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SHOWCASING OUR COMMUNITY

MAY 2023

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South HUNTSVILLE NEIGHBORS



JENNIFER HOLLIDAY



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*Special
Feature:*
**National
Military Spouse
Appreciation
Day**



KRISTEN GILBERT



GENEVIVE KRUGER



Best Version Media

Photos by Mandi Cook Photography

Tues., May 9, '23

Senior FunFest

@Jaycee Community Building

Tarcog's annual Senior FunFest with games, health test screenings, local vendors & businesses, and new surprises.

Time: 9am-2pm

Cost: Free

www.facebook.com/seniorcenterhsv

May 13, '23

Introduction to Gel Plate Print Class

@University Pickers

3405 Triana Blvd SW 35805

Plates, brayers, paper, tools and paint provided. Learn by creating prints, that you get to take home. Limited seats, Register soon.

Time: 2-3:30pm

Cost: \$35.00

www.universitypickers.com/events/list/?tribe-bar-location=Huntsville

Sat., May 20, '23

Spring Festival

@Rosie's Plaza

Annual Spring Festival, watch www.facebook.com/shbahsv for more.

Time: 11am-1pm

May 20-21, '23

Harry Potter: Mischief Managed

@EarlyWorks Children's Museum

Celebrate all things Harry Potter with themed crafts, Quidditch and a museum-wide scavenger hunt.

Time: Sat., 9am-4pm Sun., 11am-4pm

Price: Admission Charged

www.earlyworks.com/themedweekends

Fri., May 26

First Look Friday

@University Pickers

3405 Triana Blvd SW 35805

Come get a First look at all of the new Furniture, Vintage items, Handmade Crafts, and Antiques that our great Shop Owners have restocked from the night before.

Time: 8am-7pm

Cost: Free to Browse

www.universitypickers.com/series/first-look-friday-2

Sun., May 28, '23

Betsy & Peter Lowe Community Free Day

@Huntsville Museum of Art

The Museum looks forward to welcoming guests and their families to a free admission Sunday during Memorial Day weekend.

Time: Noon-5pm

Cost: Free

www.huntsville.org/listing/huntsville-museum-of-art/59

June 5 – Aug., 7, '23

Concerts in the Park

@Huntsville Museum of Art outdoor stage

Recurring weekly on Mondays in Big Spring Park. Bring your own seating, picnics are welcome, but local food trucks and vendors will be on site.

Time: 6:30-8pm

Cost: No admission charged

www.artshuntsville.org/event/concerts-in-the-park

Until Aug. 27, '23

Origami in the Garden

@Huntsville Botanical Gardens

Visit the Gardens for a metal sculpture exhibit by Santa Fe artists Jennifer and Kevin Box. Visit www.hsvbg.org/origami/ for more information.

Cost: Garden Admission

Until Sept., 16, '23

Brick by Brick: The Legacy of Henderson and Daniel Brandon

@Harrison Brothers Hardware,

124 South Side Square

The Historic Huntsville Foundation's third-annual Rooted in History exhibition brings attention to a black father and son duo who transformed the Huntsville and Madison County skyline and laid the foundation for Alabama's early civil rights movement.

Time: 10am-5pm Mon.-Sat.

Cost: Free

www.historichuntsville.org or 256-508-5372

Monthly on the 3rd Sunday

Sensory Friendly Sundays

@Earlyworks 404 Madison St.

Earlyworks Children's Museum is launching its first sensory friendly experience on the third Sunday of each month.

Time: 11am-4pm

Cost: Admission charged

www.earlyworks.com/events

Fri., June 9 & Sat., June 10, '23

Reelin N Smokin Backyard Barbecue Competition

@Ditto Landing,

23 Ditto Landing Rd, Huntsville

A KCBS (The Kansas City Barbeque Society) sanctioned Backyard BBQ competition will take place in the Ditto Landing Campground.

Watch www.dittoland.org/event/7/reelin-n-smokin-backyard-barbecue-competition for more information.

FARMERS MARKETS:

Open air markets for fresh, locally-grown produce, herbs, flowers, meat and eggs. Additionally, artisans, musicians, cooks and other special events. Visit each market's website to learn more. Certain Holidays will see the markets closed. Cost is free to browse.

Sundays until Nov. 12, '23

The Market at MidCity

@MidCity Huntsville,

5909 University Dr., 35806

Time: 1-5pm

www.explorethecamp.com/market

Thursdays May 4-Oct., 26, '23

Greene Street Market

@208 Eustis Ave

Time: 3-7pm

www.greenestreetmarket.com

2nd Saturdays through December Merrimack Market

@University Pickers

3405 Triana Blvd SW 35805

Outdoors: Produce, art, handmade items, vintage, antiques and estate sales. Plus, 20,000sqft of shopping indoors too! Join us for the next one on May 13, '23!

Time: 9am-3pm

www.universitypickers.com/events/list/?tribe-bar-location=Huntsville

Saturdays May 6-Oct. 28, '23

Outdoor Market

@Lowe Mill Arts & Entertainment

2211 Seminole Dr., 35805

Time: 11am-4pm

www.lowemill.art/outdoor-market

At the time this magazine went to print, all event times and locations for the following events were accurate, but please check event websites for the most current information. Some events may have been postponed or canceled.

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Publishers: Bob Druckman & Suzanne Druckman

Content Coordinator: Elizabeth Reich

Designer: Melissa Schlegel

Contributing Photographer: Mandi Cook Photography

ADVERTISING

Contact: Bob Druckman

Email: bdruckman@bestversionmedia.com

Phone: 256-714-5155

FEEDBACK/IDEAS/SUBMISSIONS:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 8th of each month.

Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: ereich@bestversionmedia.com.

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Table with 2 columns: Name and Phone Number. Includes Emergency, Huntsville Police South Precinct, Huntsville City Hall, South Huntsville Public Library, Parks and Recreation, and School District 3.

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EXPERT CONTRIBUTOR:



Dr. Charles Lee, MD
Regenesi Stem Cell Center
(256) 715-8193
www.regenesistemcell.com

To learn more about becoming an expert contributor, or sponsorship, contact Bob Druckman at bdruckman@bestversionmedia.com or phone 256-714- 5155.

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The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. And now we know how Mother's Day began. We wish all of you a Happy Mother's Day.

We have an amazing issue this month. The Friday before Mother's Day, (this year May 12th) is Military Spouse Appreciation Day. In this issue you will get to know several military spouses. We want to thank them for their sacrifice and all that they do.

In addition, National Police Week will occur from Sunday, May 14, 2023 to Saturday, May 20, 2023. We are fortunate to have Huntsville's Police Chief Kirk Giles, and Mayor Battle, contribute articles.

May is also National Stroke Awareness Month, Magnolia Neuro Rehab brings F.A.S.T.E.R. to our attention in their informative article. While Physicians Hearing Center reminds us that May is also Better Speech and Hearing Month and Unity Psychiatric Care brings to our attention that May is Mental Health awareness month.

Plus, Memorial Day weekend brings a return of Para-cyclists to Huntsville's Cummings Research Park, read Claire Aiello article for more.

If that's not enough, our inside feature is Ars Nova's celebration of their 25th anniversary. They do a wonderful job on bringing the arts and opera to our community.

We would like to welcome Compassionate Friends Care Services LLC, Rocket City Remediation, North Alabama Concrete Solutions, Kenyetta Jones Skin Care and SUNMED CBD as new sponsors of South Huntsville Neighbors. You will have the opportunity to read their articles in this issue.

Did You Know? Our Content Coordinator, Elizabeth Reich, now has a public space for her art. It is located in University Pickers (UP), on the second floor, off of Locker Hall (open doorway on left). UP is located on Triana Blvd. She will be offering her original art, art prints, greeting cards – handmade and printed, and more! Ask at the front desk where LZBTH Creative's Booth is.

As always we ask that you visit our sponsors. They are all small businesses that survive and thrive on your patronage.

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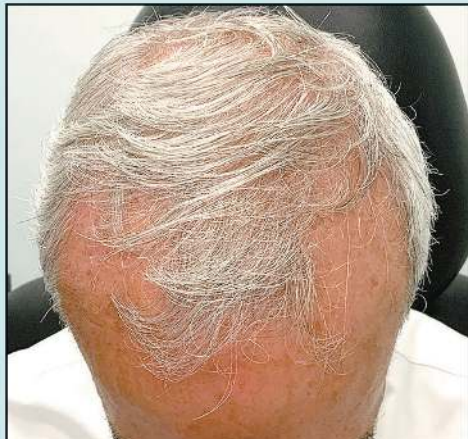
See you next month, Suzanne and Bob



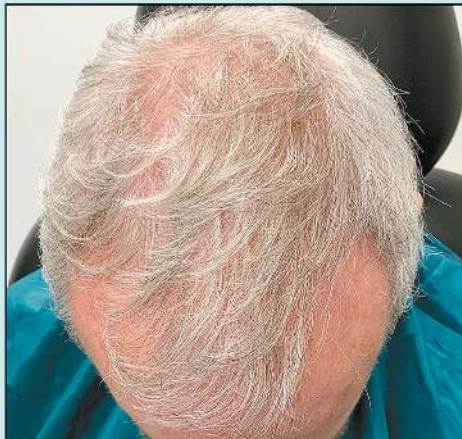
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PHOTO BY MANDI COOK PHOTOGRAPHY

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By Dr. Charles Lee,
Regenesis Stem Cell Center

How to Identify a High-Quality Stem Cell Center

When evaluating a stem cell center, you should look for several hallmarks of quality. First, The FDA has only cleared your stem cells, harvested from your bone marrow, minimally manipulated, and injected in a same-day procedure for use in the United States. Furthermore, all birth tissue products for other than cosmetic use are dead tissue pawned off as stem cell treatments; approach facilities offering to inject these products with skepticism. Other criteria to consider include:

1. **Accreditation and Licensing:** Check if the center is accredited and licensed by relevant regulatory authorities. Accreditation ensures that the center meets specific quality standards, while licensing indicates that the center is authorized to provide same-day stem cell therapy with sedation. Regenesis has such indicia of quality and is a stem cell center of excellence.
2. **Expertise and Experience:** The qualifications and experience of the physicians at the center are crucial. An experienced, board-certified regenerative medicine and stem cell therapy physician credentialed by the state board of medical examiners is the indicia of quality. This physician should have skills and training in advanced complex injections. Such skills require years of training and experience to master. At Regenesis, Dr. Lee has all the advanced training offered by Interventional Orthobiologics and Orthopedic Medicine organizations and has done thousands of these procedures since opening Regenesis in 2014.
3. **Facilities and Equipment:** The facility should operate full-time, five days a week, be clean, well-maintained, and be equipped with the latest technologies to perform stem cell therapy. At Regenesis, we maintain a flexible lab, procedure room, and recovery area. Our flexible lab allows us to process your stem cells and Platelet Rich Plasma to deliver optimal results. Our medical kit includes a biological safety hood, gas and heat sterilizers, infrared decontaminant lights, ultra-low temp freezers, centrifuges, and advanced cell and platelet counters. In addition, Regenesis maintains a fully equipped procedure room with vial sign monitors, resuscitation equipment, plus fluoroscopy and ultrasound to guide harvesting and injecting your stem cells and platelet concentrates.
4. **Clinical Trials and Patient Registry Research:** Check if the facility participates in clinical trials and research related to stem cell therapy. Participation indicates that the center is committed to advancing the field and has the expertise to conduct research. Regenesis has participated in PTSD, COPD, and Knee Osteoarthritis trials. We constantly research optimal outcomes from our one, three, and six-month follow-up patient registry data. Such analysis of outcomes is crucial to optimizing results.



