

Athens Now

information & inspiration

AthensNowal.com



E-MAIL: info@athensnowal.com

ADVERTISING:
Ali Elizabeth: 256-468-9425

IN THIS ISSUE:

Special Feature

Save September 15 To
Celebrate Second Chances
At The Women's Resource
Center Fundraiser...

In less than a month, "Fall
Festival Season" in Athens will
be getting started, and one of
the best events of the season...

Page 5



What Makes Ronnie Roll

Audacious AI Amusement...

I think it's safe to say that
many folks in Athens/
Limestone County
(including some of
the staff at City Hall)
have, for the past 18
months or so been...

Page 8



Cooking With Anna

When Your Mind Won't
Stop: Finding Peace For
The Overthinker...

This week's recipe is a
delicious casserole. A
chicken spaghetti made with
spaghetti squash. It is a hit
with my family and I am sure
it will be with yours as well...

Page 9



Captain's Log

Once Upon A School Bus
Here's Your Heart, What's
Your Hurry?...

I didn't think it could be
possible, but the usual
chaotic start of this new
school year has been,
hands down, the BEST
first...

Page 14



The 3rd Annual North Alabama Airfest: Day And Night, Bring Your Earplugs!

By Ali Elizabeth Turner

On September 12 and 13,
once again Pryor Field Airport
Authority (DCU) will be hosting
the North Alabama Airfest, and
this year will be the roll out of
a nighttime show on Saturday.
"What?" I gaped at Adam
Fox, CEO of our beautiful
regional airport located parallel

Continued on page 11



Having A PAL When You Are The Parent Of An Addicted Loved One

By Ali Elizabeth Turner

Since the 1960s, drug and alcohol abuse has pro-
foundly impacted our culture, leaving families
desperately searching for help and answers. In
the early days, attention understandably focused
primarily on the individual struggling with addic-
tion, alongside developing effective approaches to
break the grip of chemical dependency and provide
rehabilitation.

Continued on page 13



FRAME GALLERY
OF ATHENS

YOUR HOMETOWN FRAMER

FRAMES | MIRRORS | SHADOW BOXES | DRYMOUNTS

256.232.2302

TRACIE@FRAMEGALLERYOFATHENS.COM

125 NORTH MARION STREET, DOWNTOWN ATHENS



MATHEWS LAW



www.Athens-Lawyer.com
256-232-2310
 117 S. Marion Street • Athens, AL 35611

"No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."



Enjoy a \$50 Hotel Gift Card!
 Compliments of:
 The Cozy Compass
 Travel Consultants

Your next adventure starts here!

Les and Kaz Ehart
 256-755-5977 or 913-424-5266



Scan QR code



MIMZIE'S
 COFFEE & CURIOSITIES

16426 US 72
 Rogersville, AL 35652
 256-668-6364

MimziesCoffee@gmail.com
 Order Online through
 Facebook



BAWBAW'S BBQ

310 S Madison St, Athens • (256) 874-9311

FRESH BBQ PLATES		SIDES N' FIXINS'	
SERVED WITH SMOKY SWEET BAKED BEANS & HEARTY TATER SALAD		*TATER SALAD/BAKED BEANS	
PULLED PORK PLATE	\$14.00	SMALL (16 OZ)	\$8.00
HALF CHICKEN PLATE	\$12.00	MEDIUM (16 OZ)	\$10.00
RIB PLATE	\$16.00	BIG-O' QUART (32 OZ)	\$12.00
BRISKET PLATE	\$18.00	FRESH PULLED PORK	
'BELLY WASHERS'		SMALL (1/2 LB)	\$9.00
20 OZ BOTTLE	\$3.00	MEDIUM (1 LB)	\$18.00
BOTTLED WATER	\$1.00	LARGE (2 LB)	\$36.00
GLASS BOTTLE	\$4.00	PORK SANDWICH	\$6.00
CAN BEER	\$2.75	SLAW, MAYO & BBQ SAUCE	
		OPTIONAL	
		LAYS TATER CHIPS	\$ 7.75



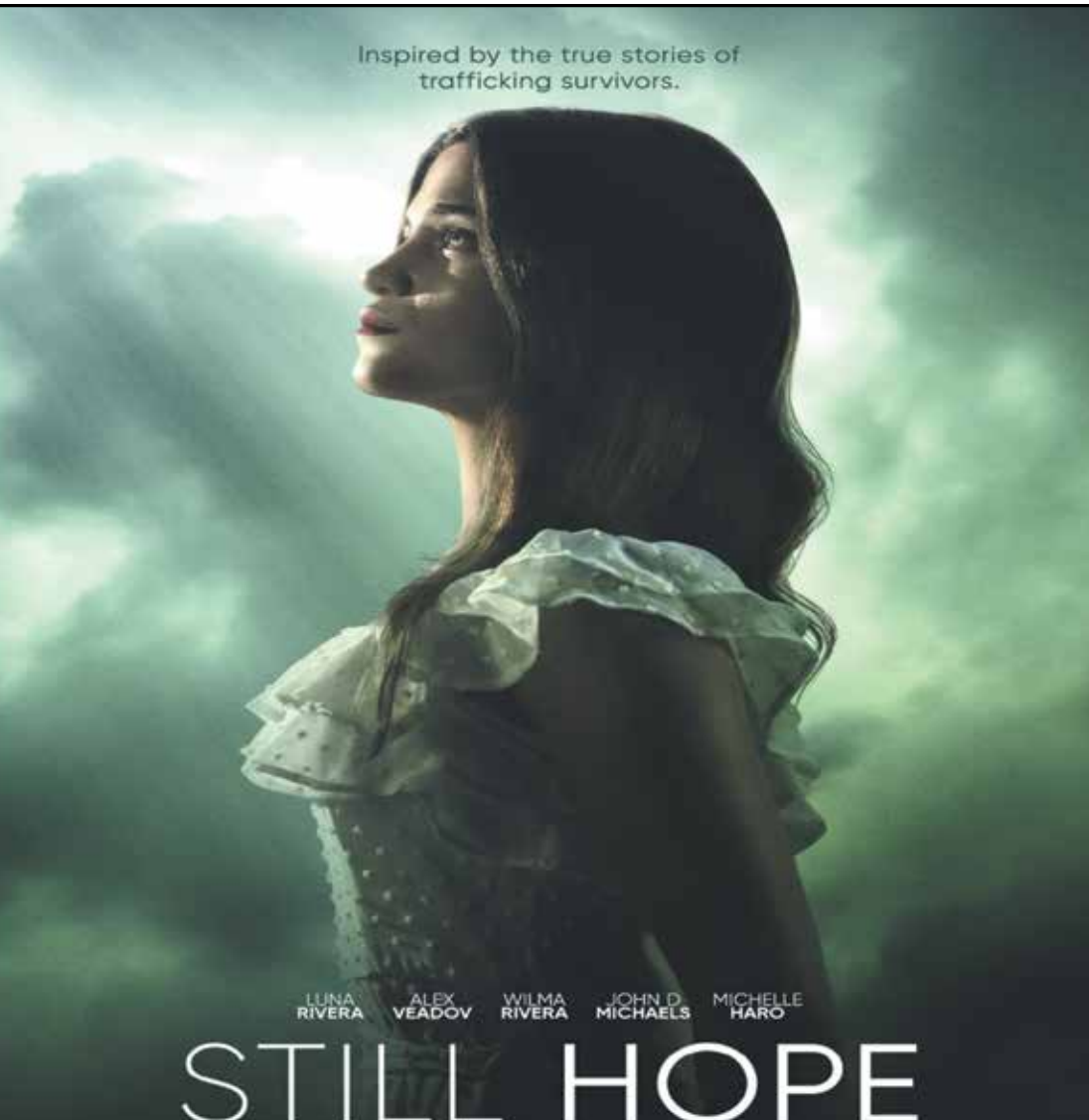

Dugger's Florist & Gifts, LLC
 www.duggersflorist.com
 Melinda Dugger
 Owner
 duggersflorist@gmail.com
 705 Hobbs St E
 Athens, AL 35611
 (256) 232-5777

RIVER CITY

ROOFING SOLUTIONS INC.

256-274-8530
 WWW.RIVERCITYROOFINGSOLUTIONS.COM

Inspired by the true stories of trafficking survivors.



LUNA RIVERA ALEX VEADOV WILMA RIVERA JOHN D. MICHAELS MICHELLE HARO

STILL HOPE

Angel Studios announces that Still Hope is on their Top Ten Streaming list!

ANGEL STUDIOS PRESENTS A STILL HOPE PRODUCTION A FILM BY JESSICA K. KOSOVE "STILL HOPE" LUNA RIVERA ALEX VEADOV WILMA RIVERA JOHN D. MICHAELS MICHELLE HARO
 **WARNING: RATED R FOR LANGUAGE, DRUG USE, AND SOME SMOKING. PARENTS STRONGLY CAUTIONED. SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 17. **
 ANGEL STUDIOS AND ANGEL STUDIOS FILMS ARE TRADEMARKS OF ANGEL STUDIOS, INC. © 2021 ANGEL STUDIOS, INC. ALL RIGHTS RESERVED. PHOTOGRAPHY BY JESSICA K. KOSOVE. EDITOR: JESSICA K. KOSOVE. PRODUCTION DESIGNER: JESSICA K. KOSOVE. EXECUTIVE PRODUCERS: JESSICA K. KOSOVE, JESSICA K. KOSOVE. PRODUCED BY: JESSICA K. KOSOVE. WRITTEN BY: JESSICA K. KOSOVE. DIRECTED BY: JESSICA K. KOSOVE.

Publisher / Editor
Ali Turner

Copy Editor
Yvonne Dempsey

Graphic Design
Jonathan Hamilton

Web Design
Teddy Wolcott

Contributing Writers

D. A. Slinkard
Anna Hamilton
JP Plott
Claire Tribble
Roy Williams
Brenda Wilkerson
Detri McGhee
Nick Niedzwiecki
Eric Betts
Stephanie Reynolds
Deb Kitchenmaster
Jackie Warner

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

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

Contents

Publisher's Point	3
All Things Soldier	4
Special Feature	5
Calendar Of Events	6
What Makes Ronnie Roll	8
Cooking With Anna	9
From The Tourism Office ...	10
Cover Stories	11 & 13
Captain's Log	14
McGhee On Management ...	15
Clean Green And Beautiful ...	16
Slinkard on Success	17
Learning As A Lifestyle	18
Alternative Approach	19
Horse Whispering	20
GenZ With JP	21
Health And Fitness	23



Publisher's Point

I Love It When A Plan Comes Together

This morning my husband told me a story that made me want to cheer -- not so much because of political reasons, but because of the sheer brilliance and simplicity of a plan that saved the life of the President of the United States once again.

