

ALSO INSIDE:

**Military Spouse  
Powerhouse**  
*By Jennifer Holliday*

**Four Life Lessons of  
Military Service**  
*By Paulette M. Risher*

**A History Rooted in  
Service to Veterans**  
*By Kelly Eichelberger  
& Kelley Pacillo*

© Best Version Media SHOWCASING OUR COMMUNITY

NOVEMBER 2023

# South HUNTSVILLE NEIGHBORS



**MEET**

*The Cummins Family*

POWERED BY



Photo by Mandi Cook  
Photography



NOV., 3-5

**Christmas Open House**

@University Pickers 3405 Triana Blvd., SW 35805

It's time for the most epic open house of the year! Get your shopping game on, while supporting local vendors. You'll get to snag some stunning decorations and gifts. There will be treats to enjoy, freebies and more—the Pickers way to thank awesome customers like you!

Time: Fri., 10am-6pm | Sat., 9am-6pm | Sun., Noon-5pm

Cost: Free to Park and Browse

[www.universitpickers.com/venue/up-huntsville](http://www.universitpickers.com/venue/up-huntsville)

NOV., 3-4

**39th Annual Mid-South Woodcarvers Show & Competition**

@Trinity United Methodist Church, 607 Airport Rd., 35802

Time: Sat., 9am-6pm | Sun., 9am-4pm

The public is invited to one of the Southeast's largest woodcarving shows and competitions with more than 30 wood carvers offering demonstrations throughout the day.

Cost: Free

[www.nawawoodcarvers.org/shows](http://www.nawawoodcarvers.org/shows)

*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.*

For Veterans Day events please

read *Honoring Veterans –*

*A Fundamental Duty, By Richard*

*Landolt, CEO and President Still*

*Serving Veterans. As well as*

*Let's Talk about Veterans Day and*

*Its Importance By David Little, City*

*Council Representative District 2. Both*

*Articles can be found in this issue.*

SAT., NOV. 11

**Get Ready for Christmas Market**

@University Pickers 3405 Triana Blvd SW 35805

Join the pickers of University Pickers for a jolly "Get Ready for Christmas Market."

Outdoors and Indoors your socks will be knocked off as you browse through a wonderland of gifts, decorations and treats. Plus! Santa will be making an appearance.

Time: 9am-3pm

Cost: Free to park and browse

[www.universitpickers.com/venue/up-huntsville](http://www.universitpickers.com/venue/up-huntsville)

SUN., NOV. 12

**The Market at MidCity**

@MidCity Huntsville, 5909 University Dr., 35806

More than a farmers market! Artisans, makers, and musicians too.

Time: 1-5pm

[www.explorethecamp.com/market](http://www.explorethecamp.com/market)

2ND SUNDAY OF EVERY MONTH

**Widows or Widowers of Alabama (WOW)**

@Fern Bell Recreation Center on Sanders Rd

Go and check out the programming being offered. Like monthly lunches, and social and cultural programs. Connection and welcoming people in this common interest group for men and women who share a lifestyle of widowhood.

Time: 2-4PM

Contact Jean Arndt, Activities Chairman at 256-534-3349 or via email [Ejarndt1@aol.com](mailto:Ejarndt1@aol.com) to learn more.

SAT., NOV 18

**Holiday Market**

@Studio 60, 220 Drake Ave SW 35805

Find that perfect gift for family and friends – pottery, paintings, wooden toys and more. Plus, door prizes!

Time: 9am-3pm

Cost: Free to park and browse

[www.seniorview.com](http://www.seniorview.com)

SAT., NOV. 18

**Gobble Gobble Hey!**

@Lowe Mill ARTS & Entertainment 211 Seminole Dr., 35805

Celebrate all things literary with a market located inside the historic building. Creators of zines, comics, books (self-published & small press) as well as book-making/papermaking arts and printmaking are welcome. Meet the artists, authors, and publishers as you immerse yourself in the art.

Time: 11am-7pm

Cost: Free

[www.lowemill.art/event-directory](http://www.lowemill.art/event-directory)

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](http://www.earlyworks.com/events)

TUES., NOV. 28

**Galaxy of Lights 3k Fun Run**

Wind through the Galaxy of Lights for this fun run. Visit [www.runreg.com/2023galaxyoflightsruns](http://www.runreg.com/2023galaxyoflightsruns) to register and for more information.

