Sort of. If you are an MS planner genius, call me.) Lists were checked, dozens of signs were placed, swag and merch were handed out.

We encouraged racers at the Red, White & ZOOM with uplifting signs like "Seems like a lot of work

for a free popsicle" and "Pain is just the French word for Bread."

Then we took down the Zoom and prepped for the BOOM. It was a great (though hot!) party with food trucks and vendors and bouncy houses and incredible performances (it was SO hard to pick a first place winner that we had 2!) Then of course, the fireworks—the ones we paid for and the ones God provided (lightning). It was a great show and we are so thankful for all the city, county, and state support we received. If you see Mayor and the city council, Chairman and the county commission, Senators Butler and Stutts, and Representative Harrison, please tell them

thank you—we could not have done this without them (and Parks and Rec, and Athens PD, and EMS and...)

So the 4th is over, but does it have to be? Can't we stay in eternal summer, eternal red, white and blue popsicles and bunting and berry deserts?

Can't we stay in the exciting run-up when so many individual groups worked together to make a wonderful weekend for our community?

Can't we keep seeing America through fresh foreign tourists' eyes from the FIFA matches where Americans shared their impossibly big county and friendliness and end-

less chips and salsa?

Can't we stay in the "We might not always agree, but you are not my enemy. You are my fellow citizen. We can talk and work and celebrate together."?

Can't we?

I think we can. Even if cheeks are red from being frost-kissed instead of sun-kissed, even if white of the blazing sun turns to white of the (admittedly rare) snow, the sky over America will stay just as blue, just as free, and just as wide IF we continue to show the same love and grace for each other that we did for the tourists coming to watch soccer.

Providence has given us the most amazing gift for our nation's 250th—the

gift of seeing America through fresh eyes as she really is when we don't listen to those who despise her, either outside or inside our country. We got the chance to remember that we are a country that loves to learn about other people, to give generously, to get along, and to be on opposite sides during the "game" and on the same side after it.

We don't have to keep that feeling just during this rare 250th July. It doesn't have to fade like summer into fall. We don't have to let the cold of the winter seep into our hearts as it seeps into our bones. Our kindness and generosity toward those who think differently than us doesn't have to wither in the cold of our suspicion like summer flowers at the first frost. We can choose to listen to good, to seek peace and pursue it.

How about this: the next time we go to a restaurant and they set a bowl of fresh bread or free water or chips and salsa on our table before we even request it and without asking our positions or politics, let's remember that, right there, is the real us, the U.S. We know that. We saw that. Let's remember we can disagree without hate, can debate without rancor, can strive with each other not against each other.

The spirit of America is alive and well. Let's be proud and thankful to live in this great, wide nation under God, indivisible.

And free chips and salsa for all.



Go Back And Get You

by Jackie Warner

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



Women are known for their strength, resilience, and ability to keep going. We move from one responsibility to the next, filling our calendars with commitments, obligations, and the needs of others. But in the midst of all that motion, something sacred can quietly slip away — ourselves.

A devotional I recently heard named a truth many of us live: sometimes we stay busy so we don't have to face what is right in front of us or within us. That truth struck me deeply. I realized that I often keep myself occupied to avoid sitting with my own thoughts, my own needs, and the quiet realities of my own life. The cluttered closet, the kitchen needing attention, the emotions I haven't sorted — they all wait for me while I rush to the next event, the next task, the next commitment.

Then a song shifted everything. Its message was simple but piercing: don't run so fast that you leave yourself behind. It was an invitation to turn around and go back to get the version of myself I abandoned while trying to be everything for everyone else - Neveah Soul "I Needed Me"

Scripture echoes this call. "Be still, and know that I am God" (Psalm 46:10). Stillness is not inactivity; it is obedience. It is the place where God reveals what constant motion hides. The psalm-

ist reminds his own soul, "Return to your rest, O my soul" (Psalm 116:7), and Jesus extends an invitation to every weary woman: "Come to me... and I will give you rest" (Matthew 11:28).

Returning to ourselves means returning to Him.

It means acknowledging that our hearts need tending. "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23). If our hearts are neglected, everything else becomes heavier. Guarding our hearts requires slowing down long enough to see what is happening inside them.

Going back to get ourselves may look like sitting in silence for a few minutes each day, tackling one small area of clutter without pressure, allowing ourselves to feel instead of rushing past emotions, or choosing rest even when our calendars say otherwise. It may mean decluttering not only our homes, but our minds and spirits. It may mean giving ourselves permission to breathe.

Returning to ourselves is not selfish; it means choosing rest without guilt, acknowledging what needs attention, and allowing God to meet us in the quiet rather than only in the busy.

This is your moment to pause. This is your moment to breathe. This is your moment to go back and get you.



Bonsai Coffee Company: *Carefully Chosen Coffees, Homemade Goodies, And A Place To Enjoy Them*

by Ali Elizabeth Turner

continued from page 1

she always encountered, and began to dream about having a place where people could come and sip great coffee among friends. “I was hooked,” she told me when we sat down ‘in her dream,’ Bonsai Coffee Company, which is located at 1207 E Forrest Street Ste-H in Athens.

Once Rachel and her husband Jason were married, the dream deepened when they would go on road trips and stop at coffee shops along the way. Rachel would make a point of learning about different coffees and how they were sourced, which

we will talk about later. As a fantastically artistic woman, there was also a time when she would have loved to have been on Cake Boss, and her cakes were true works of art. The timing was not right for the “cake dream” because there were kids to raise (Scottie, now 26, Makaila, 25, and Carter, 18.) Jason does maintenance for apartment complexes; Rachel has worked for Toray in Decatur for 15 years. They both have a fierce interest in martial arts. Rachel has her black belt in Jiu-Jitsu, and when she was a kid just about wore out the DVD of the original *Karate Kid*.