I am going to digress a bit and talk about assassinations and assassination attempts from the standpoint of being 72 years old. I had just turned 10 when JFK was killed. My parents were Republican and had voted for Nixon, and it was just understood back in 1963 that you supported the office based on principle, even if the person for whom you voted was not elected. I will never forget the sadness I felt that night President Kennedy was killed in Dallas, and in the days to follow. I even felt sad when Jack Ruby killed Lee Harvey Oswald, even though Oswald was not exactly a good guy. It felt like the world was falling apart. And, over 60 years later, I celebrate the fact that one more threat against a leader has been foiled.

Five years after JFK was killed, Martin Luther King, Jr. and Bobby Kennedy were assassinated. Again, what happened shook me as well as our whole country, at least if you are a normal human. I know that there were people who were glad they had been killed, but murder for political reasons wounds everyone and



weakens a nation.

In 1975, President Gerald Ford endured two assassination attempts in 17 days, and President Ronald Reagan was wounded in an attempt in 1981.

And then there is President Donald Jay Trump, who has the unenvied record of assassination attempts, the one in Butler, PA, coming within millimeters of causing his death. There have been several attempts since, some of which the public has been made aware, and I am sure several about which we will never know.

That's why I was surprised that the latest threat on President Trump's life at the behest of the nation of Iran was made public; not so much the threat, but the strategic avoidance of Iran making good on that threat. I doubt this strategy can be used again, but I am sure

glad it worked.

So, here's the cool literal head fake that was pulled off. President Trump was in Turkey, and news of a new threat was credible enough to cause a perfect *pièce de diversion*. The President got on the real Air Force One per usual, up front behind the cockpit, and waved to the people. The rest of the press crew and staff got into the rear entrance, having no idea that their boss was actually exiting the plane while they were entering it. He then went out the side that is where food and supplies are loaded onto the plane, and got carried in the food container to another smaller plane parked across the airport. No one knew, which guaranteed the element of surprise, and Air Force One took off, followed by the other plane. They landed in the UK, and the president got

back onto Air Force One, flew the rest of the way home, landed, waved to the people, came down the stairs, and was then taken to the White House.

He lived to fight another day, and no one was the wiser. I don't know who came up with this plan, but it was perfect. And I am glad that all of us have been spared that horrible feeling I remember 60 plus years ago when an assassination attempt was successful. To all who devised this plan, well done. To all who executed it, including POTUS, well done. We love it when a plan comes together.

Ali Elizabeth Turner

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



athensnowal.com



Open Letter To A Vandal

by Ali Elizabeth Turner



Dear Ms. Farris,

I fully understand that the chances of you actually reading this letter yourself are minimal. I also understand that you are convinced that filming yourself vandalizing the WWII Memorial in Washington D.C. was a reasonable act of protest, that you describe yourself as both a “victim,” and a “whistleblower.” For the purposes of this open letter, I am going to assume, and yes, I am going to use the “assume” word advisedly, here, that something has indeed happened that I pray, if true, comes to light and justice is served.

I also understand that you are 41 years old, in the same general age of my youngest child, whose grandfather, Roy White, Jr. served in the very war whose memorial you doggedly defaced. That being said, I can only conclude that you know very little about the men and women who deservedly are called The Greatest Generation, or you would not have attacked their memory. In my family, they include uncles, cousins of every degree, and the people from both sides of our tribe who served at home.

In my personal life, also included are Lou Lembo and Bob Caddock, who helped liberate concentra-

tion camps in April of 1945. They include Fred Wildish, who endured the Bataan Death March. And, while we are talking about Fred, you need to know about my mother, Mary Hersman White, who indeed served at home as a war bride. In 1945, she gave birth to my big sister who was six months old before my father ever saw her. Two decades after WWII was over, and before much was understood about PTSD, somehow my mom knew that if Fred was coming to our house for bridge club and the requisite dessert that was part of it, she would NOT serve cherry pie using cherries from our very trees. May I tell you why? Because while the Japanese were busy starving Fred and his fellow soldiers, when the captors actually DID feed them, they would put rocks in their food, knowing full well that hungry soldiers would wolf down their meager “rations.” The intended result would be that either the soldiers would break their teeth or cut up their intestines. My mom could not bear the idea that maybe, just maybe, she missed a cherry pit, and that Fred might be the one to bite down on it. So, she always made grasshopper pie, which is like a cheesecake made with crème de



Self-admitted WWII Memorial vandal, Melissa Farris

menthe. It was soft and it was sweet. We loved it, and it was many years before we knew the “rest of the story.” So, as far as I am concerned, you defaced the memory of my mom as

well. May God have mercy on you, and I mean that literally.

I do pray that as you face felony charges for attacking what, for the rest of us, is a reminder that millions of people gave all in order to

have the German language remain an elective topic of study in the United States of America, and to drive Toyotas, BMWs, and Fiats only out of choice, that you realize that within a day there was no trace of your presence at the fountain. It remains open for all to reflect on what it represents, and they don’t even have to pay admission to do so. Thank you for reminding us of what our families did for us all, including you.

Sincerely,
Ali Elizabeth Turner, Publisher, *Athens Now*



PSI

PREMIER STRUCTURES

GENERAL CONTRACTOR

2311 S. Hine Street

232-2092

EST. 1986



New & Used Tires
Wheel Alignments

All Size Tire Repair
& Auto Repair

**Athens Auto Tire
&
Wrecker Service**

24 Hr. Road & Wrecker Service

306 Fifth Avenue
Athens, Alabama 35611

Tommy Morris
Office: 771-7537

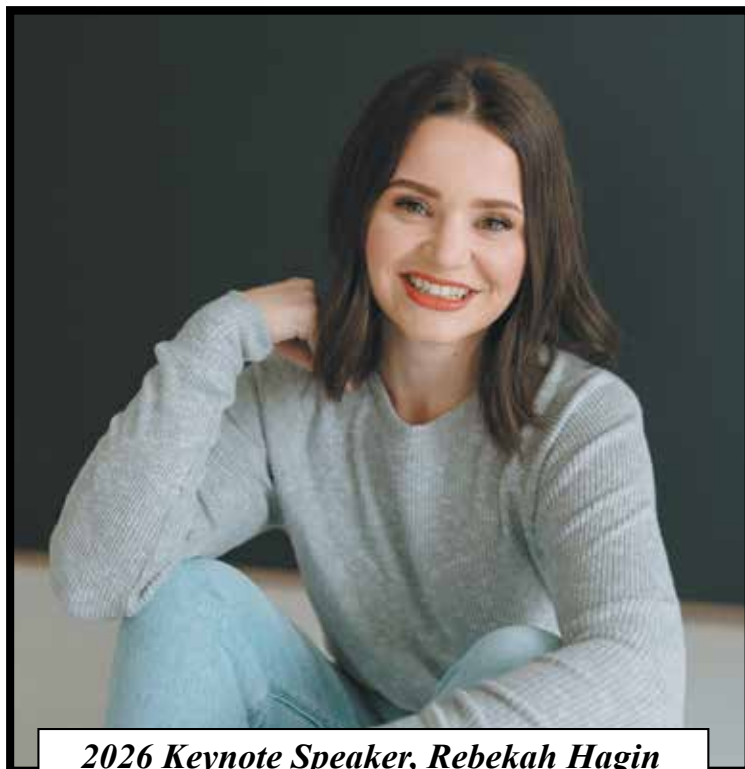


Save September 15 To Celebrate Second Chances At The Women's Resource Center Fundraiser

by Ali Elizabeth Turner

In less than a month, "Fall Festival Season" in Athens will be getting started, and one of the best events of the season might not fit everyone's definition of "festival." However, if festivals are about celebrating, then this year's theme of "Second Chances" could not be more appropriate. There's nothing more satisfying than celebrating life, and you are invited to come and do so for either lunch or supper on September 15 at the Alabama Veterans Museum. The museum is located at 114 W. Pryor Street in Athens.

For decades, the Women's Resource Center has had wonderful keynote speakers at their fundraisers. Many of these folks I have personally heard and they are believers from whom I have received deep inspiration. We're talking people like Pam Tebow (Tim Tebow's mom); Alan Robertson of *Duck Dynasty* fame; Ashley Bratcher, star of the movie *Unplanned*; CareNet CEO Roland Warren (formerly of Pepsi, IBM, and Goldman Sachs); Dr. Bill Lile, the Pro-life Doc; and back in the '90s, U.S. ambassador and former presidential candidate, Alan



2026 Keynote Speaker, Rebekah Hagan

Keyes.

This year's keynote speaker for the event is Rebekah Hagan, whose bio is below:

Rebekah Hagan is one of today's leading voices on unplanned pregnancies and chemical abortion.

Raised in a Christian home where abortion was never discussed, Rebekah's journey into pro-life ministry was both unexpected and deeply personal. When faced with her second unplanned pregnancy, she

was terrified of losing her support system and began a chemical abortion that changed her life forever.

Her story, however, took a remarkable turn, and she now uses her experience to delve into the mindset of women facing unplanned pregnancies and to expose the truth about chemical abortion and its marketing.

Her testimony has been shared globally by prominent outlets, including Focus On The Family, Stu-

dents For Life, Live Action, Heartbeat International, Epoch Times, The Federalist, and World Magazine.

Today, she passionately advocates for grace-centered outreach and collaborates with pregnancy help organizations worldwide.

I spoke with Annie King, who works for WRC in the capacity of advancement director, and she gave me details about the event to pass on to *Athens Now* readers. Once again there will be a choice of meal times to fit the needs of those who would attend. The lunch event will be from 11:30 a.m.-1 p.m., and the dinner will be from 6:30-8 p.m. on Tuesday, September 15. The meal will be catered by C & A Catering, and Annie made special mention

of how good their food is, especially the desserts. There is no charge for the meal, but reservations are required. There are still sponsorship and table sponsorships slots available, and there will be an opportunity to donate to Women's Resource Center if you so desire.

You will learn things that are little-known about chemical abortion and its physical and emotional effects upon women, have great food and fellowship, and enjoy the chance to both celebrate and support life in a meaningful way. For more information and to make reservations, either scan these QR codes, or go to <https://wrcathens.org/annual-banquet>. See you for lunch or dinner on September 15!