5. **Patient Reviews and Testimonials:** Look for patient reviews and testimonials to see what others say about their experience and outcomes with the center. Positive reviews can indicate a high level of patient satisfaction and successful results. Don't trust anonymous reviews or paid celebrity spokespersons.
6. **Cost and Candidacy:** Based upon a consultation and image review, the treating physician should draft and review a detailed procedure plan with you. This plan should include costs and your suitability for stem cell or PRP therapy. Be wary of being handed off to a hard-sell "closer." If the medical staff wants to immediately sign you up for a procedure you should consider exploring treatment elsewhere.

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Huntsville Police Live Their Motto: COURAGE, INTEGRITY, PROFESSIONALISM

By Tommy Battle, Mayor of Huntsville

May 11 to May 16 is National Police Week, a time when we pause to show our gratitude and appreciation to the men and women who put their lives on the line every day to keep us safe.

This year, we recognize Police Week with exceptionally heavy hearts. Two Huntsville police officers, Garrett Crumby, 36, Albert Morin, 34, were shot on March 28 by a man who barricaded himself in his apartment following a shots fired call for help. Officer Crumby died, and Officer Morin is recovering in Huntsville Hospital from critical injuries.

As our community and Huntsville Police family work to heal from this tragedy, we take heart that a woman and two children are alive because of the courage of these two officers. Many other police officers and first responders also ran into harm's way that fateful afternoon, trying to save their fallen colleagues and to reach the caller in need.

Such is the calling of our men and women in blue. They enter law enforcement with a passion for helping and protecting others. While officers readily acknowledge the risks and sacrifices involved in their chosen career, it is incumbent upon us to also recognize and appreciate these risks and sacrifices—for the officers and for their families.

It was just three years ago that Huntsville Police Agent Billy Clardy was shot and killed while participating in a narcotics operation with the Gulf Coast High Intensity Drug Trafficking Task Force. Agents were attempting to take a suspect into custody when the man opened fire, killing Clardy.

Prior to that, Officer William Freeman was shot and killed when he and his partner responded to an automobile accident on Bailey Cove Road, near Weatherly Road, at about 8:45 pm. When officers arrived on the scene, they located one of the subjects sitting on a curb. When they attempted to arrest the man for DUI, he produced a handgun and shot Officer Freeman in the face.

Police officers routinely encounter people who are having the worst day of their lives. It may be the result of a traffic accident, theft or domestic violence. Or it may be to address a situation stemming from substance abuse, mental illness, homelessness and poverty.

Officers who wear the badge deserve our gratitude, respect and support. This Police Week, I encourage you to take the time to thank a police officer for their service and dedication. Show them how much you appreciate the work they do to keep Huntsville safe and secure.

Wishing you a safe, happy Memorial Day Weekend

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A Note of Appreciation

By Chief Kirk Giles

I would like to take this opportunity to address and thank our local community. While we received support from all over the country, the outpouring of love from our community was overwhelming following the death of Officer Garrett Crumby and critical wounding of Officer Albert Morin.

Our department has received so many cards, emails, text messages, phone calls and notes regarding the events of March 28. The love and support you've shown our officers, employees, as well as their families, underscores why this is a wonderful community to live and work in.

Your support and prayers gave us strength through Officer Crumby's funeral and graveside service. This continues to strengthen Officer Morin's resolve to heal and return to the job he loves.

For those who lined the streets and overpasses from Mayfair Church of Christ along the route to Tuscaloosa, it was a heartwarming tribute to Officers Crumby and Morin and all first responders.

During the service, Officer Crumby's sister said Garrett would have been embarrassed by the attention. He would want us to be brave and strong and honor his memory by our continued service with professionalism.



Chief Kirk Giles



Albert Morin



Officer Garrett Crumby

The sorrow in the wake of this senseless tragedy is felt deeply by our department as well as our community. Tragically, our officers were again reminded of the sacrifices their job requires.

Officer Crumby was taken too early performing a heroic deed for someone he didn't know. Like Officers Crumby and Morin, we understand such a noble calling comes with risks.

It's impossible to single out and thank everyone for their support. I ask for continued prayers for our department, their families as well as our community as we grieve the loss of one hero and cheer on another hero eager to return to the job he loves.

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Para-cyclists Return to Huntsville, This Time for Larger World Cup Event

By Claire Aiello VP, Marketing & Communications Huntsville/Madison County Chamber

We are excited to host more than 350 of the world’s fastest para-cyclists in Cummings Research Park (CRP) over May 26-29, and we hope you’ll join us along the course! Yes, that is Memorial Day weekend and this will be an incredible event to attend – so please make it part of your plans.

This is Huntsville’s third year to host a Para-cycling road event with U.S. Paralympics Cycling and Medalist Sports, and this will be a much larger race with international prestige and teams of athletes from 30 to 40 countries. The UCI Para-Cycling Road World Cup is the first World Cup to be held on U.S. soil, and athletes are buzzing about coming to the Rocket City.

“We are thrilled to welcome these amazing elite athletes to Huntsville and know the Rocket City will welcome them openly,” said Erin Koshut, CRP’s Executive Director. “We encourage everyone to come out to the races and be part of this fun international event.”

Visit huntsvilleparaworldcup.com for course maps, parking information, a volunteer signup link, the schedule, and more. Individual Time Trials will be held Friday and Saturday, and Road Races will

be on Sunday and Monday. You will see different types of events each day, including handcycling, tricycling, cycling, and tandem cycling. There will be a handcycling relay race on Monday.

Volunteering

The organizers want to provide a safe course for the athletes, and they’re able to do that with the help of volunteers. The biggest need is for course marshals over the four days of racing, and training will be provided. Everyone who signs up for a shift and shows up to work will be entered in a drawing for prizes: including Team USA gear, a hotel stay, restaurant gift cards, and a \$500 Breeze Airways voucher. You can select your day and time slot. Volunteers also get a free t-shirt, plus a meal if your shift is around lunchtime.

Volunteers must be 16 or older, but if you have younger children, it’s fine to bring them. They can sit next to you on the grass and cheer!

Who’s Coming?

Overall, we expect to see about 50 athletes representing Team USA, and we also expect teams from Great Britain, Ireland, Spain, Portugal, Belgium, Italy, the Netherlands, Australia, Germany, Mexico, Japan, and more.

The Westin is the official race hotel, and other teams will stay at nearby hotels. You will see them practicing on the roads in the week or two leading up to the races. We ask that you please use caution around these riders. You will see and hear more safety messages in the coming weeks.

Parking and Spectating

No tickets are needed for this event, so we encourage you to bring family and friends to come watch the races. The start/finish area is on Explorer Boulevard, in front of Columbia High School. Parking is available at the school and at a number of businesses in CRP, and you are welcome to bring blankets or chairs and spectate around the Explorer Blvd. ring. This year, HudsonAlpha Institute for Biotechnology will host the Athlete Village and is also the location for the awards stage.

Memorial Day Plans

A special ceremony is planned for Monday, May 29 (Memorial Day) to honor athletes with military ties. About 30 percent of Team USA’s athletes are Veterans, and several international athletes have also served. This year, the Paralyzed Veterans of America team plans to return to compete in the races. Additionally, the Department of Defense helps with funding for the UCI Para-Cycling Road World Cup.

We are also planning celebratory fireworks on Monday evening to officially close the four days of racing!



Sam Bosco is a para-cyclist for Team USA and swept World Cup races in the C4 division in 2022 Photo Credit: Casey Gibson, USOPC



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Nurturing the Art of Excellence for 25 Years

By Dr Ginger Beazley

Twenty-five years doesn't seem very long, particularly if you're waiting for the fulfillment of a dream you've had for longer than that. Friends had often heard me say that I would like to begin a school teaching music, theater and instrumental performance. However, Bob Baker finally grew weary of hearing me, so in an aggressiveness that was not characteristic of Bob, he decided that we would go together to create the school and a small theater for performances. I smiled and ignored him as he continued to call and ask me to come and look at a location he'd found until one day we walked into the community center associated with a mill on Meridian Street. He asked, "Is this ceiling high enough for good acoustics?" With my resounding "Yes," he began the process of purchasing the space with an agreement that his antique business would be housed on the bottom floor, and we would share the theater and studio space on the second floor. My greatest assets were several young teachers, Trent England, Karen Young, Michelle Bauer and Bethany Parlier, who were ready to begin teaching in the school as well as helping renovate and publicize the beginning of the journey.