Fast forward to 2025. One day Rachel took the ultimate risk and asked Makaila (who had been a team leader at Chik-fil-A) if she wanted to start a coffee biz with her mom. “I’m in,” was the response, and it was “gentlemen, (or in this case, family) start your engines.” In six months, Jason had completely built out the shop, recipes and menus were finalized, music and décor were selected, and most importantly, the coffee was sourced.

It was extremely important to the Campbells that their excellent coffee surpass the usual high standards of “fair trade and equitably



sourced.” They wanted to be a part of organiza-

tions who, for example, have empowered women whose husbands had been murdered by the cartels in the Southern Hemisphere by helping them support their families. The women do so by running coffee producing farms. The “Tip the Farmer” program is one such outfit, and as Rachel says “Every bag and farm has a story.”

On to the Bonsai theme—the ability to carefully grow bonsai plants, groom them and cause them to flourish is its own highly skilled art form, and you will see several bonsai plants in the front window of the





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Captain's Log

Beautifully Broken

by Brenda Wilkerson

As I searched for the perfect shell on the beach this morning, I suddenly realized a striking parallel to this crazy life and time in history we find ourselves in. Perfection. It simply doesn't exist. This world throws us so many high standards we simply can never live up to. So I changed my narrow focus and began to search for the broken shells, the most beautiful jagged shells that are barely recognizable to their humble beginnings. I found a gold mine!

You see, these broken remnants that made it to the beach shore are weary warriors. They have been rolled, beaten, pushed, pulled, and pummeled. Wave after never-ending wave at the finish line is the worst challenge as the swells push and pull just a few

feet from the still quiet sands of the beach. I see me in these shell pieces. I've been through a lot, my edges are worn down and have gaping holes here and there. That doesn't make me any less of a shell. A broken shell is still... a shell.

As I searched for the perfect broken shell, I began to scoff at the ones I found complete. Well, that wasn't the right attitude either as I felt the Lord say, "You are complete and whole through Me."

I feel a new peace here. A fresh assurance within me as I proudly claim the title of Broken Warrior, complete through Him. Thank you Lord for your reminders EVERYwhere of your endless love and acceptance of us exactly where we are.

~Brenda



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Protecting Your Story
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Everyday Life Needs Maturing EI

by Detri L. McGhee - CLU, ChFC, B.Min

This week I have seen yet another dear high school classmate thrust into an additional, deeply difficult life-event. Less than a year ago they lost their only child in an airplane crash. Thursday, we sat with her while her husband had a leg amputated above the knee. Strangely, it was the “good” leg that had suddenly become gangrene.

Never before have I seen more pain, difficulty, and multiple harsh situations thrust upon my friends, and even my family. Today, more than ever before, developing and sustaining high levels of EI – Emotional Intelligence – is crucial to successfully coping with everyday life and its challenges.

How we cope and respond will affect not only our own sense of stability amid life’s challenges, but it will directly and indirectly affect the lives of all those around us. My response, reactions, and actions spill over onto multitudes of other people. Just in the hospital Thursday morning, the surgery was delayed from 7 a.m. until they finally took him back at 12:15 p.m. Also affected were the doctors, nurses, other waiting families nearby, visitors passing through the waiting area, family and friends waiting at home and work to hear how things went.

What an encouraging word to hear that the waiting patient had



commented to one of his visitors,

“You just wait. A year from now I’ll be running all around with my cane walking on my new leg!” That also gives us ammunition to use when/if he gets depressed and frustrated with progress and difficulties of adjusting. We will remind him, “Remember what you promised! You will get up and WALK AGAIN!”

REASONS for disappointments, delays, difficulties and what appear as broken promises do make a difference. However, minus knowing those reasons, or understanding their causes, we can still use a higher level of Emotional Intelligence by choosing to view the situation as something it simply “IS” -- not an opportunity to complain and push

our negativity on others.

Question: What is my response of choice when I face a difficult situation that causes yet more stress, discomfort, delay, financial loss, or other negative result? Am I mature enough to realize that the whole situation is not just about *me*? Is my emotional development maturing enough to put the needs of others ahead of my own? The strange thing about thinking of others first is that the result is kinder and more blessed to *myself* than if I had merely reacted using my own selfish thoughts.

Did you get that? Putting others first actually blesses and empowers you more than if you have put yourself and your desires first. It is true that “It is more blessed to give than to receive.” The strange

thing is, those who constantly put themselves first are never satisfied, cannot see their blessings. We cannot change everything to suit ourselves. Those who focus on self are generally unhappy and frustrated.

The most freeing, powerful, difficult, confusing, and comforting truth that I am working on developing in my life as a Christian is the understanding and application of the Sovereignty of God. As His child, if I yield to His leading, there is not one thing that comes into my life that He does not either cause or allow. The accompanying truth that “He is Love” also empowers. “When you cannot trace His hand, you can trust His heart.” (Credited to Charles H. Spurgeon)

This level of faith doesn’t come in a

mighty rush of inspiration. At least not to me. It comes over decades of life experiences, disappointments, successes, and failures. And, not just mine, but by watching and living with others, seeing events from beginning to end, and in the years afterwards, with new understanding and truths emerging.

How are your reactions and actions affecting others? How are you choosing to let the reactions and actions of others affect you?

Detri would love to hear from you.

Email: detrimcghee@gmail.com

Facebook:

Detri Atkinson McGhee

Free outline for Criticism Management available at www.criticism-management.com



Clean, Green And Beautiful

Recycling 101 For Limestone County

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

The Limestone County recycling drop-off location is at 1301 North Jefferson Street, the former L&S Shopping Center site. The facility is open Monday through Friday from 7:00 a.m. to 4:00 p.m.