Banquet Registration



Banquet Giving

A vertical event poster with a dark blue background and light green leaf patterns. At the top is the Women's Resource Center logo (a heart with a pulse line) and the text "WOMEN'S RESOURCE CENTER". Below that, "Second CHANCES" is written in a large, elegant script. Underneath, "2026 Annual Fundraising Banquet" is in a smaller sans-serif font. The date "September 15 2026" is prominently displayed, with "Luncheon 11:30am - 1:00pm" and "Dinner 6:30pm - 8:00pm" listed to the right. The guest speaker "Rebekah Hagan" is featured in a large font. The venue "Alabama Veteran's Museum, 114 West Pryor Street, Athens, AL" is listed below. At the bottom, it says "Reservations Required" with the website "wrcathens.org/annual-banquet", "Doors open 30 minutes before each event. Attire: Business Casual", and "Questions? contact publicrelations@wrcathens.org".

WOMEN'S
RESOURCE CENTER

Second
CHANCES

2026 Annual Fundraising Banquet

September
15
2026

Luncheon
11:30am - 1:00pm

Dinner
6:30pm - 8:00pm

Guest Speaker
Rebekah Hagan

Alabama Veteran's Museum
114 West Pryor Street, Athens, AL

Reservations Required
wrcathens.org/annual-banquet

Doors open 30 minutes before each event.
Attire: Business Casual

Questions? contact publicrelations@wrcathens.org

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.

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

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.

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.

Tennessee Valley Old Time Fiddlers Concert Series September 24

Please join us for a special performance by Wyatt Ellis Band on Thursday, September 24 at 7:00 PM in historic McCandless Hall at Athens State University. 7:00 PM. 300 N. Beaty St., Athens. Purchase your tickets today! <https://athensstate.ticketspice.com/wyatt-ellis-band-fiddlers-concert-series>

Gospel Fest 2026 September 5

7 pm. Featuring Dante Pride & More. Free concert in Doug Gates Park (Athens Farmer’s Market), 409 W. Green St. Athens, AL 35611.

Fiddlers 5K Fun Day September 26

The Athens State University Alumni Association is hosting the annual Fiddlers 5k Race, Kids Fun Run, and Family Fun Day event. Proceeds from this event will provide scholarship benefits for new and current students and the Nazaretian Scholarship in honor of Dr. Angeline Nazaretian. This fun day will feature a kids' fun zone with inflatables, face painting, and hot dogs. A paid race entry is required to access the fun zone. Our USATF-certified race route will begin and end at Athens State University and will showcase the historical district in Athens. Our Kids' fun run will start and end on the Athens State Campus and will be highlighted by an appearance from Hebrew the Bear. Our goal is to have 250 runners, showcase the history and beauty of Athens, and provide our community with a family-friendly event that everyone can participate in. 7AM-10AM

Pink Lady Walk 5K Race October 10

Participate in the Pink Lady Walk 5K Race to promote breast cancer awareness. 8:00 AM-11:00 AM Race will start at 8:00AM at Big Springs Park in Athens, AL.



BONSAI
COFFEE COMPANY

1207 E Forrest St, Suite H
Athens, AL 35613

BonsaiCoffeeCo.com
Open 7 Days A Week!

Caylee Mankins

- 931-478-5070
- cayleemontana@gmail.com
- 26978 U.S. 72 E Ste B, Athens, AL
- cayleemankins.square.site

OPEN **Alabama Biz Finder**
... Always Open - 24/7
alabamabizfinder.com

TVC
TENNESSEE VALLEY
COATINGS

Sand Blasting
&
Powder Coating

Give us a Call:
256-614-2016

<https://alabamabizfinder.com/listing/last-word-vinyl-creations/>

Tennessee Valley Spotlight

Mondays at 10am
1080 AM WKAC

Audacious AI Amusement

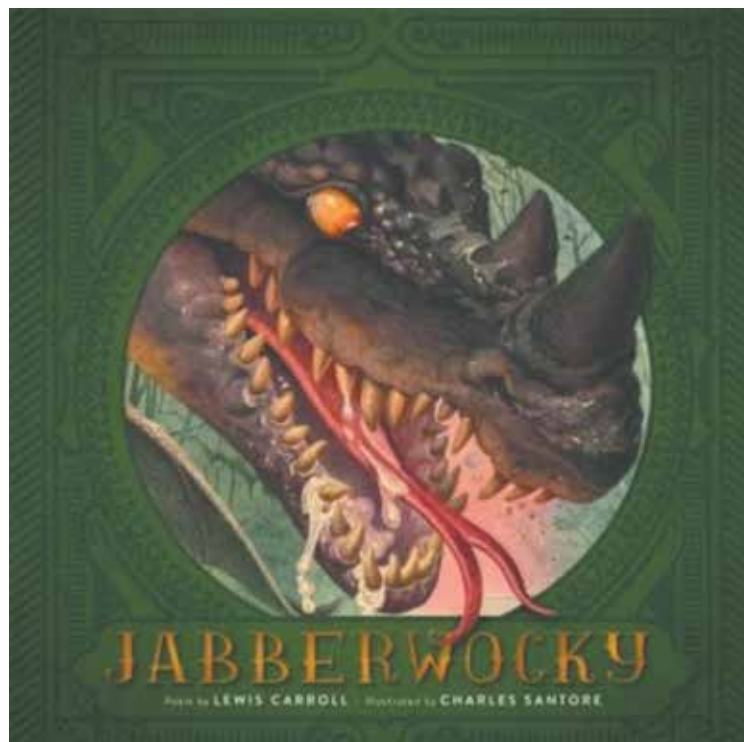
by Ali Elizabeth Turner

I think it's safe to say that many folks in Athens/Limestone County (including some of the staff at City Hall) have, for the past 18 months or so been trying to figure out how to use Artificial Intelligence (AI) appropriately and to survive the algorithmically-induced "cyber-tsunami" while keeping their sanity.

I also think it's safe to say that no one expected to see AI be so hilarious while trying to improve customer service for our citizens. Such was the case when I arrived for our usual **Ronnie** interview and was buzzed in, only to have Mayor Ronnie say, "Ali, come here! Ya gotta see this!" I heard giggles and guffaws as I approached Holly Hollman's office and saw several staff members gathered around her computer.

To set this scenario up properly, people need to understand that since the day of telephone-call, cassette-recording machines, when City Hall is closed, all non-emergency calls that are made to the city are recorded and dealt with beginning Monday morning in the event that any follow up is needed. These days the calls are also transcribed by AI. Back in the day, humans were the only ones who dealt with this, and I never thought I'd feel sorry for a bot that had been dragged into trying to figure out human strangeness. However, this Monday was an exception.

I joined in the merriment when I saw the printed transcript, and while I am only going to give you a few selections from a few calls, I assure you that I have checked and re-checked every



word as to the creative spelling that was used by AI. Lewis Carroll's 19th century nonsense poem, entitled *Jabberwocky* ain't got nuthin' on AI.

• "And she entered jerpings from her mother's scandalous jerks and it was taken from a church girl in California and it's a scandal involved with meddling a clergy for traleaxhery."

No one knows what "jerpings" or "traleaxhery" might be, and in

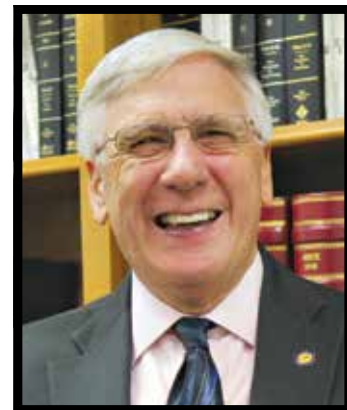
a moment I will give you the bot's doggedly friendly and professional response.

• "He's some excommunicated cleric who lurks rhomahton. Roddip for "know"..."

Again, it's anyone's guess as to the meaning of "lurks rhomahton," let alone "Roddip." Is that a language?

Enter our cheery little bot's response --

Ask Athens Chat Bot:



"I'm having trouble finding an answer, but I am continuously being trained to find answers on the website. Answers are based on website information, which is general information related to City of Athens departments. I cannot see your utility bill, make changes to your utility account, or report outages. I do not have specifics when there are outages."

After we regained our composure, we concluded that the "rest of Ronnie" needed to be about something that made actual sense, like the annual Athens High School Pep Rally, which happens today. Small town. Classic. Southern. Character. Athens, Alabama, the home of the Golden Eagles, and a wonderful place to live, even if you are a bot that is having a hard time "finding an answer." There was just one more thing to do, and that was to pray. So, we did, and then it was time for Ronnie to roll.

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



See our inventory at:
RocketCityBarns.com



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



Trophies - Engraving - Awards
Randy McKinney
Owner
701 HIGHWAY 31 SOUTH
ATHENS, AL
(256) 232-6038
RANDY@ATHENSATHLETICS.COM
fb.com/AthensAthletics



Cooking with Anna

When Your Mind Won't Stop: Finding Peace For The Overthinker

by Anna Hamilton

Overthinking has a way of taking something small and turning it into something enormous. A simple question becomes a hundred possibilities. A difficult situation becomes a list of everything that could possibly go wrong. We replay conversations, worry about tomorrow, analyze yesterday, and try to solve problems that haven't even happened yet.

But God never asked us to carry the weight of every possibility. The Bible gives us a beautiful reminder: We don't have to face an overwhelmed mind alone. When our thoughts become tangled and our hearts become anxious, God invites us to bring it all to Him.

"Anxiety weighs down the heart, but a kind word cheers it up" (Proverbs 12:25).

Sometimes the first step out of overthinking is simply speaking

what is weighing on our hearts. Tell God exactly what you're afraid of. Tell Him what you're confused about. Tell Him what you can't control. He already knows, but prayer allows us to release what we've been desperately trying to hold.

When you need help, call on God. Psalm 34:17 reminds us that the Lord hears His people when they call and rescues them from their troubles. Notice that Scripture doesn't say God's people will never have trouble. It tells us that God is present in the middle of it.

You may not know what tomorrow holds, but you know who holds tomorrow.

When you don't know what to do, pray.

When you don't know where to turn, pray.

When your mind won't be quiet, pray.

continued on page 22

Chicken Spaghetti Squash Casserole

Ingredients:

- 1 medium spaghetti squash
- 4 cups cooked shredded chicken
- 5 tbsp. butter
- 1 cup diced celery
- 1 medium onion diced
- 1 poblano pepper diced
- 1 bell pepper diced
- 5 cloves garlic minced
- 1/3 cup chicken stock
- One 10 oz. can diced chilies and tomatoes drained (like Rotel)
- 1 cup heavy cream
- 5 oz. cream cheese
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 1/2 cup shredded Colby Jack cheese

Directions:

Preheat oven to 400 degrees.