Beginnings are always exciting and much harder than one thought they would be, but looking back we were a good team with the energy and creativity that only those in their twenties have. (This refers to the teachers, not the founder). The desire we shared was to see a quality of knowledge and instruction that one finds in conservatories while not limiting the ages of those who usually attend these prestigious institutions. As I had already been teaching twenty plus years, I knew the curriculum would include private instruction in a performance craft, at least a weekly or monthly theory and oral training classes, an opportunity to perform in a casual, supportive environment, at least monthly, and eventually present the product of their training to the community.

So, what have we accomplished? With the addition of many teachers we have heard and seen preschool children learn to love the rhythm and tune of music and some individuals in their nineties continue to make the music that brings them joy and passion. Ars Nova has produced plays, musicals and operas for and with ALL ages and transported many of these to elderly facilities, preschools and middle schools, high schools and churches.

I want to share two of our experiences that we treasure and remember with love and grace in our hearts. We wanted to present Disney's Beauty and the Beast and watched eagerly to see the rights offered to amateur groups. After a performance, actors traditionally greet their audience in the lobby and one of our actors singing Belle, Christie Weber, encountered a young boy with an enthusiasm so spontaneous and overflowing that Christie asked the mother why he was so excited. Her response was one of those magic moments that only God can create. This young man had just received a cochlear transplant and Belle was his introduction to sound.

One of our members saw a movie of a musical, Brundibar, written by Tony Kushner with illustrations by Maurice Sendak. Written by German Jewish composers, Hans Krassa and Adolf Hoffmeister, interred in a prison camp during World War II, they organized the children to perform the story of a bully and of a champion named Brundibar who defeated him. This was a necessity for Ars Nova to present and it was our delight to stage and share this with Huntsville and a special guest, Ela Weissberger, a Holocaust survivor who came to spend the week with us and the community.

The evening was closed with a musical arrangement of "I never saw another butterfly," a compilation of poems written by the children in the camp.

It is this quality of experience we create for our students and the community. It requires many staff and volunteer hours and a continuing commitment of our faculty to nurture the art of excellence and to prepare musicians and performers.



Dr. Ginger Beazley

Makeup courtesy of Karen Heller promairmakeup.com
Photo by Mandi Cook Photography



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Fantasy Playhouse Children's Theater & Academy: A Robe, Slippers, Gift Card to a Nail Salon

By Emily Rodrick Marketing/Public Relations Manager

Mother's Day gifts have all been done before. What Huntsville Moms are all a buzz about this year is pixie dust! That's right, good old fashioned fairy-filled magic pixie dust conjured from none other than Fantasy Playhouse Children's Theater & Academy's (FPCTA) Tinker Bell, performing live on Mother's Day weekend at Huntsville Botanical Garden. Pirates, Lost Boys, Wendy, and even Peter Pan himself are all along for the ride as Tink finally gets to tell her side of the story!

Back by popular demand, this outdoor production was originally presented back in 2021 when audiences couldn't gather safely indoors. Through the brave innovation and creative pivot of Magic Makers at FPCTA, (namely Director Kendra Kizer, assisted by partner Kailey Burkhardt) they created a special production filled with action, comedy, and heart that the community needed more than ever. Tink (played by Aria Brown) and the entire cast of characters (most returning to reprise their hilarious roles – and they are stellar!) will take over the Gardens in May. So don't be surprised if you encounter a dramatic sword fight or watch a fairy fly across the sky. Patrons are invited to bring chairs and blankets to enjoy this outdoor production. It's the perfect setting for an unforgettable Mother's Day for all Huntsville families. Weather permitting this production will take place at the Four Seasons Garden. Rain date performances are scheduled for Sunday May 21st.

Once you've soared through Neverland, make a pit stop at Fantasy-Playhouse.org to check out the spectacular offerings of summer programming! Camp season kicks off on May 30th with half-day and full-day options for all levels of creative learners. The FPCTA Summer academy season offers performance showcases of Mary Poppins JR. And Puffs, a parody of all the Harry Potter books squeezed into one hilarious production. Choose an option that fits into your summer schedule. Fun-filled adventures with Bluey, Doc McStuffins, and even a Broadway Bootcamp for students ready to kick-ball – change it up a notch! No matter what makes your little star light up, FPCTA will allow them to take the stage this summer with opportunities for all ages. Camps offered at Bob Jones High School in Madison and at FPCTA's main office on Long Ave in Huntsville.

For the parents, FPCTA offers a few events a year that may intrigue the adult crowd. This June, adults can play a part in FPCTA's annual fundraiser Rocket City's Got Talent; an evening of drinks, entertainment, silent auction bidding, heavy hors d'oeuvres, and a live show where local businesses enter their most talented employees to compete in our live talent show. If your company would like to put forth a performer and raise money on their behalf, contestant registration is now open! Play an instrument or sing your best karaoke song while the community votes with their dollars for the 2023 winner of Rocket City's Got Talent! Contestants should register now and attendees can purchase tickets for this event which will take place on Friday night June 2nd at The Atrium at Redstone Federal Credit Union on Wynn Drive. Information about RCGT can be found online: Fantasyplayhouse.org/RCGT.

Fantasy Playhouse Children's Theatre and Academy celebrates the upcoming announcement of their 63rd Season as one America's longest running children's theaters of the southeast. Keep an eye out for a vibrant upcoming season of world premiere new plays, twisted fairytales, and family friendly memories to be made. Join the hundreds of thousands of Huntsvillian's who have enjoyed this magical tradition of live family friendly theater since 1961. Let the magic continue!



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Introducing North Alabama Concrete Solutions

By Phillip Bone, CEO North Alabama Concrete Solutions

As a new season begins and opportunities for growth are among us all, I am pleased to join in on the spirit of the season and create a new beginning of sorts for my company and introduce myself as *South Huntsville Neighbors* concrete contracting contributor. At North Alabama Concrete Solutions, we are eager to share with our community a little about the company’s founding, values, and plan to be an integral part of helping the South Huntsville area to continue to grow. I would like to begin by telling you about myself, the history of the company and what we have to offer. Services offered are driveways and extensions, patios and stairs, sidewalks, stamped concrete, demolition, staining and sealing and overlays.

My name is Phillip Bone, founder, and C.E.O of North Alabama Concrete Solutions. I am a native resident of Madison County and was raised on the East side of the county in Brownsboro. As a young man, I joined the Marine Corp, but eventually returned to Huntsville, where I took the opportunity to start apprenticing under some of the finest contractors in the business. After 18 years of working for larger companies, a personal realization that my own family was expanding once again, giving me 7 children now, I knew I needed to support them with a more sustaining income. Thus, in February of 2019, I leaned into the Lord for clarification and confirmation one last time and opened North Alabama Concrete Solutions.

Over the last several years of business, I have had countless opportunities to grow my profile and have worked with some truly remarkable clients. I have made it a priority of the company to develop trusting and positive relationships with my clients. I strive to be transparent, aid my clients in bringing their visions to fruition, and keep excellent communication at the center of every project I do. Our greatest concern is client satisfaction and being able to have a company that stands for fairness, quality work, and its good name. We are so proud to say we are a five-star reviewed company with its accreditation through the Better Business Bureau of Alabama. Every job, small or large, is of equal and utmost importance.

I hope to have an opportunity to meet some of you and hear about any future projects or questions you may have. I look forward to bringing solid experience to the community for any concrete projects that may be around the corner. North Alabama Concrete Solutions can be found on the web at *NorthAlabamaConcreteSolutions.com* and we can be easily reached by phone at 256-692-4130. We are happy to provide any future clients with a list of references and pictures of past projects. Our office is located at 464 Bass Cr Ste C Huntsville, AL 35801. We would love to set up a free consultation and when you call, please mention how you heard about us, as we value your feedback. Check us out on Facebook and Instagram. God Bless and God Keep.

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For Sale By Owner (FSBO)

By Darin Windham, Realtor, Key Finders Group RE/Max Alliance



Every spring, homes with a FSBO sign in the front yard appear. You may have already spotted one or two in your neighborhood. As a real estate agent, we want to convince them to let us list their home. In trying to win over a “for sale by owner” (FSBO) listing, these are some strategies to try. Some are tried and true tactics, and others are unique methods that savvy agents can use to build relationships and earn business.

Compliment Them

Boost their ego by complimenting them on taking on a difficult task. While this may sound counter-productive, it's not. Many decide to take the FSBO route without researching the complexities that lie ahead.

Explain the benefits of listing with an agent

Many FSBO sellers are simply trying to get the most money out of the sale of their home. In trying to earn these listings, we have to present a convincing argument for why working with a real estate agent is beneficial. Some of the top benefits we highlight include our experience in marketing homes successfully, pricing properties appropriately, and negotiating offers to net top dollar for the seller.

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DARIN WINDHAM
REALTOR

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HAPPY CLIENTS THE KEY TO OUR SUCCESS!



Show them the data

In most markets, homes with agent representation sell faster and for more money than FSBO listings. We work in one of these markets here in our area, and presenting would-be clients with hard numbers can be a convincing way to win the listing. In most cases, you can find data that compares agent-listed properties to FSBO properties in your multiple listing service (MLS).

Practice overcoming objections

Inevitably, potential clients are going to have objections to listing with a real estate agent. That's why it's key to practice our responses to alleviate their doubts. We take the time to write down the most common seller objections, then create scripts to be used to counter those points. This helps us to feel much more confident in our presentation.

Prepare a list of buyers

I've saved the best for last: we explain how we can streamline the home sale process by preparing a shortlist of buyers who have already been pre-qualified for a mortgage and are especially looking for a home in their area or neighborhood.

As a real estate agent speaking with a FSBO, demonstrating your value is important; and building a relationship that will convince the seller to list with you or your agency.

*Darin can be contacted at 256-652-9032
or darin@keyfindersgroup.com*

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DESIGNING DREAMS



What Does My Homeowners Policy Cover? By Todd Powers, Alfa Insurance

Buying a home is likely the biggest financial step you'll take in your life and one of the few physical financial assets you can have. Protecting your investment is crucial, and homeowners insurance helps you do that. Let's dig into what your homeowner's insurance means.

At its simplest definition, a homeowners policy will repair or replace your property, other structures and personal property, as well as provide personal liability protection, when a covered loss (or a peril) has occurred.

What is an insurance peril?