Time: 6:30pm

SAT., DEC. 2ND

**Yule Y'all**

Lowe Mill ARTS & Entertainment, 2211 Seminole Dr., 35805

Annual Christmas and maker market. At 5pm the fabled water tower will be lit. Krampus awaits your visit.

Time 11am-7pm

Cost: \$10 parking fee

[www.lowemill.art/event-directory](http://www.lowemill.art/event-directory)

FRI., DEC. 8

**4th Annual Drive-Thru Nativity**

@Aldersgate United Methodist Church - 12901 Bailey Cove Rd. SE 35803

Drive-thru Live Nativity at 5:30-6:30pm

Walk-thru Live Nativity at 6:30-8:30pm

Cost: Free

[www.aldersgatehsv.com](http://www.aldersgatehsv.com)

**Plus! Keep an eye on Huntsville's**

**music scene by visiting: [www.huntsvillemusic.com/calendar](http://www.huntsvillemusic.com/calendar)**



**KALEIDOSCOPE THERAPY**

We provide therapy services for kids, teens, and families using neuroscience and experiential and creative approaches that facilitate growth, healing, and connection.

*"Creative and connective therapy interventions that make a difference and inspire growth!"*



- Individual Therapy
- Family Therapy
- Parenting Consultations
- Group Therapy
- Occupational Therapy

256-886-9443 • [www.kaleidoscopehuntsville.com](http://www.kaleidoscopehuntsville.com)  
[info@kaleidoscope-hsv.com](mailto:info@kaleidoscope-hsv.com)  
 113 Longwood Drive SW, Suite C, Huntsville, AL



**PUBLICATION TEAM**

**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](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [ereich@bestversionmedia.com](mailto:ereich@bestversionmedia.com).

**IMPORTANT PHONE NUMBERS:**

Emergency .....	911
Huntsville Police South Precinct .....	256-213-4500
Huntsville City Hall .....	256-427-5000
South Huntsville Public Library .....	256-881-0257
Parks and Recreation .....	256-564-8026
School District 3 .....	256-428-6800

**CONTENT SUBMISSION DEADLINES:**

Content Due: .....	Edition Date:
January 8 .....	February
February 8 .....	March
March 8 .....	April
April 8 .....	May
May 8 .....	June
June 7 .....	July
July 8 .....	August
August 8 .....	September
September 6 .....	October
October 8 .....	November
November 8 .....	December
December 8 .....	January

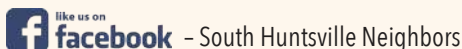
**EXPERT CONTRIBUTOR:**



**Dr. Charles Lee, MD**  
Regenesi Stem Cell Center  
(256) 715-8193  
[www.regenesistemcell.com](http://www.regenesistemcell.com)

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

Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. © 2023 Best Version Media. All rights reserved.



DEAR *Residents,*

Veterans Day always gives us pause to reflect on the courage, honor and sacrifice our veterans bring to our country.

Much of this issue is devoted to our veterans and those still serving in our Armed Forces.

These men and women have served our community and our country. Thank you veterans and to those still serving for all you do and have done.

This month's feature is the Cummins Family. Shannon Cummins is a retired Air Force Lt. Col., and his wife Sarah is the owner of Waterfall Yoga Therapy. Her articles have appeared regularly in *South Huntsville Neighbors*. Along with their son Gavin, they will tell their story of courage and perseverance.

We would like to welcome Maitland Music Conservatory, Parks Construction LLC, and Overhead Door Company of Huntsville TM as our newest sponsors. We are so happy to introduce them in this month's issue.



PHOTO BY MANDI COOK PHOTOGRAPHY

Please make time during this Holiday Season to visit our sponsors. They are the small businesses that are the economic engine of Huntsville.

May you have a Happy and Blessed Thanksgiving

See you next month,

Suzanne and Bob

*Rated One Of The Top 3 Music Schools In Huntsville*



MAITLAND CONSERVATORY

**FREE SAMPLE LESSON**  
Piano | Violin | Guitar | Voice

**PROGRAMS OFFERED**  
Theory, Multimedia, Music Production,  
Songwriting and so much more





5045 Memorial Parkway NW, Huntsville 35810 • [themaitlandconservatory.org](http://themaitlandconservatory.org)



## Marching to the Beat of Our Own Drum By Mayor Tommy Battle



In my recent State of the City address, we were pleased to highlight all the good things occurring across Huntsville. It's impressive to look at where we were 15 years ago and where we are today. More jobs, a dynamic economy, strong education system and a high quality of life that makes us the envy of other cities.