To soften the squash before cutting, microwave whole for 4-5 minutes. Be careful when removing, skin will be hot. Trim both end off the squash and cut lengthwise down the middle making two boats. Scrape and scoop seeds out and discard.

Drizzle the cut side of squash with olive oil and sprinkle with salt. Place cut side down on parchment lined sheet pan and roast at 400 for about 30 minutes or until tender.

While the squash is in the oven, melt butter in large skillet. Add onion, bell pepper, celery, poblano and cook over medium high heat for about 7 minutes or until softened. Throw in garlic, cook for another 1-2 minutes. Add chicken stock and tomatoes and chilies and continue to cook till stock is reduced by half. You



should have about 3 tablespoons of liquid left. Add the cream to the veggies and simmer till reduced and thickened. Remove from heat and place veggie mixture in a large mixing bowl.

Add cream cheese, salt, pepper, garlic, and cumin. Stir till combined and cream cheese is melted.

After 30 minutes, remove squash from oven and carefully flip over. The squash should be tender on top but not completely done all the way through. Using a fork remove the spaghetti squash from the peel. If there is excess moisture from the cooked squash, you will want to place the squash on some paper towels to remove the moisture.

Lower the oven temperature to 350 degrees. Gently mix the squash into the veggie mixture. Then, gently stir in 1/2 cup of the shredded cheese and the chicken.

Put the squash and chicken mixture into a greased casserole dish or 9x13 pan. Top with remaining cheese and bake at 350 for 20 minutes or until warmed through and cheese is melted and bubbly. Let sit 10 minutes before digging in!

The Power of Rebranding

by Stephanie Reynolds, Athens-Limestone Tourism Association



Hello my AMAZINGLY FABULOUS Athens-Limestoneians! It makes me smile to reach out to you like this. I hope your day is going swimmingly!

I have been doing a fun project lately: working on our new Visitor's Guide. Now, I am not AT ALL a graphic artist. As you can tell by my photo, "visual" isn't my strong suit. But a while back I decided to mockup a Visitor Guide in Canva so I can figure out where to place my blurbs.

Thankfully Canva is built for folks like me and has a ton of templates. A few (thousand) clicks of the mouse and voila! A brochure that almost looks like a professional visitor guide (if you hold it at arm's length and squint a bit).

The fun part about this guide is that I got to use our new brand colors everywhere on it--aqua, teal, orange, green, and grey, with a little dark blue and yellow thrown in for "pop."

Now, our old Visitor Guide was great, don't get me wrong. It was glossy and filled with lots of useful information, obviously a work of



labor and love for whom-ever designed it. But many years have passed and Tourism has taken on a new life, a new brand, a new identity.

As we switch out old for new merch and business cards and email headers and websites, I find the old Tourism guides and merch and graphics make me feel a little weighed down. Oh, not because there is anything wrong with them! But because we are new. Looking at the old designs is a little bit like a new butterfly remembering what it was like to be a caterpillar. A caterpillar is an amazing creature, but not the end goal, and sometimes

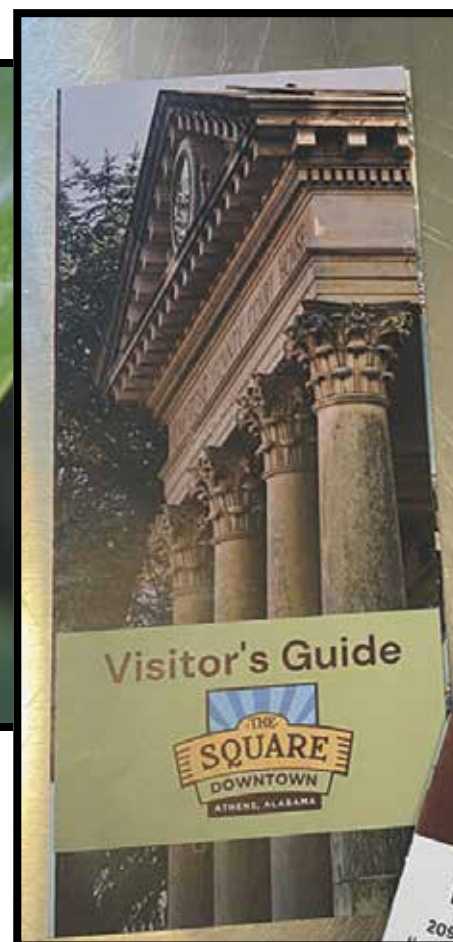
you have just a little bit of uneasiness because the scent of earth, though good and fruitful, is still fresh in your nose (Wait. Do caterpillars even have noses? Ah well, you get my metaphor.)

I wonder, in my "Steph needs a hobby besides thinking about thinking" way, why it seems so necessary to let go of the old to grasp the new. I think we know, deep down, that changing oneself is like swinging from one ring to another—if you stay in the old ring, okay. If you swing to the new ring, you go farther. But if you hold onto both rings at the same time, you are pulled in two different directions and have no movement at all, not in progress or comfort. Just stuck.

I think that is why we get "break-up haircuts" and immediately donate our old suits when we retire. Deep down we know we need a visual cue to deeper change. We aren't just

turning a page, we are starting a new book.

In fact, that is standard wisdom: To be more successful at, say, changing your diet, you should rearrange your house furniture. It seems unrelated, but the change in how your house flows signals your brain that you are in a completely new pattern. Your brain, better at grasping a whole paradigm shift than saying no to double-stuffed Oreos while sitting in the same corner of the same living room watching the same TV programs, will say "Oh, that's right. Oreos were for when we used to sit on the overstuffed chair and binge old 90's sitcoms. Now we sit on the comfy couch and eat berries with real whipped cream and binge old 2000's law dramas." When you change big visual cues, your brain adapts more easily. You actually will do better on a tough impor-



tant change, if you also change a bunch of other stuff at the same time.

This makes sense to me as I dig through closets and drawers and boxes of Tourism of years past. I am reminded of how far we have come. Every week, month, year we add new events. We make new friends. We are known by new people. We are something different. I rearranged the office, and every time I move something, I feel more refreshed.

So my amazing neighbors, do you have anything you are trying to change? Any budding little wings you are trying to grow? Is the scent of ground still a little pungent? What other changes might you try to help you shake off the past and live in the present?

HAZEL GREEN CHIROPRACTIC
Dr. JOHN BOYLE

13971 Highway 231/431
Hazel Green, AL 35750

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



The 3rd Annual North Alabama Airfest: *Day And Night, Bring Your Earplugs!*

by Ali Elizabeth Turner

continued from page 1

to Calhoun College in Decatur. I asked further with no small amount of incredulity, "How is that possible?" We'll "spill the tea" all over that in a second, but first, a reminder that because this is our 250th birthday as the U. S. of A., fireworks are going to be literally shot off the wings of planes, and that's just for starters! Adam told me, "There are just a few nighttime shows in the country, and the short answer to your question is, "Professionals." I already am a huge fan of the Airfest, and as I am hoping to be amongst the 20,000 expected attendees for the weekend, I think the only appropriate response to all of it is, "This, I GOTTA see!"

Adam; his wife and graphic artist, Autum; Marketing and Events Coordinator, Denice Marco; along with the Pryor team are putting the finishing touches on what promises to be our best Airfest to date. Each Airfest takes about a year to plan, and they are also already working on 2027. During our conversation, the word "experience" came up several times, and all of them are committed

to providing an excellent one. Another word that came up in our time together was "thank you," and it was directed to everyone from generous sponsors to people who travelled from 37 states and 4 countries last year to attend the show.

This is a family-friendly event with more-than-reasonable ticket prices, and here is some of what you will have the opportunity to experience:

- The 187th Air Wing Red Tails F-35s that will be one of the reasons you'll need earplugs (which you can also get at the show)
- Rides in Huey helicopters provided by Friends of Army Aviation
- Vintage planes from all aviation eras
- A "zero-gravity bubble" courtesy of US Space and Rocket Center and Space Camp
- A chance for a photo op inside a cockpit of a "Top Gun" plane, with a free 4'x 6" photo
- A V-1 and V2 flyover, confirmed
- A possible B1, B2, and B-52 flyover, depending on military availability
- Static aircraft displays of all kinds
- Mixed pyrotechnic displays, including coming



out of a jet engine mounted on a truck

- Exotic car rides
- A cooling zone and LOTS of food trucks

Fans of aviation may already recognize some of these names who are celebrities in their world. Adam told me, "These are like the NASCAR champions of aviation."

- Redline Airshows
- Mini-Jet Airshows
- G0 EZ Aerobatics - Kyle Fowler
- Warbird Thunder Airshows
- Ghostwriter Airshows
- Fighterjets, Inc MiG 17F and TA 4J Skyhawk
- Elliott Warbirds
- Smoke-N-Thunder Jet Shows
- Skip Stewart Air Shows
- Cody Elkins Air Shows
- John Scherff Air Shows

Adam also has more in



mind than just providing aerial thrills and chills for one and all. The Airfest is something that gets "heads in beds" and "eats in seats" throughout Limestone/Morgan Counties. It is not unreasonable to forecast a million dollars in tourism revenue for the weekend, and that has also caused Pryor to be able to give back to the community. Donors are welcome, and last year more than \$10K was given back to the community to support various aviation education programs in our area.

"Alabama has always led in the aviation industry, and aviation is responsible for 25% of our GDP. The Airfest will celebrate that," Adam said. He went on to tell me that one of the things that is personally important to him is introducing the next generation to all aspects of aviation as a career field, which the Airfest accomplishes handily. Athens High School has an elective aviation class.

Both Calhoun College and Athens State University have aviation programs, as does Auburn University. These include everything from mechanics to management, along with actually flying. I got to see a prototype of a beautifully designed license plate that is now available at the DMV. Its message is simple: "Alabama IS Aviation."

For WWII history buffs, Pryor Field was the site of the Southeast Air Training facility for the service branches, and there are still Quonset huts that you can see from that time to prove it.

This year, all veterans are admitted free, and you just need to provide proof of service. Children under five get free admission as well. Adult tickets are \$15, and children under 12 are \$5. For more information and to purchase tickets, go to <https://www.northalairfest.com>. See you soon!