In insurance terms, a peril refers to an event that causes a loss. Every insurance provider may be different, but your policy documents will define what covered perils are in your specific policy. If you have damage to your property and the cause of loss is not considered a covered peril, you may not have coverage. There are often endorsements you can add to your homeowners insurance that will extend coverage to include more limits or more perils, so talking with your agent can help determine your needs.

A list of common covered perils on homeowners' policies:

- Fire and Smoke Damage
- Windstorms
- Hail
- Water Damage (usually some exclusions to this one)
- Damage from ice, snow or sleet
- Falling Objects (such as a healthy tree during a storm)
- Vandalism
- Explosions
- Glass Breakage
- Theft

What has protection on a homeowners policy?

- Your home (this includes the inside and outside of your house)
- Structures attached to your home (such as an awning or a porch)
- Other structures (like a tool shed or gazebo)
- Personal property (the items you own, inside the home or not)
- Personal liability (for damages or injuries)
- Loss of Use

Let's dig a little deeper into each of these.

Your Home

Your home's interior or exterior, as well as attached structures like an awning or carport, are covered under the dwelling coverage of a homeowners policy, in the event of a covered peril. This means, after you file a claim and pay your deductible, your policy's coverage kicks in to repair or replace the damaged home or structure up to your policy limits.

Other Structures

Structures on your property that are not attached to your dwelling and are not considered personal property would likely fall under other structures coverage. Examples of other structures on a homeowners policy could be:

- Gazebos
- Privacy fences
- Tool sheds
- Detached garages
- Swimming pools
- Driveways

Personal Liability

While personal liability doesn't repair or replace damaged items, it does provide financial protection for you when you're found liable for causing damage or harm to others. Liability means responsibility. So, when you're found responsible for someone's injury or damages to their belongings, your personal liability coverage may kick in. If a guest slips and falls in your kitchen and you're found liable, personal liability coverage may pay for the guest's medical bills.

Todd Powers is a local Alfa Agent in South Huntsville. He specializes in home, auto and life insurance. Reach out to him at 256-883-8598 or tpowers@alfains.com.

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By Ron Hicks,
Pool Scouts of
Huntsville

The Swimming Pool Cannonball Contest Is Back On



We are in April. We've officially made it ALL THE WAY THROUGH MARCH. Spring has SPRUNG and we are jumping feet first into our busiest season of the year for your favorite pool team, Pool Scouts of Huntsville. A few

things immediately came to mind as we finished March. We are all excited about March Madness and we have seen the winners and losers of their brackets. As we rack and stack your brackets looking out for the underdog. Another highlight is the St. Patrick's Day parade and all of the people that love to wear green in celebration. Finally it is the first day of Spring as of March 20th.

Spring is in full swing. It's time for our final and most eventful time of year, the temperature is starting to hit 70 degrees off-and-on and people are starting to look at their yards. The next piece is to look at your pool cover to see how it has been maintained over the winter, if you have a cover on it. The opening of your pool during March and April is the most exciting time for us as it means it's almost time for the timeless tradition of the cannonball contest. If you have allowed your pool company to perform winter service in most cases the water is clear. If you did nothing to your pool over the winter, then in most cases if you peep behind the cover, it is green.

If your pool is green a few things are needed, an extra set of elbow grease and patience, as this is not an overnight process. Neither of these is a problem for your favorite pool lifeguard here at Pool Scouts. A green pool indicates the water is no longer properly balanced and it has stagnated for too long. Cleaning algae out of your swimming pool is a simple task and delicate task, you will need a few days of maintenance before anyone can go swimming.

If you are still asking yourself if you should do it yourself, I would say you want to consider hiring a professional cleaning service to keep your pool pristine and in tip-top condition, as it will save you time and headaches. We are paid to notice all of the little things that cause costly repairs in the future. Even if you have someone open the pool it will save you time and money for the start of the season concerning chemicals. We ensure that your pool comes out of winterization ready for peak performance. We also ensure that your pool has not sustained any damage during the winter checking every nook and cranny. All of these actions allow you more time to do other things. We shorten your time span for jumping into the pool while it goes faster and smoother with expert oversight. We offer openings, Green to Blue services, weekly and bi-weekly recurring services along with vacation services.

We are here to support you in any way possible to take care of one of your most valued assets, your pool. Call us today at 256-863-3727 or email us a request for service at www.poolscouts.com/huntsville.



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Meet Jill McClure Huntsville Decorating Center

By Bob Druckman, Publisher South Huntsville Neighbors

Huntsville Decorating Center has been a fixture in our decorating scene for many years. What many people don't know is that they offer a FREE decorating service every Wednesday from 8:30-5:00. Jill McClure is their resident designer.

Jill is a native of Nashville, she and her husband moved to Huntsville in 2006. "My husband's job brought us here, we can't think of a better place to live and raise our kids, we love it here." Jill is a graduate of Nashville's Watkins College of Art & Design where she majored in Fine Arts and Interior Design.

She started out in a Design Trade showroom working with other area interior designers, went on from there to selling high end furniture and eventually landed work for a builder in East Tennessee where she decorated model homes for startup communities.

After several years of being a stay at home mom, Jill stepped back into the design world. She and her husband have bought, renovated, and sold a few homes in the Blossomwood neighborhood. Her current home is now a mid-century modern that was designed and built by an architect in the early 70s; the large windows, clean architectural lines with the rustic mountainside setting is why she chose this home. In addition to undertaking these projects, she and her husband opened up Sip Fine Spirits & Cigar Lounge in Downtown Huntsville and Sip Cigars & Lounge in Decatur. The décor was Jill's vision and creation.

Jill became the resident designer at Huntsville Decorating Center after being a long time customer of theirs. Currently, Jill assists customers as walk-ins, but will soon be set up as appointment only. "I'd like to give each client my undivided time for their projects."



CONTINUED ON BOTTOM
OF NEXT PAGE

Rocket City Remediation

By Austin Manhart, Owner
Rocket City Remediation

My name is Austin Manhart, owner and operator of Rocket City Remediation LLC. We are a small Veteran owned business local to Alabama. Rocket City Remediation LLC is a licensed and insured business. We pride ourselves by being the highest rated business of this kind on Angi, Google, Yelp and HomeAdvisor. Together with my partners Calvin Jacobson and Stephanie Manhart we strive to provide honest and dependable work. We run on a hand shake and a smile.

Our business specializes in Mold testing, treatment and removal. We are here for all your mold needs. I and Calvin have 10 years of experience combined, guaranteeing you the best quality of work making us your go to local mold experts. We use a four stage system that eliminates all types of mold and its spores. Living in Alabama we have a higher humidity which is perfect for mold to thrive. The spores move into the air space and can make you and your loved ones sick. So we have made it our job to provide better breathing and safer living for all who seek it.

We spent what seems like ages working to figure out what Alabama needed and a dependable mold remediation company was the key. We have a growing family ourselves so we understand the importance of having a safe, clean living and work space.

We don't just stop inside though; we also treat crawl spaces, attics, HVAC ductwork and anywhere else this pesky mold, bacteria or fungus might grow. If your crawlspace is holding moisture or growing mold and fungus we can fix it with our four stage treatments and an encapsulation. We only use the best products to ensure the quality of our work. The **first step** in our signature four stage remediation is MMR; this step is physically scrubbed on to remove the staining from any mold or fungus. The **second stage** is Onslaught; this chemical is a strong killer. It kills mold, fungus, bacteria and viruses such as HIV, Hepatitis, smallpox, Covid and many more. Our **third stage** is an antimicrobial sealant; this reseals the wood back to factory standards preventing future growth. The **final stage** is a Particulate cleaner; this grabs hold of any leftover particles left in the airspace and eliminates it. This system is proven to give the best possible results, but we don't just stop there. Do you need a drainage system so that the water no longer travels under your home causing the mold to grow? We can take care of that while we are there! Do you want to make sure the air in your home is clean and safe? With our Hydroxyl Ozone Generator we can make sure the air you and your loved ones breathe is safe and clean. We are the only company in the area that can offer this service and it's a great one in my book. The Hydroxyl Ozone Generator purifies the air removing mold spores, dust, dander and even viruses like Covid. Breathe easy knowing you have put your trust in Rocket City Remediation LLC. Call us today for an inspection and make sure you are living your best possible life.



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CONTINUED FROM PAGE 14

We discussed current trends and some of the projects keeping her busy as a designer. Interior and exterior color schemes finish selections for new builds and renovations, decor and furniture and staging services for real estate listings. "I also love home makeovers, we use as much of the clients existing furniture and décor as we can."

Paint Colors "Warm, earthy palettes. Chocolate brown, Olive green and Teal are a few of my current favorites. You'll definitely be seeing more color for 2023-24"

Wallpaper "It's been on the rise for several years, the use of wallpaper in powder and laundry rooms or an accent wall, I'm now seeing a shift into papering larger spaces and hallways. Stripes, large scale prints and papering in unexpected places, such as ceilings, will be popular"

Flooring "Patterned tile and carpet. Light and natural wood tones will remain popular for hardwoods. LVP is very popular, consumers love having environmentally-friendly options."

Kitchens "Sleek cabinet doors, the use of mixed metals, bold color choices, statement lighting & stone slab backsplashes. Gold cabinet hardware will remain popular."

When I asked Jill what her message would be to the readers of *South Huntsville Neighbors* she said, "I'm at Huntsville Decorating Center every Wednesday to help with your design needs. Come and see me."

Benjamin Moore

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*Special
Feature:*

**National
Military Spouse
Appreciation
Day**



Prologue By Bob Druckman

Each year the Friday before Mother's Day is set aside as National Military Spouse Appreciation Day. This year it is May 12th. Being a military spouse is a familyhood of those who also support the military; no different than the other support organizations that help the military achieve their goals.

In this issue you will meet five military spouses, each with a unique story to tell. They discuss the challenges of being a military spouse, their backgrounds, and how we as the general public can help honor them.

I want to thank Jennifer Holliday for setting this up for us. It started with a conversation at a 90th birthday party for Billy "Pop" Neal (who was on our Veterans Day cover last November). We met and brainstormed ideas and what you will read is the culmination of these meetings.

I would also like to thank the military spouses who participated in this project. Your dedication to your spouses and our country is truly appreciated.