While sometimes it may feel like we're growing too fast, realistically, we're growing just right, and the numbers back that up.

Our population has grown by over 9 percent in the past three years. Taken year over year, we're closer to three to four percent growth annually, which is not only sustainable but also a hallmark of a healthy city.

At this rate, we're not outgrowing our infrastructure. The steady, measured pace allows us to leverage our master plan and target our needs as we look to the future.

The City has been steadily implementing quality of life capital projects to benefit locals and tourists alike. Things like the Park at Hays Farm, Elgie's Greenway, Joe Davis Stadium renovation, playgrounds, skatepark, recreation centers and more. We've invested \$175 million in the last five years, and we've budgeted another \$200 million in new projects in the coming five years.

We remain fiscally strong and prudent through a balanced budget and maintain an AAA credit rating from Moody's and Standard & Poor's.

Huntsville continues to top many national "best of the best" lists, including top places to live, best place to retire, best place for affordability, tops in technology, #1 job market and more. No wonder people want to move here!

We're a friendly place and welcomed 3.9 million visitors last year. In turn, those guests generated a \$2.1 billion economic impact and more than 22,000 hospitality jobs.

South Huntsville sits next to Redstone Arsenal, one of our top economic engines. With 44,000 employees, Redstone has a \$27 billion economic impact on the community. That's 10% of the state's gross domestic product.

Cummings Research Park is growing, too. There are now more than 300 companies and 26,000 employees engaged in biotech, aerospace, defense and high-tech industries.

Adding talent to our workforce is the five colleges and universities serving Huntsville who enroll about 60,000 students and graduate 1,300 each year.

Our inspections department notes significant growth in new housing and renovations across the City. In the last year, 5,300 new residential units were permitted. In the last five years, more than 19,000 new housing units were completed for a total investment of \$2.1 billion.

To ensure our transportation network can accommodate growth, we embarked on an aggressive road building plan in 2014. Having secured \$1 billion for capital road improvements, we've been focused on moving traffic through key corridors and beefing up resurfacing on local streets.

As a community, we've achieved all of this because we dare to be different. Huntsville is a place where people march to their own beat and set their own course. Whether we are putting man on the moon and prepping to go to Mars, building automobiles or hosting world-class concerts, playing sand volleyball or creating new technologies that save lives, Huntsville provides the space to find your place.

**AUNT CONNIE'S**  
*Pet Sitting Service*

256-690-7027  
Connie Glenn  
OWNER

*Taking Care of Your  
Pets When You Can't*

*Over 50 years of experience*

**Aunt Connie Will Care When You're Not There**

**Serving Seniors in Need of  
Compassionate Psychiatric Care**

We provide short-term care for mental health symptoms in a safe and calming environment.

Call today **256-964-6700**

**UNITY**  
PSYCHIATRIC CARE  
UnityPsych.com • Huntsville, AL

**Overwhelmed?**

*Having a friend for your family member will help!*

We provide love and attention when you can't. Please go to our website to see everything we offer.

**Relationally Yours, LLC**  
**256.503.9384**  
**Relationallyyours.com**

Janice Kern, owner, with her dad

*Great for families with loved ones in assisted living, skilled nursing, independent living, even those living with family*



## A Veterans Day Salute to Redstone Arsenal

By Jennie Robinson, City Council District 3, President Pro Tem

This Veterans Day we can celebrate the many Veterans who support America's soldiers at Redstone Arsenal. As one former Arsenal leader said, "If soldiers drive it, fly it, or shoot it, it came through Redstone Arsenal." Redstone Arsenal is more than just an Army base. It is the heart of Madison County's economic engine and it employs many military retirees who continue to serve their country as civilians.

Originally, Redstone Arsenal was truly an arsenal, built to store chemical weapons. Today it is the hub of the Army's missile and rocket programs and is a Federal Center of Excellence with a diverse set of missions that include space, logistics, research and intelligence. These research operations include the Tactical UAV Project Office, Redstone Test Center, Missile Defense Agency, and the Missile and Space Intelligence Center. The Arsenal also houses the U.S. Army Materiel Command, U.S. Army Aviation, and Missile Life Cycle Management Command, among others.

There are seventy five tenants on the Arsenal. The largest is the Marshall Space Flight Center, home to NASA. Marshall employees are proud to be part of the national effort to launch the largest rocket in history in preparation for a mission to Mars. The FBI has also established a strong presence on the Arsenal with more than 1500 employees. Redstone Arsenal has become unofficially known as the second FBI headquarters next to Quantico. With programs like these and a dedicated group of civilian employees who once wore the uniform, it is no surprise that Redstone Arsenal was the top choice for the U.S. Space Command headquarters in two different independent selection processes.