Sowing In Tears

by Jackie Warner

Career Development Facilitator

"Impact, Engage, Grow" Community Matters



There are mornings when the weight of love feels heavy. As parents, mentors, and caretakers, we pour our hearts into the people we love—especially our children. We host the same difficult conversations, administer the same discipline, and carry the constant, quiet anxiety of hoping they remain protected under the Lord's care. When they resist, or when their hardheadedness makes the road feel impossibly long, the weariness sets in. We end up sowing our seeds with tears.

Yet, meditating on Psalm 126:5–6 offers a profound shift in perspective: "Those who sow in tears shall reap with shouts of joy."

The tears we weep over our loved ones are not signs of defeat; they are the natural cost of planting deeply in heavy soil. Every prayer prayed through frustration, every boundary set through exhaustion, and every tear-stained moment of concern is a seed planted for eternity. In due time, those burdens will turn into shouts of joy—seeing those hard-headed moments mature into the beautiful, talented, and grounded individuals God designed them to be.

The process doesn't just shape our children; it refines us. Tribulation has a way of stripping

away self-reliance, driving us back to God's word where true peace resides. It teaches us how to walk through the fire without being consumed, ensuring that when the morning comes, we are ready to recognize God's glory at work in our lives.

Many of us learned this strength by watching the generations before us. I think back to my grandmother during times of immense difficulty. To an outside eye, her demeanor almost looked too calm, as if she wasn't taking the trial seriously. But experience brings understanding: her calm was not indifference. It was the absolute stillness of a woman taking every single burden directly to God in prayer. She understood that fretting accomplishes nothing, but quiet, steady faith moves mountains.

Sowing in tears requires patience, but the harvest is guaranteed. When weariness threatens to overwhelm you, take comfort in the silence of prayer and the certainty of His promise. The sorrow of the planting season will pass, and the joy of the harvest will remain.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up" (Galatians 6:9).

A Call to Action for Your Heart

If you are currently in

THOSE WHO
SOW IN TEARS
WILL REAP
WITH SONGS
OF Joy

PSALM 126:5

a season of heavy sowing—feeling weary from the constant effort, the repeated conversations, or the quiet worries of raising and guiding loved ones—take a page from the wisdom of those who walked be-

fore us. Trade your worry for the quiet strength of prayer.

This week, when frustration or exhaustion begins to build, set aside ten minutes in the morning to release that burden entirely to God.

Write down the names of the loved ones you are sowing into, declare His promises over their lives, and choose to rest in the calm assurance that no seed planted in faith is ever lost. Keep sowing—your harvest of joy is on its way.

Having A PAL When You Are The Parent Of An Addicted Loved One

By Ali Elizabeth Turner

continued from page 1

Over time, it became obvious that the families of addicts (especially the parents) needed emotional care, too, as they sought to rebuild their family life. Embracing the idea that truly helping one's child would only come about as a result of fearlessly facing one's own "stuff" took a while, and it was to that end that what has become known as PAL, or Parents of Addicted Loved Ones came into being. In 2006, a licensed substance abuse counselor in Phoenix by the name of Michael Speakman started PAL which is a non-profit, peer-supported, faith-based support group that has grown to hundreds of meetings across the country. Speakman realized the nature

of a relationship between a parent and child (no matter the age) is utterly unique. Most support groups failed to help strengthen that relationship. A curriculum was subsequently developed that taught parents about addiction, boundaries, and enabling. Most importantly, PAL shows parents that there is a way to live with joy in your own life regardless of the choices of your loved one.

There are several PAL meetings held across Alabama. Our newest location is at Friendship North, in Limestone County. Recently, Grace Kerby of N.Texas reached out to me with her story about how PAL helped her through the challenges of having a loved one who suffers with SUD, substance use disorder. Grace and her hus-

band went to PAL meetings when their loved one was actively using. They not only met with Mike, they had the privilege of being counseled by him. When they moved to Texas they decided to start their own PAL group. Grace and her husband know that their loved one's recovery and the PAL group's success is directly linked to God, and they are grateful to be able to serve their community.

In addition to facilitating her own meeting, Grace serves as a PAL Regional Coordinator, where she mentors and trains new facilitators. As a certified mediator and family coach who has truly "walked the talk," she is deeply passionate about the work she does.

Confidentiality and anonymity are always assured at PAL meetings. One key feature that distinguishes PAL from other support groups is cross-talk. While many groups discourage participants from interacting directly with one another during sessions, PAL encourages it, recognizing that we learn best from each other's lived experiences.

All PAL meetings follow a standard format, beginning with their preamble, a prayer, and an educational topic, followed by an opportunity for everyone to share. PAL also offers Zoom meetings six days a week. Meetings last 90 minutes and are free.

The PAL Preamble is read at the beginning of every meeting nationwide, reminding participants of the importance of confidentiality while establishing a clear and supportive framework:



Welcome to PAL, Parents of Addicted Loved-ones is a support group of parents helping parents. We meet every week to offer education and support, at no cost, for parents who are dealing with a son or daughter battling addiction. PAL can also help spouses who have a partner with addiction issues.

PAL is especially helpful for parents and spouses, however all other sober family members and friends (18 or older) are welcome at our meetings. You will have an opportunity to give support and receive support from others facing the same challenges.

There are two parts to our PAL meetings: There is an educational component and an opportunity to share about your current experiences. We value confidentiality and we understand that everyone has their own opinion. We strive to be non-judgmental and to not provide advice, but to offer suggestions. All of our educational topics are theory and we believe you can, "take what you want and leave the rest."

We understand that everyone experiences this

journey at their own pace and we will be just as supportive of you whether you choose to do what is suggested or not. We believe in the power of prayer and it is our desire that by attending our meetings you will learn proven ways to help your loved one and ultimately learn to find joy in your own life regardless of the choices of your loved ones.

If this approach resonates with you as you navigate this difficult journey with your loved one, we invite you to reach out.

Limestone County PAL meets Tuesdays at 7 PM.
Friendship North: 21960 Easter Ferry Rd, Elkmont, AL 35620 |
Phone: (256) 232-4906
For more information about PAL: www.pal-group.org





Captain's Log

Once Upon A School Bus *Here's Your Heart, What's Your Hurry?*

by Brenda Wilkerson

I didn't think it could be possible, but the usual chaotic start of this new school year has been, hands down, the BEST first week of school everrrr. Oh, how we missed each other! There were grins, giggles, and hugs with chirpy greetings like, "There you are!", "Climb aboard!" and "So good to see you!" As each giddy kiddy climbed aboard those steep 3 steps sporting the shiny crisp newness of clothes, shoes, backpacks, and school supplies, I just took in the moment. With crystal clear understanding of the school timeline, I know the backpacks are doomed for zipper breakage, water damage from leaky water bottles and early aging. Shoes will knot and break, and tiny pieces of paper and fragments of pencils will eventually end up blown out the back door with my mini yellow leaf blower.

I watch in that huge rearview mirror like a big screen, anticipating the exhilarating nervousness of the very first bus riders experiencing the very first freeing feeling of no booster seats, car seats, or seatbelts only to morph into concern after a few bumpy bumps create some space between their fanny and the grey plastic seats. With any momentum, repeated turns cause students to become

quick believers of such necessary safety precautions -- riding this old horse 'bareback' makes you appreciate the comfort of a secure saddle... unless you are a middle kid. These guys accept the instability challenge with grins, grit, and a dopamine hit just trying to hold on to that bull for at least 8 seconds!

But along with the warm fuzzies, there are cold pricklies. And here is where my story begins, only a few days into the new chapter of a fresh school year.

When I heard one particular 2nd grader reluctantly tell his friends he didn't have Pokémon cards anymore, my ears perked up. As a mom who has bought countless packs of these cards for my own son over the years, I get the gravity of this. When he boarded at the 2nd stop the next morning, I invited him to sit in the seat behind me so we could chat about the 'sport' of the cards he no longer participated in. What I ingested was a story I didn't wanna hear. Apparently, his mom and brother woke him up on a Saturday morning to demand him retrieve every single Pokémon card in his room that he bought with his very own money by doing chores around the house.

Back story: This is the same kid who missed Field Day in

May, one of the most hyped and revered events of the year, because someone had shaved chunks out of his hair in his sleep, and he missed that entire beloved hot summer day to get his hair cut to hide the damage. Unfortunately, the emotional toll could not be fixed at the barber shop.

My inner maternal fists are already up and ready when I hear that he was forced to check every pocket of his backpack and closet so both mom and brother could declare that he was too addicted and proceeded to cut up all of his cards. The pain in his eyes and softness in his voice created a sense of self control on a different level I ever knew I held. And friends, these cards aren't just cards at this age. These cards represent identity, strategy, negotiation skills, connection, competition, and pride in a good swap.

My empathetic heart beat differently when I saw the Pokémon brotherhood gather a few cards from their own stacks and gladly give him to share. I got goosebumps from above as I watched in real time as the ever so silent teacher of empathy, sympathy, selflessness, generosity, and gratefulness fell upon this bus. It indeed created a bond tighter than if he still had all his Pokémon cards. Good things indeed can be created through bad situations.

On my high school route, one of my girls missed the sixth day of school because her road was closed during bus pick up time due to an accident, and I couldn't pick her up. Her parents refused to take her to school.

Hearing the faded stories of



teen-aged young women who compare sad sagas is another reason I gladly drive this high school route. Knowing they are surviving and strategizing together to find ways through genuinely appalling situations at home creates its own environment of empathy, sympathy, and selflessness. Interestingly, it also forged a tight bond sitting in the same front seats of my Pokémon brother just an hour before they climbed aboard. These girls swap nervous laughter, sarcasm, and comfort when a few tears leak out.

Realizing some of the big kids live in poverty situations, I can't help but "take it a bit personal" when the traffic is backed up, causing a later arrival to school. Some of these kids need school breakfast. I don't want them to wait 'til lunch for their first meal of the day.

God has gently revealed to me, only two weeks in, that many of these kids are emotional orphans who desperately need love. On my watch, and with your prayers they will get just that.

As always, say a prayer when

you see a yellow school bus. Every student represents a story, every driver represents a caretaker of souls, carrying the weight of mini worlds on their shoulders, balancing when to offer encouragement and when to report to the school administrators.

So if you find yourself a bit impatient when you end up stopped by school bus lights and you check the time with some anxiety about the few minutes later you will arrive at wherever you are going, breathe -- offer gratitude for your life. The bus you had to stop for or seemed to have rudely pulled out in front of you is carrying way more than warm bodies. The driver just may be trying to keep the tears from rolling behind her reflective sunglasses determined to get some of these hungry kids to breakfast.

"Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you" - (James 1:27).

~Bob

Ali Elizabeth Turner
Publisher

☎ 1(256) 468-9425
✉ ali@alturner.com
✉ ali@athensnowal.com

Athens Now AL

Protecting Your Story
Telling It Well

Guilt Belongs Only To The Guilty

by Detri McGhee - CLU, ChFC



This week I was texting a dear decades-long friend who has experienced multiple deep sorrows within this past year. Most recently, she is dealing with her husband's excruciating health issues, causing pain and great fatigue to all. All this with her own health issues and sorrow of great personal loss.

We spoke of the guilt that tries to invade every corner of our life when, as the caregiver, we need a break. Time was offered to spend a few days away from the never-ending care responsibilities, to take a few days to see seldom-seen family, walk the hot sand, and sit by the relaxing ocean. A time to be in a place where she couldn't help but relax. Her husband highly encouraged her to go – and while she knew she should, and needed the break, along with the possibility of true relaxation for a few days, came the dark sense that she shouldn't be enjoying herself and relaxing while he was in such pain and uncertainty.

Emotional Intelligence is needed when times like this invade our lives. Grief can be a necessary and healing process. But "GUILT"? Guilt – when we are not doing anything wrong – is an enemy to the human soul. Being unable to "fix" everything for everyone else, or even for ourselves, is a fact of life. And allowing others or even ourselves to lay a guilt trip on us

because of the hard situations is – quite frankly – giving in to a lie from the evil of this world itself.

Undeserved guilt is a LIE. It is FEAR, in another form. And unwarranted fear is False Evidence Appearing Real. FEAR. False. Untrue. A Lie. Evidence that proves nothing, because it is untrue. Appearing... it seems real. The guilt appears justified – but it isn't. Real? No. This type of guilt is merely a force of our enemy trying to rob us of the rest, refreshing, comfort, grace, peace, and love that is ours for the taking if we are merely willing to receive it.

You may be offered many gifts in this life, but to fully use them, you must receive them. You must open and enjoy and utilize them to the fullest if you want all the joy and blessings from those gifts. Gifts of time, visits, running errands for you, praying, food, conversation, and phone calls or even a quick text of hearts, smiles, prayers, music, etc. can break up a session of fatigue and sad-



ness like nothing else. Receive these.

Taking care of yourself, especially when you are The Primary Caregiver to another, is wise, thoughtful and necessary if you want to stay around to care for them while they need you. Accepting the help of others opens their hearts to be blessings, too. Accept help. Let pride go. You are not super-human. Let others know how they can help. Most people have people around them who would love to truly help if they just knew

how. Simple favors can be great blessings to all involved. Don't deny those blessings to those who really want to help.

Developing strong, balanced, powerful Emotional Intelligence skill is a life-long process. It includes education and choice. No matter how much we "know," if we are unwilling to "CHOOSE" to accept and embrace that wisdom, we merely remain educated idiots. Choose to acknowledge that you are not perfect, but when you know you are striving to do your best, rebuke guilt! Call

it the Liar that it is in this case. Give it NO credence or standing in your thoughts or actions. Enjoy the events and opportunities of life that are meant to strengthen, bless, and refresh you to prepare you for more service and life to come.

Detri would love to hear from you. Email: detrimcghee@gmail.com Facebook: Detri Atkinson McGhee Free outline for Criticism Management available at www.criticismmanagement.com

 **Grant Gilbert**
Owner

Gilbert's Jeeps
Sales • Service • Accessories
www.webejeeping.com

6494 Hwy 72 West Cell: (256) 777-2436
Athens, AL 35611 Office: (256) 729-1980

BRAD STOVALL'S
AUTO BODY

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



Behind Tanner Post Office • 233-5140



Clean, Green And Beautiful

The Sun Is Shining

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

Limestone County is a beautiful place to live, work, and raise a family. From our parks and agricultural fields to the Elk River and Tennessee River, our community is surrounded by natural resources that make Limestone County special. Unfortunately, litter threatens the health, safety, and beauty of these places—and its impact reaches far beyond what we see on the side of the road.

Litter is more than an eyesore. When trash is left along roadsides, in parking lots, parks, or ditches, rain can carry it into storm drains and waterways. Stormwater runoff can transport litter, oil, chemicals and other pollutants directly into creeks, rivers, and lakes without treatment.

This is especially important in Limestone County, where the Tennessee River forms our southern boundary and the Elk River runs through the western portion of the county. These waterways provide opportunities for fishing, boating, wildlife viewing, and recreation, while also contributing to the natural beauty and quality of life of our community.

Wildlife can also pay a high price for litter. Animals may mistake



plastic, food packaging, and other discarded materials for food. They can become trapped or tangled in items such as plastic bags, fishing line, and containers. Litter can injure or kill wildlife through ingestion and entanglement, while discarded materials can also damage aquatic habitats and affect water quality.

Litter can create safety hazards for people as well. Broken glass, sharp metal, discarded tires, and other debris can cause injuries. Trash can also clog drainage systems, interfere with water flow and contribute to flooding or erosion problems. In addition, containers and discarded

tires that collect standing water can provide breeding areas for mosquitoes and other pests.

There is also an economic cost. Communities must dedicate time, equipment, and taxpayer resources to cleaning up litter and illegal dumping. Alabama spends millions of dollars each year on cleanup efforts along state highways, demonstrating that litter prevention is far less costly than continually cleaning up after it.

The good news is that every person can make a difference. Secure loads before traveling, properly dispose of trash, recycle whenever possible, never throw anything from a vehicle, and vol-

unteer for community cleanup efforts. Limestone County also offers recycling services, providing residents with another option for keeping reusable materials out of the waste stream.

Keeping Limestone County beautiful is more than picking up trash. It is protecting our waterways, wildlife, neighborhoods, roadsides and future generations.

When we prevent litter before it reaches the ground, we protect the place we are proud to call home. Together, through education, responsible choices, and community action, we can make Limestone County cleaner, safer, and more beautiful for everyone.



Become a Fan



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



Slinkard On Scriptural Success

The Struggle Is Real

by D. A. Slinkard

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

Hard to believe we are already in the month of August, which means it is time for schools to start back up. I hated this time of the year as a kid, and now as a parent – our daughters are both out of high school and in the real world. With the school year already started, I felt the need to write an article detailing how a person can have a successful school year and what actions are necessary to do so.

Staying organized is so important, yet so many people struggle with the organizational factor. I can remember being a kid, and the struggle was real. I did not know if I was coming or going and truly, I do not know if my parents had a clue either. We were surviving...trying to make it through each school year. Did I already say the struggle was real?

Here is the advice I wish I would have been given back then. I wish my parents would have been given this advice too! First things first – what is your goal for the upcoming year? What is your focus going to be? What are you wanting to accomplish? The very first thing a person must realize is what their desired result looks like.

Too often we go about life not having a clue as to what we want and cannot even recognize it when we get it.

The first step is to write down what the student wants to achieve. We are going to call this your goal. Sounds funny writing this, but I believe we have become a society that likes to play the victim card instead of giving ourselves goals to achieve. Though writing down goals is an elementary concept, many people do not write down their goals. Truthfully, when was the last time you wrote down goals for what you wanted to accomplish in your day-to-day life? Knowing what you want is extremely important.

What you want to accomplish are mere dreams until you write them down, and at that point in time, they become goals. If you want to be a better math student – write it down. If you want to have better attendance – write it down. Whatever it is you are desiring to achieve – write it down. This is the first secret to achieving success.

The next step is to detail what actions you need to take to achieve the desired result. If you want to become a better student in a particular subject, your focus could be upon getting a tutor, or maybe you want to watch instructional videos on the subject. Maybe you need to do something archaic in the 21st century and visit the library to check out some books on your desired topic. We live in the technology age, and I am surprised

at how few people go to the library. What a great resource that not all people even use.

In detailing your steps, you need to be as specific as possible while also giving yourself a timeframe in which you expect to achieve your desired results or start seeing improvements. I recommend setting expectations early and often because if you wait too long, it could be too hard to make any necessary changes to what you have been doing. Also, you must be flexible and ready to adapt to change. If what you are trying is not working, you cannot keep doing the same things repeatedly while expecting different results. This is the definition of insanity.

You have written down what you want to achieve. You have taken the time to write out specifically



what actions you need to take. You have set forth a timetable to evaluate your success and failure. Now comes the hardest part and that is doing. So many people find the planning stage to be the easiest. It is easy to make a “To-Do” list but hard to do the list. The final step is getting motivated to do the work. You know what you want to achieve, you have a clue what needs to

be done, and now you need to go do it.

If you have truly taken the time to write out in detail from what was listed above, you will have a leg up on most Americans. Sometimes people fail because they do not thoughtfully plan to attack life. If you want to achieve something great, it takes work. Are you willing to work for your goals?





Learning As A Lifestyle

Respect: *The Missing Ingredient In Trust*

by Eric Betts

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

Aretha Franklin's "Respect" became an anthem because the word names something deeper than courtesy. Respect is a recognition of worth. In leadership, however, respect is often treated as something leaders expect rather than something they practice. We tend to believe that expertise earns trust: the person with the credentials, experience, position, or technical knowledge should naturally be trusted. But expertise alone can create distance. When leaders become so confident in what they know that they dismiss what others have experienced, they may establish authority without ever establishing trust.

Respect begins when we recognize that people are not simply recipients of our expertise; they are bearers of knowledge shaped by their own lived experience. Every

person brings a history, perspective, struggle, and understanding that cannot always be captured in a credential or leadership position. Human beings encounter one another not simply as experts and subjects, but as persons. We come to know one another through relationship. Relational knowing requires us to listen long enough to discover what another person knows that we do not. Respect, therefore, is not the abandonment of expertise. It is the humility to place our expertise in conversation with the wisdom of others.

This is where trust begins to grow. People are more likely to trust leaders when they believe they have been heard, taken seriously, and treated with dignity. Respect does not mean that a leader must agree with every perspective or surrender the respon-

sibility to make difficult decisions. It means that disagreement does not require dismissal. A leader can say, "I see this differently," while still communicating, "Your experience matters to me." That distinction is critical. Trust is built when people discover that their humanity will not be diminished simply because the leader possesses greater authority or different expertise.