The center accepts plastics #1 and #2 (such as beverage bottles, shampoo bottles, and detergent containers), aluminum cans, steel cans, mixed paper (including books, magazines, and junk mail), and cardboard.

A valuable new service now available is used motor oil recycling. A large white collection tank is located on-site where residents may leave containers to be emptied and the used oil properly recycled. If you choose to empty your own container, please remember to replace the cap on the collection tank when you are finished.

As this program continues to grow, everyone's cooperation is essential. Please

sort your recyclables before arriving and do not leave trash at the site. Be sure to break down cardboard boxes and remove all plastic wrap and Styrofoam. During this transition period, things may be a little hectic as volunteers and staff establish a new routine to handle the increased volume. Please do not begin filling an empty trailer until the trailers already in line are full. The additional empty trailers are needed daily to transport recyclable materials.

When the Athens-Limestone Recycling Center closed, Limestone County lost its local option for glass recycling. Currently, the only nearby option is Phoenix Glass Recycling of North Alabama in Huntsville. Visit their website at phoenixglassrecycling.com or check out their Facebook page for current information about accepted materials and their recycling process. Glass is one of

the most environmentally friendly materials to recycle because it never decomposes and can be recycled indefinitely without losing quality.

Electronics recycling is another important way to reduce waste. Small electronics, including computers, computer accessories, and cell phones, can be recycled free of charge at Staples. For larger items, such as flat-screen and plasma televisions, contact Keri Chalmers at 256-871-0674 for recycling information. Older box-style televisions are accepted only during the Household Hazardous Waste Collection events hosted by KALB and the Limestone County Commission. Because these televisions contain mercury, they cannot be collected with bulk trash or accepted at the transfer station.

Pak Mail on Forrest Street also helps keep reusable packing materials out of our landfills. They accept



Styrofoam packing peanuts, bubble wrap, plastic air pillows, and packing paper. Reusing these materials extends their useful life and helps prevent lightweight plastics from becoming litter that can easily be carried by the wind.

Recycling benefits Limestone County in many ways. It helps create jobs, extends the life of our landfills, reduces litter along our road-

sides, and decreases the need to extract raw materials to manufacture new products. Every recycled bottle, can, box, and piece of paper makes a difference. By taking a few extra minutes to sort and recycle properly, we can all help keep Limestone County cleaner, healthier, and more beautiful for generations to come.



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The Company You Keep

by D. A. Slinkard

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



What do you do when you want to give up and throw in the towel? What do you do when you feel like the whole world is against you? What do you do when anything you touch immediately falls apart? What do you do when the struggle is real? I ask these questions because I was posed these very same questions recently, and the person wanted to know how I maintain such a positive attitude in dire situations.

My response – Attitude is everything. We cannot always control what happens in our lives, but we can ALWAYS control how we respond to events, whether it be negative or positive. I was speaking with someone else who seemed amazed that you can have two people face the exact same situation and you are going to get two different reactions from them. I was not taken off guard by this because I understand that many times our life is about the perspective we take.

If you have a winner's mentality, then chances are you will be a winner more times than not. If you have a loser's mentality, then chances are you will find yourself losing. We become who and what we think we are, and it is not a difficult subject to master. But the reality is that many people are walking around self-sabotaging their own lives,

and they do not realize it. Yes, what you think and say does have an impact on the world around you and the perspective you have.

My question would be: Who are the top five people you hang around with, and what does their attitude say about them? It is much easier for us to answer logically and honestly about others than ourselves. Think about how much easier it is to give someone else advice; yet when we try to take our own advice, well, that becomes a pill we just cannot swallow. Those five people that you hang around the most are exactly the person you are. Yes, the five people you hang around the most are having more of an influence in your life than what you real-

ize.

I have had some times in my life when I took a quick assessment of who I was hanging around, and I knew I needed to make some changes. I made the changes; those people are long gone, and who I am today is not the same person I was fifteen, ten, or even five years ago. It is crucial to make sure you are hanging around bucket fillers, those people who add value to others' lives, and that you also are a bucket filler and not a bucket dipper.

I remember with our two girls, as we would be driving them to school and before we would drop them off, we would remind them to be bucket fillers and not bucket dipper. Great advice and it is something that has stuck with my girls. We,