Jennifer Holliday



Photo by Mandi Cook Photography

By Jennifer Holliday

I grew up in New Jersey and never would have expected to live in Alabama, but the South and Alabama truly are "Sweet Home." Some of my extended family lived near West Point, New York. That proximity to the US Military Academy led to meeting my husband, Doc (Tom) Holliday. Most of our military life was in Southern states with our three children. We almost moved to Europe once but that was as close as I got to the world tour I had expected when I "married the military." All our duty stations were great locations where we met wonderful friends and had a mix of interesting, exhausting, exciting, depressing, happy, and amazing experiences.

We were lucky to have longer-than-normal tours while the kids were young but did get some of the quick-move experience in our last few moves.

Ever since friends introduced us to North Alabama in 2009, our plan had been to retire in Huntsville. We were very surprised when the Army offered a job exactly where we wanted to be! We moved to Redstone Arsenal in 2016 and Doc retired from the Army in 2018. We are officially permanent residents of Huntsville.

National Military Spouse Appreciation Day spotlights a small but mighty community that has traditionally been misunderstood and undervalued. It helps the public recognize those who are the backbone of our military. It is also a day that reminds military spouses themselves to pause and celebrate each other, not just those with a platform, but each military spouse for his or her daily service and sacrifices.

I did not have a career plan when we married – and I moved out of Jersey for the first time in my life, to Kansas. It was the great unknown on every level. I was lucky enough to get a job as a legal secretary at the Riley County Attorney’s Office in Manhattan, Kansas (The Little Apple), in 1998. Following some remote work for that office in the early 2000s, I volunteered within each of our units along the way, and for nonprofits, and ran a couple of small businesses. My focus and passion have always been on learning new skills, networking, sharing resources, and supporting military spouses, families, and Veterans. Those experiences eventually led to an opportunity with the State of Alabama and the Alabama Military Stability Foundation, where I helped design and curate resources for the new Alabama *Heroes Welcome Initiative* website in 2020.

Taking the *Heroes Welcome* website concept to a more personal level, I now serve as the Alabama Military Family Liaison, within the *Heroes Welcome Initiative*, as “boots on the ground” connectivity between the State, local communities, and military families. I collaborate across a wide variety of organizations and agencies at every level to inform the State of needs within the military community and opportunities for support, help bridge communication gaps between military families and their local communities, support and develop programs that improve Alabama’s military family quality of life, and advocate for policy advancements on topics of concern for military families. One of those programs is a first-of-its-kind statewide virtual network for military spouses created in partnership with the Military Spouse Advocacy Network, which is called the Alabama Mentorship-HUB.

Honoring military spouses can be as simple as thanking them for their service, similar to the way we all thank service members and Veterans. Going beyond the “thank you,” though, just give them a chance. Whether it is as a newcomer to your area or a potential employee, whatever the situation, give a military spouse the chance to be himself or herself and to get involved with your groups, organizations, and businesses – even if they are only in your life for a short time before having to move to the next duty station.

CONTINUED ON PAGE 18

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Heather Conkle

By Heather Conkle

Photo by Mandi Cook
Photography

I'm a third-generation Army spouse, so identifying a hometown has always been a challenge for me. I was born in Kansas, moved to Panama, and then spent most of my childhood on and around Fort Bragg, North Carolina. My dad retired from the Army when I was in high school, and we relocated to Enterprise, Alabama, so he could work at Fort Rucker. So Enterprise is my adopted hometown.

I graduated from Troy (State) University in 1996. My husband David (a native of Phenix City) joined the Army about a year after our graduation from Troy, and then served 25 years in Military Intelligence. We have three children, all of whom have grown up with the frequent moves and constant deployments shared by so many military kids over the last 20+ years of conflict. Our family moved to Decatur about two years ago to be closer to family and create a homebase while our daughter finished high school. We are thoroughly enjoying North Alabama and our new hometown, especially since my husband retired from active duty last fall.

I am incredibly proud to be a military spouse (milspo). My mother and grandmother were supportive sounding boards for me when I faced my husband's first deployment while we lived so far from home. They taught me to embrace the opportunities

provided by a life of military service instead of always focusing on its challenges. I grew up appreciating differences in cultures and perspectives because I was constantly meeting people who looked different from me, spoke different languages, and ate different foods. No matter where the Army sent our family, I knew I could find a welcoming community among those who shared a sense of pride in the service to our country yet understood the nuances of being far from home and constantly starting over. For me, National Military Spouse Appreciation Day is a chance to focus on the unique impact that so many other people have had on my life. It also allows me a moment to acknowledge my own experiences along the way.

Finding meaningful employment as an active-duty spouse was so challenging that I eventually decided to devote my time and energy to full-time volunteerism with the American Red Cross (Service to Armed Forces) and other military-focused organizations. While those experiences didn't provide me with a paycheck or contribute to our family income, the responsibilities and privileges of supporting veterans, service members, and military communities allowed me to develop transferable skills and build a broad network. Today I am a Talent Management Coordinator with PZI International Consulting here in Huntsville, a company that was founded and created by a military spouse. Many of my co-workers are military spouses, and I finally have a chance to build a career using the skills I've honed over 25 years of managing volunteers, coordinating resources, and providing training. Our company also recently joined the Military Spouse Employment Program through Hiring Our Heroes, and I now have the chance to help coordinate opportunities for our five Fellows from the program. Frequent moves are more than a hassle: they often prevent military spouses from establishing careers. It is so rewarding to be making a difference in the fight against the disproportionately high unemployment rate that milspo's face!

Today's military spouses are highly educated, adaptable, and resourceful. In addition to commitment and resilience, they often bring the gifts of perspective and a broadened worldview to their communities and workplaces. We can honor them by empowering them to create meaningful careers, valuing their contributions, and welcoming them into our communities and neighborhoods.



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Ashley Engles-Ross By Ashley Engles-Ross

Tell us about your background, where you are from originally, schooling, and family information. Also, how long in Huntsville.

- I am from Pittsburgh, Pennsylvania.
- My father, and grandfathers served in the Armed Forces.
- I went to the University of Pittsburgh and earned a BA in Social Work.
- I joined the Army and was assigned to Fort Bliss Texas where I earned a master's in public administration at the University of Texas, El Paso, and met my husband.
- My husband was assigned to Redstone Arsenal in 2012, he retired after 30 years of service in 2015, and we have lived here ever since.
- We currently live in Madison, Alabama.

May 12 2023 is honored as National Military Spouse Appreciation Day, what does that mean to you?

On one hand it's kind of embarrassing. It's just what I did alongside hundreds of others that did it far better than I. On the other hand, there were countless times over the course of our service that people would say to me, "I don't know how you do it." So for me National Military Spouse Appreciation Day recognizes all the things I had to do alone, not because my spouse didn't want to, but because service to our country came first.

What have been some of the challenges finding a position as a military spouse?

- Moving
- Lapses in employment on my resume
- Seniority – I was always starting over
- Work schedule that allowed me to be a single parent
- Schools (good, safe) and Childcare (availability, expense, flexible hours)

What position do you hold today?

Vice President, Small Business at the Huntsville Madison County Chamber of Commerce.

How can the general public help honor military spouses?

In the workplace in particular:

- Support policy that allows professional licenses like those earned by Social Workers, Counselors, Teachers, Lawyers, and Nurses to be recognized from State to State (Heroes Welcome Initiative, military spouse exemption)
- Support work policies and procedures that allow remote work and flexible schedules. This helps:
 - » Spouses keep jobs as they move from duty station to duty station
 - » Allows Spouses flexibility as they adjust to frequent deployments or unconventional schedules
- Contribute to efforts to improve childcare in our community.
 - » Offer a child care stipend
 - » Work with outside organizations to offer childcare for employees



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CONTINUED ON PAGE 20

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Kristen Gilbert By Kristen Gilbert

Tell us about your background, where you are from originally, schooling, and family information. Also, how long in Huntsville.

I grew up as a military child and loved the culture so much that I chose to pursue it personally. My Dad modeled selfless service and I was drawn to a career field that valued people, leadership, integrity and teamwork. I earned an ROTC Scholarship at Wake Forest University and upon graduation, I was commissioned as a Quartermaster Officer in the U.S. Army. Within 5 months of arrival to my unit, I deployed to Afghanistan for 15 months in support of Operation Enduring Freedom, and I would deploy there for another 12 months the following year as a Company Commander of 212 Soldiers. The leadership opportunities afforded to me were life changing. After transitioning out of the Army as a Captain, I married a wonderful Logistics Officer, Pete, and was back in the lifestyle as a military spouse! I earned an MBA, had two great kiddos, and have been supporting my husband in his various leadership positions, including Battalion and Brigade Command. I care deeply about my role as a military spouse and it has been so rewarding. We had the pleasure to live in Huntsville during 2016-2018 and are thrilled to have moved back this past summer.

What are some challenges in finding a position as a military spouse?

Many military spouses encounter several unique barriers to employment. They face frequent and abrupt moves, often with short notice. There is added difficulty in transferring professional licenses from state to state. Also, high demand on the Active Duty service member means that spouses often carry the majority of responsibility of parenting during certain periods such as deployments and long training exercises. Moreover, I have often seen that the absence of the service member is commonly coupled with childcare difficulties. Military spouses are less likely to live near family and likely feel these are uniquely military challenges which hinder them from entering the workforce.

What position do you hold today?

We recently completed two years of Brigade Command in the 101st Airborne Division. There I served as the Soldier & Family Readiness Group (SFRG) Senior Advisor at the Brigade level. This dynamic leadership role focused on leading and mentoring approximately 2500 Soldiers & spouses as it pertained to our SFRG program – communicating available resources, planning large-scale events, communicating with military and community leaders. During which time Pete and his Brigade was deployed to the Middle East and spread across 13 countries for 9 months. I also served as President of the Fort Campbell School Board in 2022. Having moved to Huntsville this past summer, I currently substitute teach at my children’s school and am focused on raising two great kiddos who are active in many areas.

May 12 is honored as National Military Spouse Appreciation Day, what does that mean to you?