Perhaps, then, one of the most important disciplines of leadership is learning to enter the room with something to offer and something to learn. Expertise gives leaders valuable tools, but respect opens the door to relationship. And relationship creates the conditions for trust. The best leaders do not merely ask, "What do I know?" They also ask, "Whom am I encountering, what do they know,



and what might I learn by listening?" Respect becomes more than a word in a song. It becomes a pathway to the kind of leadership in which people do not simply follow authority, but they trust the person who has taken the time to see them. And perhaps that is the leadership lesson hidden in Aretha's anthem:

before we ask people to trust our expertise, we might first ask whether they have experienced our respect.

*Eric M. Betts, PhD
Curtis Coleman Center
for Religion, Leadership
and Culture
Athens State University*





The Alternative Approach

Good Fat For Better Health

by Roy P. Williams

For decades, fat was blamed for nearly every health problem imaginable. People were told to buy low-fat foods, avoid egg yolks, trim every ounce of fat from their diet, and assume that eating fat automatically made them fat. We now understand the truth that some fats are essential.

The human body does not merely tolerate the right fats. It requires them. Essential fatty acids are called "essential" because the body cannot manufacture enough of them on its own. They must come from food or supplementation. These fats become part of the membranes surrounding our cells. They help support the brain, eyes, heart, blood vessels, skin, immune system, and endocrine system, which is the network of glands responsible for hormone production and regulation.

Think of every cell as a living building. The cell membrane is not simply a wall. It controls what enters, what leaves, and how effectively the cell communicates with the rest of the body. If that membrane is built from poor-quality materials,

communication and function can suffer. Supplying the right fatty acids helps give the body better raw materials with which to maintain those membranes.

The modern problem is not simply that people eat too little or too much fat. It is that many people eat the same highly processed fats repeatedly while consuming too little cold-water fish, flax, and other useful sources. The body needs the right balance, not a blanket war against fat. Healthy fats also help the body absorb the fat-soluble vitamins A, D, E, and K.

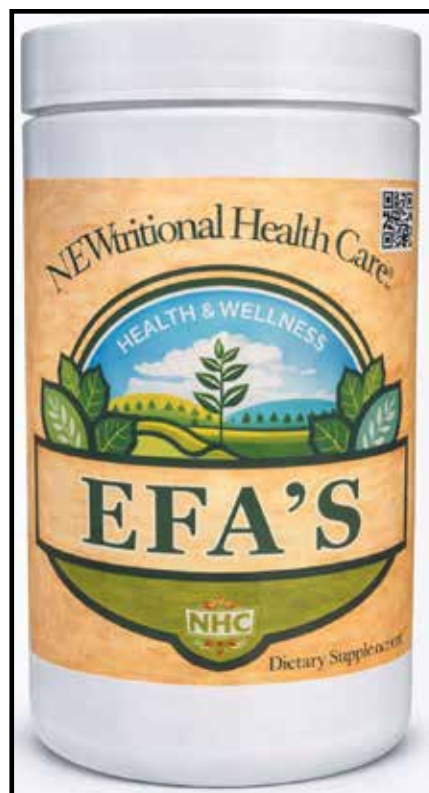
When we remove every source of fat from a meal, we may also reduce our ability to use valuable nutrients already present in that meal. That is why Nutritional Health Care's **Ultimate EFAs** are much more complete than a basic fish-oil product. The formula combines fish oil, flaxseed oil, and borage oil in one convenient soft gel. Each source contributes something different.

Fish oil supplies EPA and DHA, the long-chain omega-3 fatty acids commonly associated with cardiovascular, brain, eye, and healthy inflam-

matory support. DHA is especially concentrated in the brain, retina, and sperm cells. EPA and DHA also participate in the production of compounds the body uses to regulate inflammatory activity and maintain normal cardiovascular function. Flaxseed oil supplies alpha-linolenic acid, or ALA. ALA is a plant-based essential omega-3 that the body can use directly and converts in limited amounts into EPA and DHA. Including flaxseed oil broadens the nutritional profile instead of relying on a single source of fatty acids.

Borage oil supplies gamma-linolenic acid, commonly called GLA. Although GLA belongs to the omega-6 family, it should not be confused with the large amounts of heavily processed omega-6 oils common in the modern diet. GLA follows a different metabolic pathway and helps the body produce compounds involved in maintaining a balanced inflammatory response. Together, fish, flaxseed, and borage oils provide a thoughtful spectrum of fatty acids for whole-body support.

This foundation becomes especially important when we discuss male vitality and testosterone. Hormones do not operate independently from the rest of the body. Testosterone production and utilization depend upon adequate nutrition, healthy liver metabolism, proper cellular communication,



sleep, resistance training, and sufficient dietary fat. Research has even suggested that very low-fat diets may reduce testosterone levels in men, although fat intake is only one part of the larger hormonal picture.

That is why **Ultimate EFAs** and **Test Up** make a logical combination. **Ultimate EFAs** supplies foundational fats that support cell membranes, circulation, the endocrine system, and normal inflammatory balance. **Test Up** is formulated specifically to support healthy testosterone levels, liver function, prostate health, muscle mass, hormonal balance, and healthy aging. It also contains resveratrol as part of its antioxidant and healthy-aging support.

The purpose is not to force the body to do something unnatural. The goal is to supply the nutritional

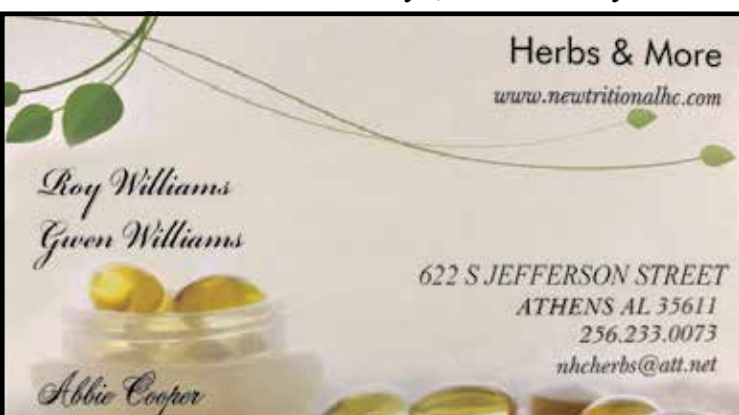
materials and targeted support the body needs to function as it was designed to function. **Test Up** addresses the male hormonal system directly, while **Ultimate EFAs** help strengthen the broader nutritional environment in which that system must operate.

No supplement replaces the fundamentals. Men seeking better energy, strength, body composition, and hormonal health should still prioritize protein, whole foods, resistance training, adequate sleep, proper hydration, and sensible stress management. Supplements work best as part of an ordered plan, not as a substitute for one.

If you are tired, losing strength, recovering poorly, or simply want to protect your health as you age, it may be time to examine whether your body is receiving the raw materials it needs. Nutritional Health Care's **Ultimate EFAs** Combined with **Test Up** offer a strong two-part approach: build the foundation, then support the system.

Both products are available locally at Herbs More in Athens or NHC Herb Shop in Killen or online at www.nhcherbs.com. Stop by and speak with us about your health goals; call 256-233-0073 to order.

Your Friend in Health,
Roy P. Williams



Movie Time

by Deb Kitchenmaster

Do you have a favorite horse movie? I decided to go through my movie library and share some movies about horses that have inspired, educated, or refreshed me. These seven are inspired by true stories. These are my favorite of favorites.

Secretariat - I'm pretty sure most everyone reading this article has more than likely watched this fabulous movie. This movie is about hope, courage, and heart. One of my favorite parts is when the two gals are focused on the horse trainer's hat. The owner of the horse (Penny) gets that deep belly laugh that ends with a sigh. She is asked, "What is it?" Penny responds, "I haven't laughed like that in a long time; in fact I can't remember when." Sometimes, in the midst of seriousness and responsibility, it's just good to have a deep belly laugh, isn't it? Even if it scares a few people! When the pressure to sell the horse, Secretariat, was intense and the risk was high, we see a woman who had the courage to listen to her 'gut' and to her horse, breaking Triple Crown records.

The Long Shot - This is with actresses Julie Benz and Marsha Mason. Annie is haunted by the death of her sister, abandoned by her husband, shunned by her mother, and doubted by her daughter. Her love for horses, her work as instructor for young rid-

ers, and her continued interest to master dressage keeps her going. She and her horse have a 'unity' and an 'oneness' that is absolutely beautiful. Annie is a 'natural' with horses. Tragedy hits and Annie has a BIG decision to make. It has a lovely ending...I promise. Sometimes life can throw some pretty strong punches. Keep going; don't give up. You are in a perfect environment to experience a miracle!

Dreamer - Kurt Russell and Dakota Fanning play a father/daughter role that touches hearts beyond measure. A couple of questions are asked regarding the possibility

hometown. When she got home, she called me. She said she had to get her tissues out to wipe her tears. This movie reminded her of me; now I had the tears. Like I said; it is a family movie.

Riding Tornado - A true life story of patience, endurance, and passion is the baseline of this movie. Two conflicted souls



Sea Biscuit



Hidalgo

of a mare that has healed from a broken leg injury rucup in the Breeders' Cup: "Why not us?" and "Why not now?" Those are two powerful questions we can all ask. Dreamer is an uplifting story that celebrates dreams, second chances, and the importance of family. My mom went with a senior citizen group to this movie in her

come together -- a disheartened young man and an emotionally tormented horse who has great potential. Seeking advice from a horse whisperer who lives in the Kalahari Desert, Pierre embarks on a journey of healing and self-discovery...one that will change their lives forever!

Girl On The Edge - This

movie is for parents and young adults. A troubled teenage girl has soul wounds from childhood traumas. Unable to thrive and in the least 'survive' the tormenting pain in her soul, Hannah becomes self-destructive. Her parents make the heart-breaking decision to send her away to an alternative healing center in the wilderness. Hannah is paired with a difficult horse named Betsy, who she forms a strong bond with and through this, her life begins to transform from the inside out. Hannah experiences the healing power of horses!

Seabiscuit - Three men come together: a jockey, a trainer, and a businessman and join an undersized racehorse to take the entire nation on the



Secretariat

ride of a lifetime during a depression where hope was needed as much as air to breathe.

Hidalgo - The story of the grueling race (Ocean of Fire) across 3,000 miles of the Arabian Desert's punishing terrain. Cowboy Frank Hopkins is referred to by a Native American chief as 'far rider,' not because of endurance races but because he runs far away from whom he IS on the INSIDE. His mother was Native American and his dad Caucasian. His horse, Hildago, is a Mustang (mixed breed) from the hills of South Dakota. Many horses' lives were saved from the outcome of this race.