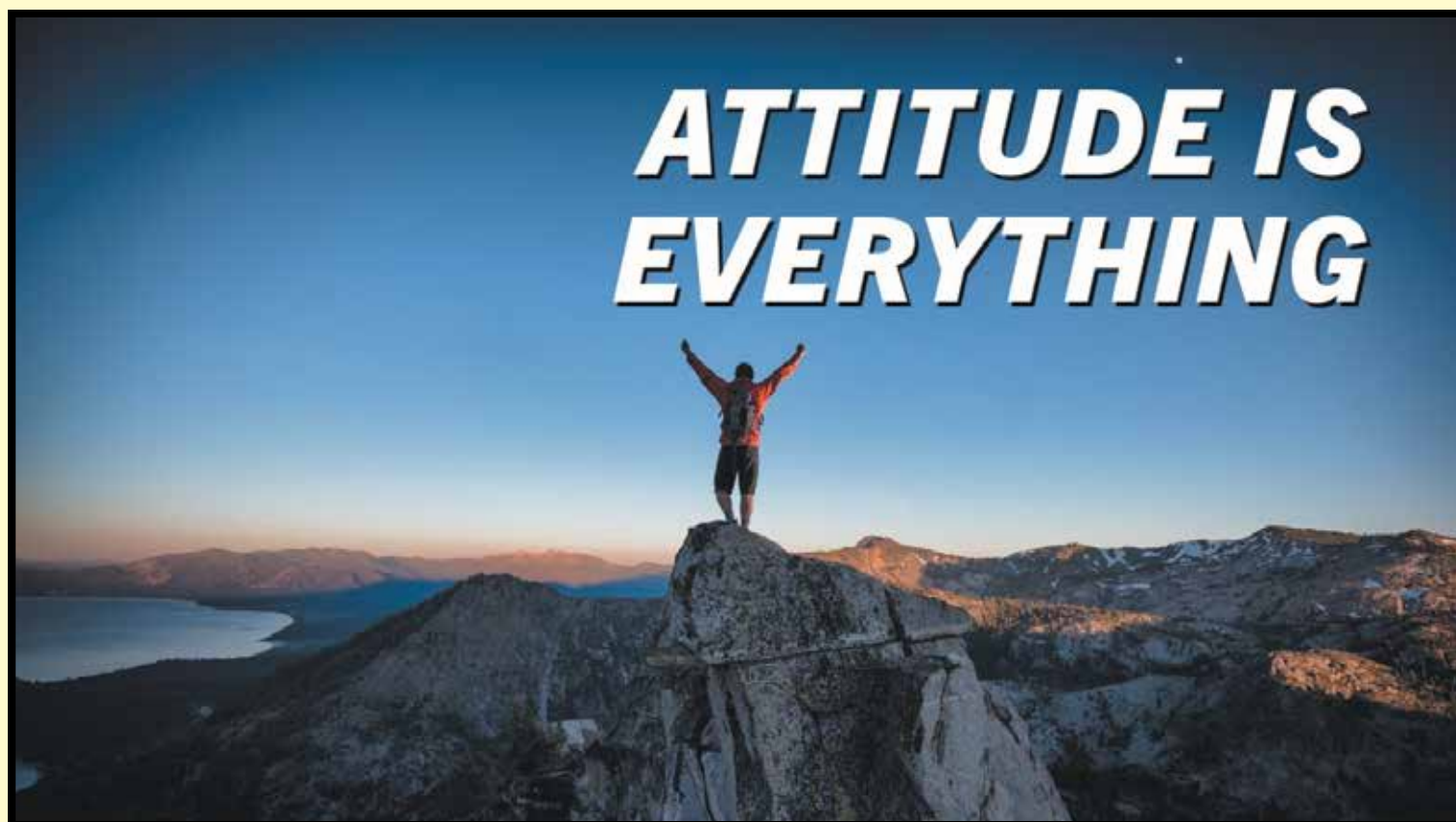
as a society, need to start focusing on leaving people better than we found them; yet, too often, people get greedy, and they want to know what is in it for them. Wrong mentality.

When it seems like your entire world is falling apart, it is time to set aside some time and really begin to look at what is happening in your life. Why? Sometimes things are not as bad as we realize, and other times things are not as good as we realize. We need to be prepared to evaluate our lives and ask the tough questions, but really be honest with ourselves. The hardest obstacle we all have is being totally honest with ourselves. Too many times we want to give ourselves the easy out and allow for excuses to come in. This

is where those you are hanging out with come into play.

Those people closest to you need to be your support system. They do not need to be enablers in allowing you to throw pity-parties for yourself. If people are not bringing you up, they are tearing you down, and your actions towards others is doing the exact same thing. What impact are you having in the lives of others? Your perspective is what you make of it. If you think life is hard, do not expect it to be easy. You have the control over your thought process. And although you cannot predict every event in your life, you can influence more than you realize. Attitude is everything!

ATTITUDE IS EVERYTHING





Learning As A Lifestyle

Intellectual Honesty In Leadership

by Eric Betts

Assistant Director, Curtis Coleman Center for Religion Leadership and Culture at Athens State University

Leadership is often incorrectly measured by visible accomplishments. Often this comes in the form of a promotion, a growing business, an elected office, or the respect of one's peers. Yet the most enduring leaders possess a quality that receives far less attention: intellectual honesty. This virtue is the willingness to pursue truth even when it challenges our assumptions, corrects our mistakes, or requires us to change our minds. Intellectual honesty is not about lacking conviction. Rather, it is about holding our convictions with enough humility to continue learning. Faith reminds us that truth is not something we possess; it is something before which we are continually formed. Leaders who understand this remain teachable because they recognize that every lesson learned is another opportunity for both intellectual and spiritual growth.

Intellectual honesty also means resisting the temptation to confuse opinions with facts or certainty with wisdom.

Every leader interprets situations through personal experiences, values, and perspectives. Ethical leaders recognize those limitations and ask thoughtful questions before making important decisions. They seek counsel, listen carefully to those who disagree, and remain willing to reconsider their conclusions when new information comes to light. Far from being indecisive, this kind of leadership demonstrates confidence rooted in character rather than ego. It builds trust because people know they are following someone who values truth more than personal pride.

This commitment to learning creates healthier families, stronger workplaces, and more resilient communities. Organizations flourish when leaders model curiosity instead of defensiveness, accountability instead of blame, and dialogue instead of dismissal. Ethical leaders recognize the limits of their knowledge. They distinguish between what they know, what they suspect, and what they simply believe.



A leader who says, "I don't know enough yet to make that decision," often demonstrates greater integrity than one who speaks with unwarranted certainty. Ethically mature leaders invite criticism because they understand that correction protects both people and organizations. Instead of asking, "Who disagrees with me?" they ask, "What might I be missing?" That question reflects both humility and courage.

People are far more willing to contribute their best ideas when they know their voices will be heard and consid-

ered fairly. The soul that ceases to learn soon forgets how to lead because leadership is not first the exercise of authority but the practice of faithful stewardship. When leaders pursue truth with humility, they create environments where others are encouraged to grow as well.