The work done by Team Redstone has a total economic impact of \$27 billion and creates more than 104,500 jobs with an average annual salary of \$88,000. Veterans make up a large portion of that workforce. Because of the work done by defense contractors, the Huntsville metro area is known as having the highest number of engineers per capita in the country. The Huntsville area is also in the top five for electronics, computer hardware, and materials engineers and software developers as well.

According to Mike Ward, VP of Government Affairs at the Huntsville Madison County Chamber of Commerce, "Redstone plays a vital role protecting and defending our nation, exploring the cosmos, and helping us to better understand the nature of the world in which we live. It has allowed this region to become a technological powerhouse, with the highest concentration of engineers in the U.S. Huntsville was recognized as the No. 1 city in the United States for 2022-2023, and we owe much of that ranking to Redstone's presence in our community."

We salute all those Veterans who continue to serve by doing groundbreaking work at Redstone Arsenal and at defense contractors throughout our community. They serve at the forefront of equipping and protecting our soldiers and they lead the way in securing and defending our nation.



Schedule your personalized tour today!

SCAN TO EXPERIENCE HARBORCHASE!



HUNTSVILLE | (256) 285-4384





# Let's Talk about Veterans Day and Its Importance

By David Little, City Council District 2, Council President

Huntsville is a veteran-rich community – one we welcome with open arms as we reflect on the sacrifices they've made and continue to make to protect our democracy. With November quickly approaching there has never been a better time to talk about Veterans Day and its importance.

Veterans Day is a federal holiday observed annually on November 11, for honoring military veterans of the United States Armed Forces. It coincides with other holidays including Armistice Day and Remembrance Day, which are commemorated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect.

At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954. This change was made to honor all U.S. veterans, regardless of the war in which they served.

Veterans Day is distinct from Memorial Day, a U.S. public holiday in May. Veterans Day commemorates the service of all U.S. veterans, while Memorial Day honors those who have died in service to our country.

There are many ways to honor our service members this Veterans Day:

- Attend Huntsville's annual **Veterans Day Parade** [www.waff.com/page/parade/](http://www.waff.com/page/parade/)
- Visit Huntsville's **U.S. Memorial Veterans Museum** [www.memorialmuseum.org](http://www.memorialmuseum.org) the **Huntsville Madison County Veterans Memorial** [www.hmcvm.org/wpl/](http://www.hmcvm.org/wpl/)
- Volunteer at a veterans' organization.
- Donate to a veterans' charity.
- Send a note of appreciation to a veteran.
- Learn about the history of Veterans Day and sacrifices veterans have made.

Here are some additional ideas for honoring veterans on Veterans Day:

- Hire a veteran. For vet-related career resources, check out **Still Serving Veterans** [www.ssv.org](http://www.ssv.org)
- Support businesses owned by veterans.
- Encourage your children and grandchildren to learn about veterans and their service.

It is important to remember that Veterans Day is not just about honoring veterans who served in combat. It is also about honoring all veterans who have served our country, regardless of where they served or what their job was. Veterans have made sacrifices that many of us cannot imagine, and we owe them a debt of gratitude.

**CALL OF FALL**

**START YOUR FALL CAMPING ADVENTURES TODAY!**

- THE PRICE YOU SEE IS THE PRICE YOU PAY!
- NO HIDDEN FEES!
- PLUS, EVERY NEW & QUALIFYING PRE-OWNED COMES WITH WARRANTY **RV WARRANTY FOREVER!**

RV Warranty Forever is available on all brand new and pre-owned that are two years old or newer (model year 2021 and up).