Military spouses, like Soldiers, represent the best of who we are as Americans. Even during demanding circumstances, military spouses sacrifice and serve their families and community to meet the needs of those around them. They juggle so many responsibilities and are knit together by a commitment to serve and invest in others for the greater good. They are inspiring leaders, enthusiastic and active citizens, and I am honored to call so many military spouses my closest friends.

How can the general public help honor military spouses?

A commitment from the community to strengthen military families through increasing military spouse employment would be so helpful. Recognizing the value they bring to an organization equates to unlimited potential for growth, success and connection within the community. As a parent, it is also helpful when schools foster a climate of inclusion for blue star children. Encouraging their students to widen their friendship circles when new students arrive is very important and helps our children feel a sense of belonging. Our children are resilient and acclimate quickly! I feel that Huntsville is consistently striving to meet the needs of its military families, and for that I am grateful and proud to call Huntsville home.



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Genevieve Kruger By Genevieve Kruger

I come from a long line of family who served in different branches of the military. Serving and supporting the military came easily as I became an Army spouse and mommy of two military children of my own! I was born in California, moved all over the U.S. as an Air Force “Brat” and attended five different schools growing up. My dad finished his military career in San Pedro, California and we settled in his hometown of Fayetteville, NC when I was a teenager. I graduated high school, went to college at Elon University, NC, and then returned to the Fayetteville area to teach High School English. I met and fell in love with my Army husband while he was stationed in Fort Bragg, NC. He then switched his career field from Infantry to Aviation. We started a family while supporting his Army Aviation journey as a Blackhawk Pilot. The Army sent us on adventures to Fort Rucker, AL, Fort Campbell, KY, Wheeler Army Airfield Oahu, Hawaii, and Fort Drum, NY. After a successful 22 1/2 years of service and six deployments, my husband retired on December 1, 2022! Upon his retirement, we decided to make Huntsville, AL our permanent home. We bought a new house in April and are happy to be back in Alabama.

As May 12th is a day honored as National Military Spouse Appreciation Day, I feel honored to be recognized in the same ranks of other strong military spouses. Military life has its unique challenges and military spouses are a unique group who not only understand the sacrifices and challenges, but also give that much needed support and encouragement on the home front. I have had some wonderful support serving as a military child and military spouse from the most resilient women in my family and friends. I proudly call them my “tribe.”

I was at the beginning of my career as a High School English Teacher when I met and married my husband. After five years in the education field, I stepped out of the classroom. Soon after, we PCSed (Permanent Change of Station) to Fort Rucker, AL and started our family. I found it easier for me to be a full time stay at home mom and raise my family while supporting my husband's career. Although I didn't work in the workforce, I found joy in many activities raising my daughters and volunteering with clubs and nonprofit organizations supporting military families. This allowed me to meet so many great people in the various local communities I lived in and gain many friendships while raising my daughters alone through deployments and training times. When my husband was planning his retirement, we discussed my desire to return to the workforce. In my journey back to the workforce, I have found some challenges pivoting from my work experience in education and converting the 13 years of volunteer experience to “work” experience. I have been using military spouse resources over the last year to help redevelop my skills and create a working resume with all the many skills I've gained as an educator, military spouse/mom, and avid volunteer.


In this new season we are interestingly swapping roles. I was recently hired to work part time as one of the newest Visitor's Information Assistant of the Huntsville/Madison County Convention & Visitors Bureau Center! My husband has taken on the role as “Stay At Home Daddy,” taking our daughters to school and getting the opportunity to volunteer in the commu-



Photo by Mandi Cook Photography


nity. My new job allows me to gain work experience, learn a new area and meet new people, while my husband gets to spend more time with our preteen daughters!

I am grateful for the friendships made from all over the U.S. who have walked this journey with me and become my family. The best way we can honor all our military spouses would be to embrace them like family, wherever their journey takes them.







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April Showers Bring May Flowers!

By Anita Giles MS, CCC-A Audiologist, Physicians Hearing Center

May: Springtime and Better Speech and Hearing Month

Have you ever heard of May baskets? In the 1800s, Louisa May Alcott wrote about May Basket Day. In the 1920s, some bold children left a May basket on the White House door for First Lady Grace Coolidge. The May Basket tradition involves leaving a paper basket containing flowers or sweets on someone's doorstep, knocking on the door, yelling "May Basket!" and running. If the recipient catches the giver, they are entitled to a kiss. I wonder how many "slow" runners were caught.

What memories does the month of May evoke for you? My memories take me back to elementary school for the May Day celebration filled with outdoor games, laughter, and dancing around the Maypole. May 1st is celebrated as a holiday in many different cultures around the world as a day for gathering together to celebrate life and springtime. Spring comes with many sounds—birds singing, children playing, lawnmowers, wind blowing, et cetera.

May has also been celebrated as Better Speech & Hearing Month with 2023 commemorating 50 years. Communication (Speech & Hearing) disorders are some of the most common conditions in children and adults, affecting tens of millions of people in the United States alone. Left untreated, these disorders can nega-

tively impact a person's academic, social and career success—as well as overall quality of life. Early treatment can positively impact many communication disorders. However, treatment can be obtained at any age or stage with good results.

More than 28 million Americans live with hearing loss but surprisingly only 20% seek help. Are you one of the millions of Americans who are missing the sounds of spring? Difficulty following conversations, feeling like others are mumbling, needing to increase the TV volume, and avoiding social gatherings are all symptoms of hearing loss. A professional evaluation of your hearing by an audiologist will assess hearing capacity and provide solutions for your hearing health concerns.

Our world is a noisy place. Taking care of your hearing also means protecting your hearing from damage caused by loud noises. Simple steps to accomplish this include limiting the time your ears are exposed to loud noise, putting distance between you and the noise, turning down the volume, and reducing the number of noise sources (TV, appliances) on at the same time. The use of hearing protection devices is necessary and can include earplugs or sound reducing earmuffs.

Continued on next page

SPRINGTIME AND

Better Speech & Hearing Month



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Don't miss out on the sounds of spring.

More than 46 million Americans live with hearing loss, but surprisingly, only 20% seek help for it.¹

Do you experience:

-  Difficulty following conversations?
-  Needing to increase the volume on various devices?
-  Avoiding social gatherings?

If you answered yes to one or more of the questions above, you may be experiencing hearing loss. **May is Better Speech & Hearing Month.** Consider a hearing evaluation to help you spring into better health!



Call (256) 536-9300

to schedule your appointment today!

¹Oyler, A et al. (2012). The American hearing loss epidemic: few of 46 million with hearing loss seek treatment. ASHA. <https://doi.org/10.1044/leader.FTR4.17022012.5>





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Watering and Burning and Itching, Oh My!

By Patricia M. Fulmer, OD, FAAO

A look at dry eye disease and ocular allergies

Spring has sprung, and while it's easy to love the beauty of the season, the pollen that accompanies it is unwelcome. At Legacy Vision Center, this time of year brings complaints of itching, burning, watering and/or red eyes with the assumption that the culprit is allergies. Many times, that's not wrong...however, did you know that dry eye disease (DED) can cause similar symptoms? Or that sometimes the two work together to make you uncomfortable? How can you know which problem you might be suffering from so you know how to make things better?

To discern between which condition might be causing your symptoms, it is important to understand the basic anatomy of the front of the eye. The ocular surface is comprised of the lids and lashes, the tear film, the conjunctiva (a clear tissue that primarily covers the white part of the eye), and the cornea. These structures must work properly and in unison for our eyes to remain healthy, comfortable, and clear.

So which structure is involved in each condition?

In dry eye disease, clinical changes occur within most or all of the ocular surface structures. The eyelids, which house our meibomian glands, are the most common starting place for DED due to increasing digital device use. These glands are responsible for producing the oil that is the outer layer of your tear film, and when we participate in activities that require staring (such as computer work), our blink rate decreases and the oil thickens. This leads to a thinner tear

Continued from previous page

Back to May Day, a term that can have different meanings depending on the context, a day to celebrate spring or a day to commemorate the struggles and gains of workers in the labor movement. It can also be used as a distress signal for a life-threatening situation. "Mayday, Mayday, Mayday" repeated three times is an urgent distress call. It is derived from the French phrase *venez m'aider* (*M'aidez!*) meaning "come and help me." A Mayday situation is one in which a vessel or person is in grave and imminent danger, requiring immediate assistance.

Are your ear vessels sending out a distress signal requesting immediate assistance to help your loss of hearing, reverse your communication disorder and improve your quality of life? Professional evaluation and help are available. Will you "Bring in the May" with healthy hearing?

Resources:

Lin FR, Niparko JK, Ferrucci L. Hearing loss prevalence in the United States. *Arch Intern Med.* 2011;171(20):1851-3.

Oyler, Anne *The American Hearing Loss Epidemic*
www.doi.org/10.1044/leader.FTR4.17022012.5

www.hearing.org American Academy of Audiology

www.asha.org American Speech Language Hearing Association

www.healthyhearing.com

layer which evaporates off the eye significantly faster. Advancing DED will show signs of irritation on the conjunctiva and cornea.

In ocular allergy cases, the main clinical signs will present in the conjunctiva and will be noted as small bumps under the eyelid. Varying levels of conjunctival swelling can be commonly seen, particularly in the nasal corner.

Are the symptoms the same?

The most common symptoms of DED include redness, burning, foreign body or gritty sensation, watering, and discomfort. Other symptoms may include transient blurred vision and itching, the latter being the reason people mistake DED for allergies.

Patients with ocular allergies overwhelmingly report itching. Watering and transient blur are also common, though less marked than the "itch" complaint. Redness and discomfort may also be present.

What causes these problems?

DED is an inflammatory condition with numerous different causes. Digital device use, age, gender, underlying systemic problems (particularly autoimmune disorders), and medications are the most common culprits. Environmental factors such as air quality, humidity levels, and exposure to chemicals or particles can also contribute.

Ocular allergy is almost exclusively environmental. Pollen is the most common trigger, but pet dander, mold, and even underlying food allergies can prompt symptoms.

How do I treat my eyes?

Many times, therapy requires over-the-counter eye drops. However, selecting the wrong drop yourself can lead to worsening symptoms. For example, incorrectly using antihistamine allergy drops will worsen DED. Therefore, it is important to obtain a proper diagnosis and treatment plan from your eye doctor.