Ultimately, intellectual honesty leads to true success because success is measured by more than achievement alone. Titles fade, careers change, and accomplishments eventually become history, but character continues to shape every relationship and every de-

cision. A leader who consistently pursues truth, admits mistakes, and remains committed to learning earns something that cannot be manufactured; we call it credibility. Such credibility inspires confidence, strengthens organizations, and leaves a legacy of integrity that outlasts any position or recognition. In the end, success is not found in reaching the highest position but in becoming the kind of person whom truth can trust with influence. Such leadership leaves behind more than accomplishments; it leaves behind people, organizations, and communities that are stronger because they have witnessed integrity lived with humility.

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The Body Never Forgets How to Heal

by Seth Williams

For 25 years, I have watched people accomplish things with their health that many were told could not happen. I have witnessed people overcome heart disease, high blood pressure, strokes, blockages, bypass complications, mitral valve prolapse, and many other disorders. I have seen people remain free from heart problems even though more than half of their known family members had died from, or lived with, heart disease most of their lives.

I have seen cancer go into complete remission without chemotherapy or radiation. I have watched people with osteoporosis rebuild their bone after being told the problem was genetic. I have seen diabetics who once depended on insulin pumps reach the point where they no longer needed insulin or prescription medication. I have personally looked at X-rays of men who were bone-on-bone in their knees and later have a quarter inch of cartilage, based on their doctor's X-rays.

There are several things these people had in common. First, not one of

them was healed by a drug or supplement. Their bodies healed themselves after being given the proper materials to rebuild with. Your body never forgets how to heal. The body wants to heal. Healing is normal. God designed the human body with the ability to repair, replace, and rebuild. Our responsibility is to provide the raw materials that these processes require.

The second thing these people had in common was consistency. Rebuilding takes time. The body needs the right materials in the right amounts, supplied consistently for an adequate amount of time.

Many of today's illnesses are deficiency disorders. A deficiency occurs when there is not enough of something. A disorder means something is no longer in proper order. Put those words together and the meaning becomes clear. Something the body requires is missing, and because it is missing, normal order cannot be sustained.

The body is constructed from vitamins, minerals, amino acids, fatty acids, simple sugars, protein, water, and air. These are the building blocks used



to construct every cell, tissue, organ, and system. If the body is deficient, it must be lacking something from which it is built.

When the body receives what it has been lacking, in precise amounts and for enough time, it may use those materials to restore order. Instead of living in dis-ease, a person may finally return to ease.

Most people already understand prevention in every other area of life. We change the oil before the engine knocks. We replace a roof before the ceiling collapses. We service the air conditioner before it stops in July. We rotate the tires and maintain the equipment we value because maintenance is cheaper and easier than repair.

Yet many people wait until their joints hurt, digestion fails, energy disappears, or blood pressure,

cholesterol, and inflammation markers rise before taking responsibility for their health. Waiting for the doctor to announce that something is wrong is like waiting for the tow truck after the vehicle has already broken down.

A better question is not, "What is wrong with my body?" The better question is, "What does my body need to perform at its best?" Every day your body rebuilds skin, muscle, blood vessels, connective tissue, cartilage, hormones, enzymes, and countless other structures. The workers are already there. The question is whether they have the materials required to do the job.

That is why we believe **MSM+C** by NEWtritional Health Care is the foundation of good nutrition. After 25 years of watching people and studying how they prog-

ress, I believe this is one combination of nutrients nearly everyone is missing unless they live on a farm and eat fresh fruits and vegetables every day.

MSM+C gives the body foundational materials that has proven to help support balanced pH, digestion, absorption, hydration, joint lubrication, arterial elasticity, skin elasticity, liver and blood detoxification, healthy cholesterol, balanced blood pressure, faster healing, less bruising, fewer age spots, improved mobility, and better overall function.

MSM+C is where we recommend many people begin because it helps support absorption. Without absorption, it does not matter what you take. If the body cannot absorb it, it cannot properly use it.

Your health is your responsibility. Do not wait for the engine to knock.

Give your body the materials God designed it to use, remain consistent, and allow the body to do what it was created to do.

MSM+C by NEWtritional Health Care is available at Herbs & More, 622 South Jefferson Street in Athens, NHC Herbs in Killen or online at www.nhcherbs.com. You may also call 256-233-0073 for same day shipping.

Your Friend in Health,
Seth P Williams



Forgiveness

by Deb Kitchenmaster



Have you experienced a moment in time where you knew you were “stuck”? You tried in sundry ways to resolve a conflict(s) in a meaningful relationship, but the more time you gave to bring solution rather than pollution, there wasn’t any “shift” but “stuck” was the painful reality? I’m quite sure we all can relate. At the base of the “stuck” is usually something that you didn’t see coming and it just quite frankly threw you off balance. As horse people, you know what that means! You end up off the back of a horse and on the ground. OUCH! Just came in contact with the reality of how hard the ground actually is!

One of the healing properties that horses bring into human lives

is their genuine ability of being ‘forgiving’ and modeling this for us.

The glue that keeps us stuck, more than likely, is unforgiveness. I read a quote from Kimberly Dawn which says, “It takes allot of energy to keep a grudge alive. The longer there is a lack of forgiveness, the more bitterness, anger and self-pity poisons the blood and eats at the heart. Hand it over to God and allow Him to show you the path to forgiveness.” This is where God and horse unite to bring to us pathways to do life with a different attitude. “True forgiveness is not an action after the fact; it is an attitude with which you enter each moment.” (David Ridge) God and horses are notoriously living in the NOW.

Here’s an example. I’m out riding at Prairie Woods Environmental Learning Center. Hundreds of acres of trees, deer paths, brush and lakes are the environment which I am totally enjoying with my faithful horse friend. Suddenly I come upon a coven of quail. Swoosh, swoosh, swoosh; three shoot out and up like missiles. My horse is frightened and darts at the surprise. However, instead of staying scared and running back home, out of control, she forgets about the quail and remembers our partnership, our connection. So, instead of being governed by her natural instincts, she comes into the NOW of our relationship.