Wondering at times what honest, pure facts are and what are lies and deceit, may you enjoy a movie based on a TRUE story.

Your NEIGHbor,
Deb Kitchenmaster
Corral Connections
256-426-7947

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



GenZ With JP

Why Aren't We Voting

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

This past week, special elections were held throughout Alabama as a result of newly drawn congressional maps. After the Callais ruling, redistricting dominated the headlines both statewide and nationwide. One would assume, as a result, voters in these newly drawn districts would be well informed about the special elections. You would be wrong, and very much so. Just over 5% of registered voters in Alabama participated in the special election. This is not only disappointing, but it's responsible for the majority of our problems. Let's discuss how that is, and most importantly, how we fix it.

Our nation was set up as a constitutional republic that places the individual, rather than government, first. If you read our founding documents, our founding fathers believed that God, and only God, grants each individual their rights. It's government's job to protect those rights, and then stay out of the way. This radical idea is what led

America to 250 years of greatness. However, to keep it that way, the individual must be strong and participate in the system. John Adams once said, "Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other." Our republic can only function properly if moral and religious citizens have a backbone and participate in elections. The alternative is much worse. Special interests then fill the void left by the ordinary citizen, and they dictate how our system operates. The only way to take back our power is at the ballot box, but this requires voters to be informed.

Before we discuss tangible ways to get the word out, what is the message? The truth is that local policy is what dictates your everyday life the most. Some say they only vote in presidential elections, or only the general elections. This is backwards and illogical. Especially in a deep-red state like Alabama where Republicans win almost every election, the real election takes place

in the primary to decide which candidate you send to the general election. If you want real, strong conservatives to hold office in this state, you must participate in these primaries. It's non-negotiable. Likewise, if you neglect the local and statewide elections to only participate in the presidential elections, you are completely removing yourself from influencing your environment that affects you most. Your own backyard will be overrun by policies antithetical to your beliefs, and you'll only have yourself to blame for choosing to stay at home when it mattered most. The backbone of our nation grows from the bottom up. You want to change America? Start in your own backyard. If we all do our part to make our backyards better, soon enough all of America will change for the better as well.

How do we get the word out? Perhaps it's billboards, commercials, or flyers. These all help, but it starts with us teaching those in our circle why these elections matter. We live in the

most comfortable society in the world. However, without proper maintenance, we will get lulled to sleep. Start by educating your friends and family on how these local elections affect them directly. Your friend doesn't like what they're teaching in their kid's school? Tell them to vote for better schoolboard members, or perhaps run themselves. Teach your family members about how the political process works, and why who we send to D.C. matters. The lack of civic knowledge in our nation is staggering, but it's our responsibility to educate those around us. Only then can we enact real change.

The fact of the matter is, only 5% of voters voting in congressional primaries is appalling. Only 23% participated in the May elections, and 10% in the June run-offs. These are the people who represent us and what we stand for. Complacency is what will kill our deep-red state. Democratic turnout in Alabama is on the rise and completely dominating that of the Republicans. If

conservatives in Alabama don't vote, liberals will. We must vote like the future of our state depends on it, because it does.

As Benjamin Franklin once said, "A republic, if you can keep it." A republic like ours requires engagement; it's not an option. Strong individuals nationwide actively participating in the political process is what prevents radical ideologies from taking root. Christians must participate to prevent our nation from becoming hostile to our beliefs and indoctrinating our children, conservatives must participate to defeat communists attempting to infiltrate our institutions, and Americans must participate to keep our nation strong and healthy. SEC football can wait, and Netflix isn't going anywhere. Our nation is set up to give each individual the power and a right that many men and women have died fighting for. Do not spoil it.

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.



RIGHTSIDE RADIO

★★ Solid, Conservative, and Just Plain Right! ★★





Cooking with Anna (continued from page 9)

When Your Mind Won't Stop: Finding Peace For The Overthinker

by Anna Hamilton

When you feel like you're drowning in circumstances you cannot control, call on the One who can.

Give God the burden. Psalm 55:22 tells us to cast our burdens on the Lord because He will sustain us. That is such a powerful picture. We weren't designed to carry everything ourselves.

Sometimes we say, "I'm giving this to God," and then five minutes later we're carrying it again in our thoughts. We pray about it, then worry about it. We surrender it, then pick it back up. But God is asking us to leave it with Him. You can trust God with what you cannot control. You don't have to figure everything out today.

When nothing makes sense -- there will be moments when God's plan doesn't make sense to us. We may ask: Why is this happening? When will this change? What am I supposed to do? Why hasn't God answered yet?

In 2 Timothy 2:7, it reminds us that the Lord gives understanding. We don't have to understand everything before we trust Him. Faith doesn't mean having every answer. Faith means trusting the One who does.

Go to God for peace. We see that 2 Thessalonians 3:16 calls the Lord the God of peace and reminds us that He can give us peace at all times and in every circumstance. That doesn't necessarily mean the circumstances will immediately change. Sometimes God changes the situation. Sometimes He changes our perspective. And sometimes He gives us supernatural peace while we're still standing in the middle of the storm. The peace of God isn't dependent upon everything going perfectly. It comes from knowing that God is with us.

Have confidence in your Helper. Hebrews 13:6 reminds us that we can confidently say, "The Lord is my helper." Think about that for a moment. You have a Helper. You don't have to face the unknown by yourself. You don't have to carry tomorrow on today's shoulders. You don't have to have the strength for every situation before it arrives. God will provide the grace you need when you need it.

Pray instead of replaying. Philippians 4:6 gives us one of the most practical answers to anxiety: bring our requests to God through prayer and thanksgiving. When your mind starts replaying the same situation over and over, turn the replay into prayer. Instead of: "What if this happens?" Try: "God, if this happens, You will be with me." Instead of: "I don't know how I'm going to handle this." Pray: "Lord, give me the strength I need." Instead of: "I can't control what happens next." Pray: "God, I trust You with what I cannot control." Prayer doesn't always immediately stop

our thoughts, but it changes where we take them.

Let God's comfort bring you joy. Psalm 94:19 speaks beautifully to those moments when anxious thoughts are multiplying within us: God's comfort can bring joy to our souls. Maybe you're in one of those seasons right now. Maybe your mind is exhausted. Maybe you've been thinking about the same problem for days. Maybe you're worried about your family, your finances, your future, your health, a relationship, or something you simply cannot fix.

Please remember this: God is not overwhelmed by what overwhelms you. The thing keeping you awake tonight is not too big for Him. The situation you don't understand is not beyond His wisdom. The future you cannot see is already known by Him. And the burden you've been carrying was never meant to become your permanent possession.

So breathe. Pray. Release it. Trust Him one moment at a time. You may still have questions tomorrow, but you don't have to walk into tomorrow alone. Give God your worries. Give Him your questions. Give Him your fears. Give Him your burdens. And when your mind begins to wander back into the "what ifs," gently remind yourself: God is my Helper. God is my Peace. God hears me when I call. God will sustain me. God will give me understanding. And I can trust Him with tomorrow.

This week's recipe is a delicious casserole. A chicken spaghetti made with spaghetti squash. It is a hit with my family and I am sure it will be with yours as well.

A Prayer for the Overthinker

Father, my mind is tired from trying to figure everything out. I have carried worries that You never asked me to carry, and I have tried to control things that belong in Your hands.

Today, I choose to give them back to You.

Help me trust You when I don't understand. Give me peace when my circumstances are uncertain. Give me wisdom when I don't know what to do and strength when I feel overwhelmed.

When anxious thoughts begin to multiply, remind me to pray instead of panic.

When I am tempted to carry tomorrow today, remind me that You will give me grace for tomorrow when tomorrow comes.

Thank You for being my Helper, my Comforter, my Refuge, and my Peace.

I don't have to know everything because I know You.

In Jesus' Holy Name, Amen.

Do You Want To Be That Person?

by Nick Niedzwiecki - Owner, CrossFit Athens



I had a realization while coaching a class recently: the people who walk through the doors of a CrossFit affiliate are absolute beasts.

And I don't just mean the strongest athlete in the room.

I mean the 25-year-old who can lift twice their bodyweight. I mean the 45-year-old parent who comes in after a full day of work. I mean the 70-year-old who is learning how to squat properly. I mean the person who started yesterday and is still figuring out what half the movements are called.

These people are savages.

Not because everyone is doing the same weight, moving at the same speed, or competing at some elite level. They're savages because they are intentionally preparing themselves to be

capable.

Think about what happens inside a CrossFit gym. People learn to pick up things off the ground safely. They squat. They carry heavy objects. They get themselves up off the floor. They push, pull, run, bike, jump, climb, and move their bodies through space.

Those may look like exercises inside a gym, but outside the gym, that is life.

At 30, it might mean being able to play harder with your kids.

At 50, it might mean carrying everything you need without asking someone else for help.

At 70, it could mean getting up off the floor after playing with your grandkids.

At 80, it may mean continuing to live independently.

That is what we are training for.



The difference between someone who consistently trains and someone who doesn't becomes more obvious as the years go by. Fitness isn't just about what you can do today. You are making deposits into the person you will become 10, 20, or 30 years from now.

You don't need to be fit before you start. That completely misses the point.

At CrossFit Athens, we

have people at every age, ability, and fitness level. Every workout can be adjusted to meet you exactly where you are today while still challenging you to become a little better tomorrow.

Our Legends class is built specifically for adults 55 and older. Some of those people may have exercised their entire lives. Others may walk through the door

having never consistently worked out before -- both belong.

It is never too late to become stronger. It is never too late to improve your balance, mobility, endurance, confidence, and ability to take care of yourself.

So if you're reading this, ask yourself a question: What kind of person do I want to be?

Do you want to be the person who says, "I'm too old for that"?

Or do you want to be the 70-year-old who shocks people with what you're still capable of doing?

Do you want life to slowly get smaller as you age, or do you want to keep building a body that allows you to keep saying yes?

You don't have to be a beast before you walk through our doors.

Walking through the doors is how you become one.

*Coach Nick
Owner / Head Coach*

CrossFit Athens

256-262-7884

www.crossfitathens.com



Celebrating over

Coming Soon!

**Second
Chances...**

37 years

Legacy of Life

WOMEN'S RESOURCE CENTER OF ATHENS



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

256-233-5775 • 24-Hr Hotline

727 Market Street W, Ste. D in Athens

www.savallifeathens.org