Other potential steps include nutritional supplements, heat therapy, prescription drops or targeted lid treatments. At Legacy Vision Center, we are proud to utilize all of these including radiofrequency and intense pulse light therapy as indicated. Give us a call to see how we can help you enjoy your Spring!

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- > NAMCI



How HAPPI Health Has Recently Expanded Patient Care in the Community

By Adilene Guzman, Community Outreach Coordinator

HAPPI Health is thrilled to announce the opening of our fourth location, HAPPI St. Clair, is located 115 St. Clair Ave STE 200 on the second floor of the Outpatient Diagnostic Center building. The new location is only half a block away from our Franklin Street offices, so it's still close to our other locations.

HAPPI Health at St. Clair offers pediatric and family medicine care, as well as clinic appointments for our Hispanic Community. Dr. Angelique Andrews facilitates pediatric care, while Dr. George Kyle works with family medicine patients on Mondays. We have nurse practitioners on staff for the remainder of the week. HAPPI Health at St. Clair is open 8:00am-5:00pm Monday through Thursday and 8:00am-12:00pm on Fridays. Call the HAPPI St. Clair clinic at (256) 519-3650 to schedule your appointments.


It took several months to remodel our new location, but the hard work truly paid off, as we want to ensure we give our community the best patient experience. HAPPI Health at St. Clair is equipped with sixteen exam rooms, spacious restrooms, and a large waiting area with a beautiful view. We continue to partner with Pathgroup to facilitate on-site lab services. Also, the Outpatient Diagnostic

Center is located on the first floor of the building, which is convenient for our patients when they need radiology services after their HAPPI appointments. SyncTimes is a clinical communication software that is utilized at St. Clair and our other locations to give our patients a way to communicate with our clinical staff without the need to leave the exam rooms. We don't have a pharmacy on-site at St. Clair, but the Sparkman Pharmacy is only half a block away at 807 Franklin Street. With the opening of our new office, we also adjusted our other clinics to provide more room for our patients. Our HAPPI Behavioral Health was originally located at our Sparkman office and has now moved into a new office space. HAPPI Behavioral Health is located in what was previously our Urgent Care building, but now they share this space with Sparkman Pharmacy at 807 Franklin Street.


In case you didn't know, HAPPI Health offers behavioral health services to children and adults. We have two counselors, nurse practitioners, and T.O.V.A testing available on-site. Call HAPPI Behavioral Health for more information about scheduling an ADHD, depression, or anxiety evaluation appointment at (256) 286-0966.

Do you need to come in for a walk-in appointment? We still offer walk-in appointments at HAPPI Urgent Care for children and adults even if you are not an established patient with us. Our Urgent Care moved next door from its original location and is now located at 813 Franklin Street. Urgent Care has 12 exam rooms, with two nurse practitioners on site, and lab services available through Pathgroup. HAPPI Urgent Care is open from 8:30am-6:00pm, Monday through Friday, during our winter hours. In the summer our hours change from 8:30am-5:00pm. HAPPI Urgent Care is open on Saturdays from 9:00am-1:00pm, unless it's a holiday weekend.

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MAY IS MENTAL HEALTH AWARENESS MONTH: Ignoring the Stigma and Having the Courage to Ask for Help

By Dr. Shankar Yalamanchili, Medical Director, Unity Psychiatric Care Huntsville

May is Mental Health Awareness month, and while it's essential to promote mental health and well-being at all stages of life, it's particularly crucial to focus on mental health among seniors. Older adults often face unique challenges related to mental health, such as loneliness, isolation, and physical health problems, which can make them more vulnerable to mental illness and cognitive decline.

One of the most common mental health issues among seniors is depression. According to the National Institute of Mental Health, approximately 7 million adults over the age of 65 experience depression each year. Depression can be difficult to spot in seniors because it can manifest in different ways, such as irritability, loss of interest in hobbies, or physical symptoms like fatigue and pain. Another significant concern for seniors is dementia, a term used to describe a decline in cognitive function that affects memory, thinking, and behavior. Alzheimer's disease is the most common form of dementia, accounting for about 60-80% of cases. Warning signs of dementia may include memory loss that disrupts daily life, difficulty with familiar tasks, poor judgment, and changes in mood or personality.

If you're concerned about the mental health of an older adult in your life, it's essential to be aware of warning signs and seek help if necessary. Some signs of mental illness or cognitive decline include:

- **Social withdrawal:** If your loved one is isolating themselves from family and friends or not participating in activities they once enjoyed, this could be a sign of depression or other mental health issues.
- **Changes in mood:** If you notice your loved one is consistently irritable, sad, or anxious, this could be a sign of depression or other mood disorders.
- **Memory loss:** While some degree of forgetfulness is normal with age, significant memory loss that disrupts daily life is a common sign of dementia.
- **Difficulty with familiar tasks:** Struggling with tasks they once performed with ease, such as managing finances or cooking a meal, could be a sign of cognitive decline.

If you notice any of these warning signs, it's crucial to talk to your loved one about what you're seeing and encourage them to seek help. It's also essential to involve a healthcare provider who can assess their mental health and cognitive function and provide appropriate treatment or referral to specialists.

Treatment for mental illness among seniors may include therapy, medication, or a combination of both. For depression, therapy can be particularly effective, especially cognitive-behavioral therapy, which focuses on changing negative thought patterns and behaviors. Medication can also be helpful in managing symptoms of depression or anxiety.

Mental health is an essential part of overall health and well-being. Ignoring the stigma, reaching out for help, and engaging with well-trained mental health professionals can make a real difference in improving your quality of life. Don't wait – take control of your mental health today and get the help you or your loved one needs.

Dr. Shankar Yalamanchili, is the medical director at Unity Psychiatric Care Huntsville, a 20 bed hospital which specializes in providing comprehensive inpatient mental health care (www.unitypsych.com/services) for those 55 and older. Unity Huntsville also offers outpatient mental health services to adults of all ages. Unity Psychiatric Care Huntsville is located at 5315 Millennium Dr NW, Huntsville, AL 35806. For more information call 256-964-6700 or visit unitypsych.com/Huntsville.

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Source: 2018 Resident Programs survey

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The Science of CBD

By Madilyn Tucker



In recent years, CBD has quickly emerged as a defining industry in the health and wellness field. According to statistics by CFAH, 26% of American adults are now using CBD, up from just 6% in 2018.

While CBD interest is climbing, so is its confusion. The general public still has many questions surrounding this compound's efficacy and credibility as a wellness supplement. Misconceptions remain regarding hemp, sativa, and where CBD fits into the picture.

Here, we use real science and studies from the National Institute of Health to shine a light on the truth of CBD, and how a consistent hemp regimen can provide a range of wellness benefits.

What is CBD?

Cannabidiol (CBD) is one of more than 100 naturally occurring compounds derived from the flowers and leaves of the sativa plant. In contrast to other notable compounds CBD is non-psychoactive and nonintoxicating, with its list of restorative benefits constantly expanding.

But how does CBD work?

To understand the science of CBD, it's crucial to learn about a vital system that influences our well-being: the ECS system.

Discovered only 30 years ago, the ECS is now known as one of the largest networks of receptors in mammals. This cell-signaling network is mostly made of CB1 and CB2 receptors, which are located in the brain, central nervous system, peripheral organs, and even our immune cells. The massive number of these receptors, as well as their widespread distribution in the human body, affirms just how essential this network is to maintaining proper mental and physical function.

Ethan Russo, neurologist and medical researcher, puts it this way: cannabidiol fit into the ECS like keys fitting into a lock. Scientists have discovered that our bodies actually produce their own ECS: anandamide and 2-AG. These compounds bind to the CB1 and CB2 receptors, which creates a network of signals that regulate many physiological and cognitive processes. Essentially, ECS function is crucial to how we (and our pets) experience everyday life.

In fact, the International Review of Neurobiology suggests that a dysregulated ECS may be the culprit for several debilitating conditions. Researchers are still pinpointing what exactly causes inadequate ECS activity, but hypotheses include a poor diet, lack of exercise, environmental disruptors, and genetic factors; most likely, a combination of the few.

But conversely, evidence also suggests that boosting ECS function may lead to the prevention of these dysregulated conditions, and can be of wellness value as well.

This is where CBD comes in. When ECS function is low, a hemp supplement may bring your body back to that wellness baseline.

Visit your local wellness expert at SUNMED | Your CBD Store to learn more about the ECS and how CBD could enhance your daily life. We have products for sleep, energy, focus, recovery, and more.

Skin Care Chronicles – Love Your Skin**

By Kenyetta O. Jones, Advocate for Skin Health

Did you know your skin is the largest organ of your body? So why do we treat it with such disrespect? Yes, we clean it and moisturize it; but we also bump it, bruise it, scrape it, and dehydrate it. Yet, we want it to look acne-free when we are 16, twenty when we are in our 40s, twenty-five when we are in our 50s, and radiating the skin of a 30-year-old when we are 70! We want so much from our skin, however, most of us refuse to provide our skin with the time and attention it needs to have the healthy glow we love.

Let us take a more focused point of view starting with our faces and our necklines. We all have a continuous skin care journey full of surprises such as adult acne, or newly developed sensitive skin, or dark blemishes, or new lines that seem to be popping up... WITHOUT FAIL! We want to blame everyone and everything. Instead, try looking at our own skin care routines.

We should care for our skin by what we put in our bodies *and* our topical use choices. Drinking plenty of water, diminishing our stress, and being attentive to any new sensitivities our bodies may develop (i.e., allergies to foods or environmental surroundings) are just a few things that can make a big difference in skin health.

A few extra tips to keep your skin healthy:

- Take notes about your skin changes.
- Consult your physician with your observations.
- Remember, what you give your body to absorb, your skin will display, so drink PLENTY of water!

Here are a few simple suggestions for a healthy skin care regimen for your face and décolleté area using the simple steps of *cleanse*, *tone*, and *moisturize*. Try this at least once a day, but the preferred method is once in the morning and once again before bedtime.