I’m reminded of the first part of some prose I

wrote years ago. ‘I like to get upon a horses’ back, running free in an open field. I feel security that I’d lacked while riding upon my horses’ back; the wind blowing through my hair, my mind without a single care. Loving to live and living to love, searching for answers from God above.’ Upon my horse’s back I got understanding to what love is, what freedom looks like and the value of meaningful questions.

A horse is always going to be a horse. A horse will never be a dog, a human, or something else. We are love. We are made in the image and likeness of God. God is love. If we walk and ride in our true image and identity, we are free from offense and unforgiveness. Love has for-

given each of us. When I come into agreement with this amazing forgiveness, I live forgiven and am liberated to forgive. Because, after all, I can only give what I have, right?

Forgiveness doesn’t excuse behavior. Forgiveness prevents behavior from destroying your heart. (The Healing Center) You are not responsible for someone else’s choices and decisions. You are, however, responsible for your own. Forgive those who insult you, attack you, belittle you or take you for granted. And remember, you love your NEIGHbor as yourself; therefore, forgive yourself.

“Pain is the fist that knocks you down. Forgiveness is the hand that helps you back up again.” (Doe Zantamata)

Precious moments are the cupped hand of forgiveness lifting you upon a horse’s back with the instruction to simply ride, smile, and enjoy.

Anyone interested in saddling up a horse and riding on paths of righteousness that illuminates your true (made in the image and likeness of God) self?

*Your NEIGHbor,
Deb Kitchenmaster
horsinaround188@gmail.com*





GenZ With JP

When God Calls You To Jump

by JP Plott, Co-host of *Rightside Radio*

I've done some jumping in my life. Whether it was making the choice to leave school and figure it out, or moving from city to city for work to chase a dream, or putting myself out there to speak on what I think is right even in the face of threats and pushback. All of these were scary; some I would even say were horrifying. There were certainly some rough patches in those periods, but each decision was rooted in faith.

I felt God was pulling me towards every jumping opportunity, even when I wanted to ignore it. But here's what I've come to realize with each jump I take. For one, the more you obey God and jump, the higher the jumps become. But two, the more you jump, the more addictive it gets. Ultimate-

ly, jumping when God calls you to jump is one of the truest tests of faith. Trusting that God will not let you fail if he calls you to jump, and honoring his will over ours. As fallen human beings, our desire is often to just stay comfortable. We don't want to fight our flesh, we don't want to pick up our cross, and we definitely don't want to do anything intimidating. The fact of the matter is, God doesn't call us to play life safe. On the contrary, actually.

We see countless examples in the Bible of God calling those who feel unworthy to serve to a role of high importance. King David is the most famous example. A shepherd who was deemed so unworthy by his own father that he didn't even consider him when Samuel came knocking, looking for a

king. This same shepherd slew the giant Goliath with only a slingshot and a rock in hand, and went on to be one of the greatest kings this world has ever seen. Or whether it was Moses who was called to lead the Jewish people out of exile, and lobby Pharaoh himself. His response was, "Why me?" and rightfully so. With a severe speech impediment, he felt wholly unqualified for such a task. Nevertheless, God used him to bring about his plan and solidified him as one of the cornerstone figures of Christianity. Lastly, I submit to you the case of the Prophet Jeremiah. When called by the Lord, Jeremiah hesitated because of his youth and lack of speaking ability. In spite of this, God made him one of the most prominent prophets

in the whole Bible. Each of these, along with many more, was an example of people who felt extremely unqualified yet were called by God to jump. These were not easy jumps, and they faced the possibility of persecution, humiliation, and even death. Even in the face of such consequences, these mighty men jumped anyway, cemented their name in history for Christ, and carried forth the will of the Lord. Perhaps God is calling you to jump.

Maybe there's an opportunity that awaits you, or a door that God has opened that seems absolutely petrifying. You might feel wholly unqualified and unable to carry forth such a calling. But God doesn't call the qualified; he qualifies the called. I urge you to step forth in what the Lord is calling you to do,