**Johnston RV Center.com**

**CLEARANCE on 2022 & 2023 MODELS!**

NEW & USED TRAVEL TRAILERS, FIFTH WHEELS, TOY HAULERS, & MOTORHOMES

**HOME OF THE LIFETIME WARRANTY**  
**RV WARRANTY FOREVER!**

**DECATUR, AL**  
I-65 EXIT 334  
(256) 353-8712

**CULLMAN, AL**  
I-65 EXIT 304  
(256) 775-9011

**RV SALES • PARTS • SERVICE • FINANCE**



**Keep Your Dryer Vents Clean**  
**AVOID HOME FIRES!**

**To Schedule Service Call:**  
**(256)715-2030**

**Dryer Vent Squad of Huntsville**

[huntsville@dryerventsquad.com](mailto:huntsville@dryerventsquad.com)  
[dryerventsquad.com/huntsville](http://dryerventsquad.com/huntsville)

## Military Spouse Powerhouse

By Jennifer Holliday, Alabama Military Family Liaison



South Huntsville is home to many of Madison County’s military spouses, service members, and Veterans. You probably know that already. But did you know that there is a hidden gem in the military community? It’s one that employers don’t always see – the military spouse employee. Not all military spouses are job or career-oriented, but the number of military spouses in the workforce has grown significantly over the last 20 years. Working with military spouses, you’ll find they are some of the hardest working and most resilient employees, able to lead their peers and adjust to change on a dime. Unfortunately, due to several significant barriers, they are often under-employed or unemployed following a PCS (Permanent Change of Station) move.

Lieutenant Governor Ainsworth and the Alabama *Heroes Welcome Initiative* are working hard to help alleviate those barriers. The 2018 Military Family Jobs Opportunity Act requires most of our State occupational licensure boards to provide temporary or permanent licenses to military spouses moving here with their service members on PCS orders. Initial licensing fees are also waived under this law. Since 2019, Alabama has also joined 11 interstate compacts that reduce licensing barriers in some industries not covered by the 2018 Act. These actions offer a great opportunity for career portability, but many military spouses still face issues when their resumes do not reflect the experience or keywords employers are seeking and/or they have employment gaps due to frequent PCS moves. Additionally, not all military spouses work in license-oriented careers.

In 2019, the overall impact of Department of Defense (DoD) activities accounted for more than 21% of Alabama’s economy.<sup>1</sup> Locally, in the Redstone Region, over 53% of our economy was driven by DoD activities.<sup>1</sup> However, military spouses and Veterans provide even more power to our economy, as they not only fill direct-impact jobs but also those benefiting the wider community. Some have even been the driving force behind new small businesses that are energizing the local economy.

In my role as the Alabama Military Family Liaison, I help incoming military-connected spouses, service members/Veterans, and their families engage with the resources and people in our area who are best positioned to help them through major life transitions, like a move or retiring/separating from the military and establishing Alabama as their new home. This can be anything from finding the right fit in a volunteer organization to finding a new job or building new networks.

The Alabama Heroes Welcome Initiative website showcases local resources, including networking organizations and military spouse licensure reciprocity information.

Going beyond the website, I work with employers, organizations, and military spouses to bridge the communications gaps that sometimes exist and help those spouses directly connect with vetted resources. One of those resources is the new Military Spouse Fellowship Program, a public-private partnership between the DoD and Hiring Our Heroes (HOH).

If you are a local employer, I encourage you to learn more about this and other programs you can engage to help match you with military spouse employees. If you are a military spouse or other military-connected job seeker, you can find Local, State, and Federal resources at [www.heroeswelcome.alabama.gov](http://www.heroeswelcome.alabama.gov). (1)

Connect with me on LinkedIn (@jenniferholliday1) or via email at [jen@heroeswelcome.alabama.gov](mailto:jen@heroeswelcome.alabama.gov) for more information and to schedule briefings for your company, organization, or military spouse group.



*Would You Like  
Peace of Mind?*



*Tanya Hendrix*

## Tanya Hendrix

Estate Planning Attorney

**SAVE TIME, SAVE MONEY,  
AVOID FEAR & UNCERTAINTY**

*Schedule a Legal Strategy Call Now*

**256.361.1221**

[www.huntsvilleestateplanninglawyers.com](http://www.huntsvilleestateplanninglawyers.com)  
[tanya@huntsvilleestateplanninglawyers.com](mailto:tanya@huntsvilleestateplanninglawyers.com)

600 Boulevard South SW STE 104,  
Huntsville, AL 35802

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

# FLOW.

## SUPREME AIR SPORTS

**BIRTHDAY PARTIES**

**20% OFF ANY BIRTHDAY PACKAGE**

**LOCK-INS**

BOOK A CUSTOM 2-8 HOUR PRIVATE EVENT AND GET ACCESS TO EVERYTHING FLOW HAS TO OFFER FOR 25% OFF

**GROUP EVENTS**

Any GROUP EVENT booked through Annie Includes FREE SOCKS

**FIELD TRIPS**

MONDAY-FRIDAY 10AM-3PM  
2 HOUR JUMP TIME \$19/JUMPER SOCKS INCLUDED



256-542-1996 EXT 1    [events@flowhuntsville.com](mailto:events@flowhuntsville.com)  
2021 Drake Ave SW, Huntsville AL 35801