- 1. CLEANSE** Choosing the correct cleanser for your skin goes a long way to having clean and balanced skin with a healthy glow. Using a facial cleansing brush with your cleanser and water gives skin an even deeper clean than just using your hands.
- 2. TONE.** Toner assists in closing your pores to provide a rebalancing of your skin after cleansing. Most importantly, toners add a layer of protection. It is recommended to use twice daily.
- 3. MOISTURIZE** The proper moisturizer completes the wonderful work you have done in keeping your skin healthy. It seals the deal by hydrating your skin to provide a healthy glow with no signs of oily spots or dry patches. It reveals the true and healthy you.

SKIN TYPES AND CARE

Normal Skin

- Skin Symptoms: *T-zone is oily/dry, but the rest of skin is normal
- Skin Care Cleanser Needs: Typically, incorrect skin cleanser was chosen. Need one for Normal Skin
- Sensitive Skin Examples: allergic reactions
- Toner Choices (see Toner description): Normal skin / Normal sensitive skin
- Moisturizer Choices (see Moisturizer Description): Normal skin / Normal sensitive skin



Oily Skin

- Skin Symptoms: Cheeks and T-zone are oily
- Skin Care Cleanser Needs: Need cleanser for Oily/combination skin
- Sensitive Skin Examples: Rosacea
- Toner Choices (see Toner description): Oily/Combination skin or Oily/Combination sensitive skin
- Moisturizer Choices (see Moisturizer Description): Oily/Combination skin or Oily/Combination sensitive skin

Dry Skin

- Skin Symptoms: Cheeks & T-zone are dry/scaly
- Skin Care Cleanser Needs: Need cleanser for Dry skin
- Sensitive Skin Examples: Eczema/Lupus Outbreaks
- Toner Choices (see Toner description): Dry skin or Dry sensitive skin
- Moisturizer Choices (see Moisturizer Description): Dry skin or Dry sensitive skin

*T-Zone: The forehead, nose, and chin.

Enjoy your skin care journey, and love your skin!

**Article Information – The information contained in this article is for informational use only. Consult your physician to obtain a confirmed diagnosis for your skin care needs.

Skin Care Chronicles

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Can You Be F.A.S.T.E.R. This May?

By Kelly Eichelberger OTR/L Owner /Therapist

Every May, the United States observes National Stroke Awareness Month. It's a great time to brush up on general knowledge, what you can do to prevent stroke, and some ways to plan for action should you ever experience or witness signs and symptoms of stroke.

Types of Strokes

There are two main types of strokes. The first type is called an **ischemic stroke**, which occurs due to lack of blood flow. This is most often caused by a blood clot and narrowing of the blood vessels, which is called atherosclerosis. An ischemic stroke causes damage by lack of oxygen to the brain tissue. Sometimes this damage results in long-term issues, and sometimes it goes undetected. Occasionally, a short-term loss of blood flow can cause signs and symptoms of a stroke without lasting damage. This is called a Transient Ischemic Attack, or a TIA.

The second type of stroke is a **hemorrhagic stroke**. This type of stroke occurs due to a bleed in the brain and causes damage from lack of oxygen to tissues as well as extra pressure from the bleed.

Both ischemic and hemorrhagic strokes require immediate medical attention. Knowing the signs and symptoms of a stroke can assist a person with getting the right help as soon as possible.



Signs and Symptoms of Strokes

Have you heard of **F.A.S.T.E.R.**? It's a great way to help remember the signs and symptoms of a stroke.

Facial Drooping: Look for a change in movement or a "droop." Does a smile seem lopsided or does the tongue pull to one side when stuck out?

Arm Weakness: This is often reported as feelings of heaviness, difficulty maintaining arm in the air (drifting downward) or inability to activate muscles. These symptoms can sometimes be associated with numbness or tingling.

Stability: Sometimes individuals will fall, feel very dizzy or be unable to stand without assistance. Difficulty maintaining balance, trouble walking and loss of coordination are all possible stroke symptoms.

Talking: People report this symptom to sound like slurred speech or "jibberish" along with difficulty "getting the right words out." Test this by asking the person to repeat a simple sentence.

Eyes: Visual changes are a common symptom of a stroke and can appear like missing half of your vision, double vision, blurred vision, or only paying attention to one side.

React: This letter reminds us to call 911 right away. There is a limited window of time where certain therapies can be given. It's helpful to note the time that signs and symptoms started and exactly what you have noticed.

Hemorrhagic strokes signs and symptoms can look very similar, but can also include extreme headache, light sensitivity, nausea and vomiting.

Remember **F.A.S.T.E.R.** this month and every month and share with loved ones and friends to help spread awareness about stroke prevention. If you know anyone who has suffered from a stroke, the skilled therapists at Magnolia Neuro Rehab can help address any deficits that are making it more difficult to accomplish daily activities or participate in preferred interests. Magnolia Neuro Rehab also offers caregiver training on transfers, adaptive and durable medical equipment, and assisting with dressing, bathing, and eating.



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YOUR HEALTH



Serve First By Katherine Collier and Nicole Hardy, HomeCarePreneur's

Who are we?

We are Katherine Collier and Nicole Hardy, the two proud owners of Compassionate Friends Care LLC. We've been friends for more than 20 years and we think of one another as sisters. Combined we have over 30 years of direct elderly care. We decided to take a leap of faith and launch our own healthcare company after realizing that, when working together, we could continue to change families lives.

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Mercedes-Benz of Huntsville:

Meet Justan Banks, Sales Consultant

By Bob Druckman, Publisher South Huntsville Neighbors

Justan Banks is a native of Oxford Alabama, a graduate of Oxford High School and Alabama A&M with a degree in Business. His route to auto sales consulting has been a circuitous one that has taken him to 33 countries, met thousands of people, and performed in front of hundreds of thousands. How so? Justan spent two seasons as a Harlem Globetrotter!

As he put it, “It was the best experience of my life. Even though this article is focusing on Justan’s role at Mercedes-Benz of Huntsville, I had to ask about the ball handling skills of the Globetrotters. “Lots of practice and repetitions. We performed for two hours and we had 30 plays that we ran. We had to know what we were doing at all times.”

Justan is also a gourmet with Italian food as his specialty. “Spaghetti and lasagna are my two favorites.”

Justan is married to Tia Rosa, who is a nurse at Huntsville Hospital and they have an 11 month old son Justan Jr.

Both he and Tia are very involved in the community and their church. Justan’s brother is on the autism spectrum and when Justan came home from touring he worked at Ability Plus and saw how



grateful the people were for his help. He is also involved with the Breast Cancer awareness group and helps fund raise for them.

At church he is involved in as many activities as he can be, “All the volunteer work that we do is to honor our Lord.”

How did you come to work at Mercedes-Benz of Huntsville?

I really enjoy luxury auto sales. I have done some other work in the past, but I am always drawn back to this industry. It doesn’t get better than Mercedes-Benz and this is what I love to do.

What is it about a Mercedes-Benz vehicle that is so attractive?

It’s luxury. Others may have speed, but Mercedes-Benz is the most luxurious by far. Its safety and driving features are the best in the business, and nothing is more luxurious.

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What to Look for in a Dryer Vent Cleaning Company

By Trent Iley, Dryer Vent Squad

Chances are if you're reading this, you may not have any clue what to look for when hiring someone to clean your dryer vents. What type of company does this type of work and how can you tell if they will do a good job? Dryer Vent Squad of Huntsville can help you get an idea of how to find a dryer vent cleaner and choose a good one. Based on our expertise with Alabama dryer vent cleaning, we can offer a few things to look for when hiring a dryer vent cleaner!

Experience

First, you'll want to find a company that specializes in dryer vents. Many companies offer dryer vent cleaning services, but there is a lot of value in the experience that comes with cleaning and repairing dryer vents all day, every day. In the Huntsville metro area, we have seen it all. We've come across problems with dryer vents that are most common and we've learned to fix them in the most efficient way. We've also come across uncommon problems that have given us the chance to troubleshoot so we will know what to do if we see the problem again in the future.

Fully insured and Guaranteed Work

Ask your potential dryer vent cleaner if they are fully insured. This offers everyone optimal levels of safety and protection. It's also important to know if they will guarantee their work, so if a problem comes up you will know it will be fixed without a hassle. At Dryer Vent Squad of Huntsville, all our work comes with a 90 day workmanship guarantee and we only use parts that come with a lifetime warranty!

The Company Will Explain Their Process in Advance

Your dryer vent cleaning company should be able to explain their process to you in a way that is easy to understand. If the dryer vent extends or terminates on the roof, ask them how they will access that termination, whether in the attic or on the roof. At Dryer Vent Squad of Huntsville we always check the roof jack to ensure the clean-

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What is your customer service philosophy?

I have always enjoyed working with people. My role is not all about selling a car. It's really about trust and relationships. I am all about earning the trust of each client that comes in to see me. Staying in touch with a client is important and a referral is the best compliment I can receive.

What is your favorite Mercedes?

The S Class absolutely. I am tall and it has lots of space. When a client gets into an S Class they can see and feel the luxury and performance. When a client thinks Mercedes they think S Class.

What would you like the readers of South Huntsville Neighbors to know about you?

I would like them to know that I am dedicated to serving my community. Helping a client find their perfect Mercedes is so fulfilling. It's what I do.

Mercedes-Benz The Best Or Nothing

ing process is done properly and to confirm that the vent is routed safely, up to code, and with a clear path for lint to exit.

Experienced Technicians Who Are Not Paid on Commission

It is important to know that the technician who cleans your dryer vent is knowledgeable. Ask how much experience their technicians have. You should also ask whether or not the technicians are paid on commission. During the dryer vent inspection and cleaning process, your technician may observe materials that are unsafe or inefficient. You will want to know that these suggestions are being made objectively, and not just to make a sale. Our technicians at Dryer Vent Squad of Huntsville are certified dryer exhaust technicians, extremely knowledgeable, and not paid on commission, so you can be sure that every suggestion made is in the best interest of the customer and their home.

Now that you know what to look for in a dryer vent cleaning company, you can narrow it down to the most qualified providers in your area. Take a minute to check out the reviews for each business, and make your decision from there! Check out our reviews on Google and Facebook. We always strive to make our customers happy! We don't leave your house until we have the vents how we want the dryer vent in our own house to perform. Contact us today: (256) 715-2030 or www.dryerventsquad.com/huntsville

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