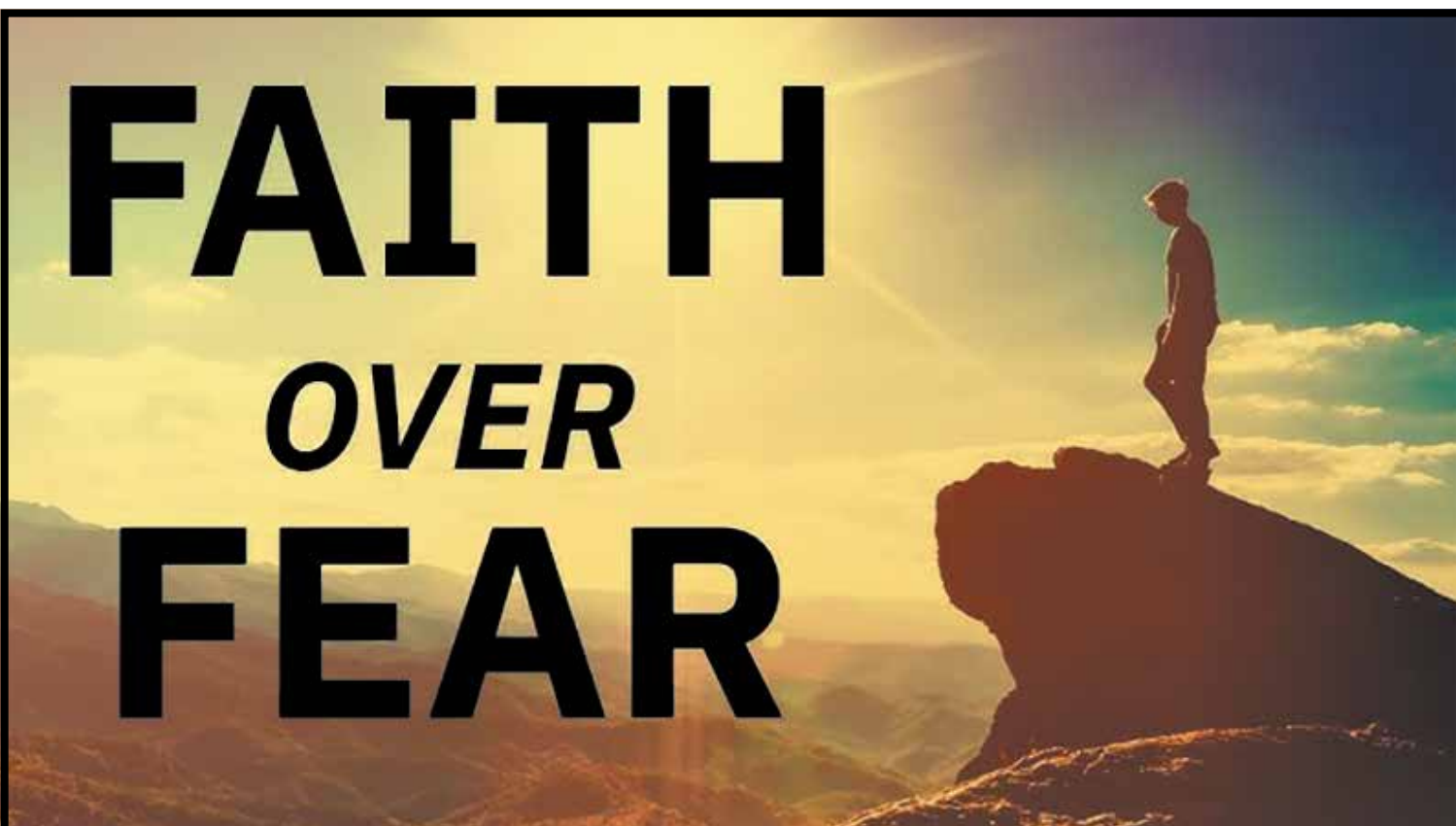
no matter how high the jump may be. You may ask, how do I know it's the Lord who's calling me forth? The only answer I have is to get into the Word and set aside time to hear his voice. The only way to know the voice of God is to spend time with him and allow him to make himself known to you. Whether through other people or happy coincidences, He will make clear what His will is for your life. God favors the bold. Those who are willing to do scary things for his will, he rewards. Not with comfort, but with more opportunities to jump and do scary things for His glory. Not for you, or for your own comfort and satisfaction. But so that he can make his word known by the world, and that you can be a vessel. So whatever it is that God is calling you to, my only response is this: jump.

Justin "JP" Plott is the production manager for Rightside Media, and Producer for Rightside Radio. JP joined the Rightside team in late 2024 after working at WVNN in Huntsville, Alabama. He quickly became a top-notch, multi-media producer and a voice of Gen-Z conservatism.



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Cooking with Anna (continued from page 9)

Adjust Your Sails

by Anna Hamilton

focus on all the blessings God has given. Being able to adjust your sails to your current storm doesn't necessarily mean that you are always optimistic. Sometimes it means that you simply accept your current circumstances.

Keeping your sails turned in a positive direction helps you keep a hopeful mindset, regardless of what is going on around you. Keeping positive not only helps your mental and emotional well-being, but also influences your interactions with everyone around you and the decisions you make.

Even in the face of disaster, it is important to remember that God is always on your side. In Romans 8:28 it says, "And we know that in all things God works for the good of those who love him, who have been

called according to his purpose." Even in the midst of the storm, God has a plan for us. Trusting that all things work together for good will help you maintain a positive attitude. Knowing that our trials are part of a greater purpose can help keep our sails going in the right direction.

This week's recipe is a yummy fruit salad. It is perfect for all the hot days during the summer. I love it as a side dish to a delicious pork loin or a yummy summer hamburger. It is also great for a midnight snack or quick cool summer dessert. I hope you enjoy it as much as my family does.

"Those who sail on the sea in ships, who do business on the high seas, have seen what the Lord can do, the miracles he performed in the depths of the sea." Psalms 107:23-27



Crossfit: *A Path To Health, Not Just Competition*

by Nick Niedzwiecki - Owner, CrossFit Athens

CrossFit, often associated with intense competitions and elite athletes, is fundamentally about health and fitness for all individuals, regardless of their athletic background. This fitness regimen, characterized by high-intensity functional movements, can benefit everyone from beginners to seasoned athletes. The emphasis on health rather than competition is a core principle that underscores CrossFit's inclusive and holistic approach to fitness.

Inclusive and Scalable Workouts

One of the key aspects of CrossFit is its scalability. Every workout can be adjusted to match an individual's fitness level, age, and physical condition. This scalability ensures that anyone can participate and benefit from CrossFit, whether they are just starting their fitness journey or are experienced athletes. For instance, a workout that involves lifting heavy weights can be modified by reducing the weight or changing the exercise to accommodate someone with less strength or experience. This adaptability makes CrossFit accessible to a wide range of people, fostering a community where everyone can pursue their health goals together.

Functional Movements for Everyday Life

CrossFit focuses on functional movements that mimic everyday activities, enhancing overall physical health and mak-

ing daily tasks easier. Movements like squats, lifts, and pulls are integral to CrossFit workouts and are designed to improve strength, flexibility, and coordination. These exercises are not just about building muscle; they aim to improve the body's ability to perform everyday functions more efficiently and safely. By training with these functional movements, individuals can improve their posture, reduce the risk of injury, and enhance their overall quality of life.

Building a Supportive Community

One of the most compelling aspects of CrossFit is its community-oriented environment. Unlike traditional gyms where individuals might work out alone, CrossFit classes foster a sense of camaraderie and mutual support. Participants encourage and motivate each other, creating a positive and uplifting atmosphere. This community aspect is crucial for maintaining long-term commitment to fitness, as it provides a support system that helps individuals stay motivated and accountable.

Holistic Approach to Health

CrossFit promotes a holistic approach to health that goes beyond physical fitness. Nutrition, mental well-being, and lifestyle choices are integral components of the CrossFit philosophy. The regimen encourages individuals to adopt healthy eating habits, emphasizing the

importance of a balanced diet to fuel the body effectively. Additionally, the mental discipline and resilience developed through CrossFit workouts can have a positive impact on an individual's mental health, reducing stress and boosting overall well-being.

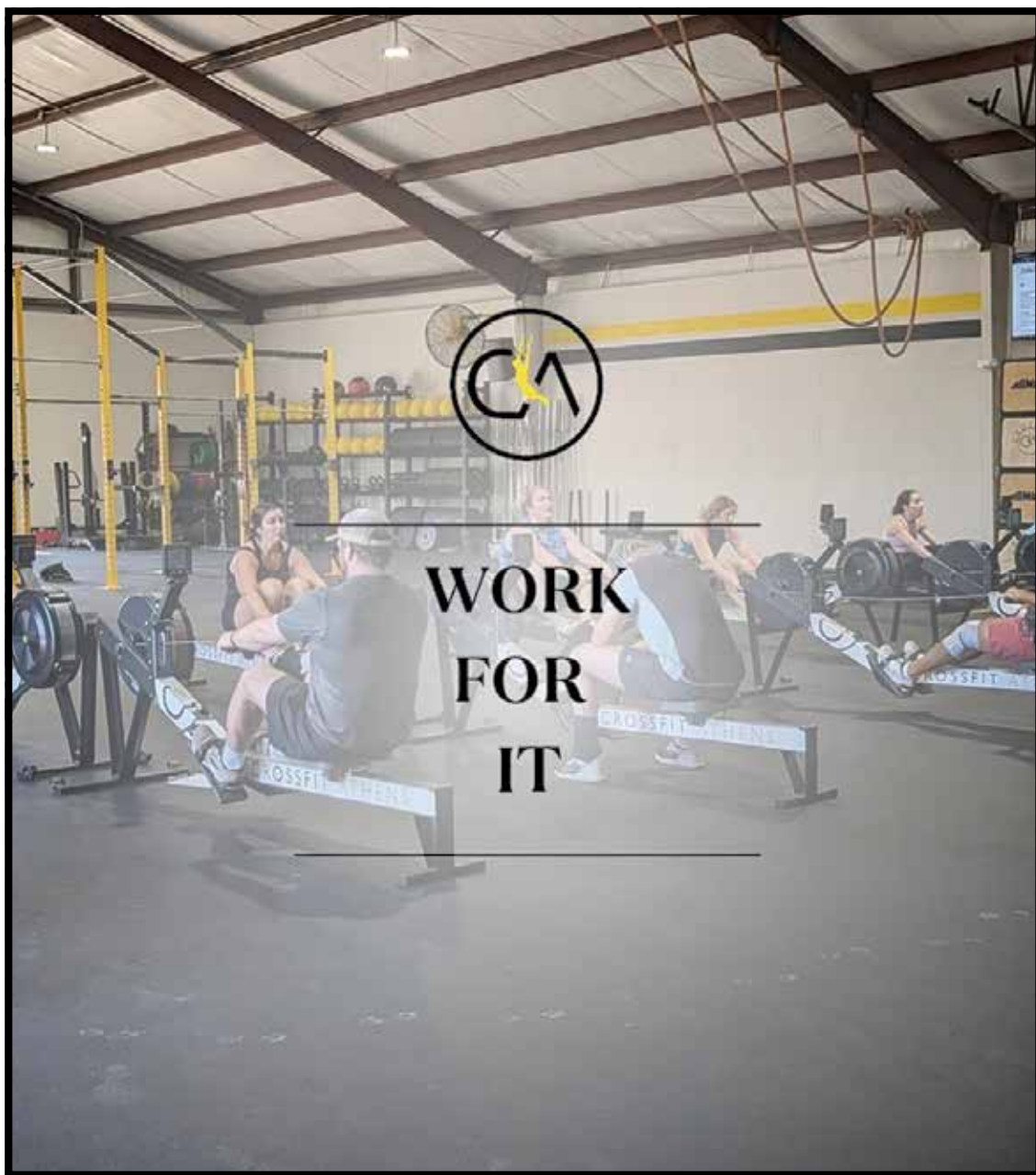
Longevity and Quality of Life

The ultimate goal of CrossFit is to enhance longevity and improve the quality of life for its par-

ticipants. By focusing on overall health rather than just physical appearance or competition, CrossFit encourages sustainable fitness practices that individuals can maintain throughout their lives. This long-term approach to fitness helps prevent chronic diseases, improve mobility, and ensure that individuals can enjoy an active and healthy lifestyle well into their later years.

In conclusion, CrossFit is often misconceived as

being solely about competition, but its true essence lies in promoting health and fitness for everyone. Through scalable workouts, functional movements, a supportive community, and a holistic approach to health, CrossFit provides a comprehensive fitness regimen that can benefit individuals of all fitness levels. By prioritizing health and longevity over competition, CrossFit empowers people to lead healthier, more fulfilling lives.



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