# Honoring Veterans – A Fundamental Duty

By Richard Landolt, CEO and President Still Serving Veterans



L-R, Top to Bottom: Moses Nervis, Staff Sergeant, U.S. Army, Retired | Jaymie Testman, U.S. Marine Corps, Veteran | Sue Nehilla, Commander, U.S. Navy, Retired | Cathy Clausell, U.S. Army & U.S. Air Force, Veteran | Terri Womack, Lt Col, U.S. Air Force, Retired | Richard "Rich" Landolt, President/CEO, Rear Admiral, U.S. Navy, Retired | Julia Chambers, Master Sergeant, U.S. Army, Retired | Dave Lakin, Chief Petty Officer, U.S. Navy, Retired | William "Bill" Koch, GySgt, U.S. Marine Corps, Retired | Reginald "Reggie" Gooden, Command Sergeant Major, U.S. Army Retired | Kristyn Garstka, U.S. Air Force Veteran | Jim King, Senior Chief Petty Officer, U.S. Navy, Retired | Kate McCray, Major, U.S. Army, Retired

*"We make a living by  
what we get,  
but we make a life  
by what we give"*

- WINSTON CHURCHILL

Honoring veterans is a fundamental duty of our nation; these courageous individuals, who have selflessly served their countries in times of both war and peace, epitomize the essence of giving. Veterans Day serves as an occasion to convey our gratitude, respect, and acknowledgment for their invaluable service. Here, we explore the importance of honoring veterans and offer ways to show appreciation for their dedication.

### The Sacrifices of Veterans:

Veterans make profound sacrifices for our nation. They endure the physical and emotional toll of warfare, bearing witness to its harrowing realities. Many return home with visible injuries, while others carry the hidden scars of post-traumatic stress disorder (PTSD). These brave souls spend years away from their families, missing significant life milestones, and experiencing the strain that military service places on personal relationships. By honoring veterans, we recognize and pay homage to these sacrifices.

### Preserving Freedom:

Veterans stand as the vanguards of freedom, safeguarding the values and way of life we often take for granted. During times of conflict, they form the front line against tyranny and oppression. Without their unwavering dedication and valor, the freedoms we cherish today would be in jeopardy. By honoring veterans, we convey our gratitude and reassert our commitment to the principles they have defended.

### Inspiration for Future Generations:

Veterans serve as inspiring role models for future generations. Their tales of courage, resilience, and patriotism can motivate young people to strive for excellence and make positive contributions to society. When we honor veterans, we also create an opportunity to educate the younger generation about the significance of service and sacrifice. This, in turn, can inspire the next generation of patriots who wish to serve in our armed forces.

### Recognition and Gratitude:

Honoring veterans is a means of recognizing their service and expressing our gratitude. It serves as a poignant reminder that their efforts are not forgotten. Veterans have devoted a substantial portion of their lives to serving their country, and acknowledging their contributions is a way of validating their endeavors and sacrifices. This recognition can have a profound impact on veterans' mental and emotional well-being, helping them feel valued and appreciated.

**ARS NOVA  
SCHOOL OF THE ARTS**

**Welcome New Instructors**

DeAndre King, Viola & Violin  
Laura Lawrence, Piano  
Gary McKenzie, Voice

**There is still time to sign up  
for Fall Lessons!**

**Nurturing the Art of Excellence**

@arsnovahsv | 256.883.1105 | arsnovahsv.com



**How to Honor Veterans:**

1. Attend the Veterans Day Parade in downtown Huntsville on Nov. 11th.
2. Volunteer: Offer your time and support to veterans' organizations, hospitals, or programs.
3. Education: Promote awareness and understanding of veterans' issues and the importance of their service.
4. Employment Opportunities: Encourage businesses to hire veterans and provide them with pathways to successful civilian careers (Visit SSV.org for more information).
5. Advocacy: Champion policies and legislation that benefit veterans and their families.

Honoring veterans is not just tradition, but a moral imperative. Their unwavering dedication and sacrifices in defense of our freedoms demand our respect and gratitude. By recognizing their service, we ensure their contributions are never forgotten, inspiring future generations to embrace the values of service and patriotism. It is our collective responsibility to support and respect veterans not just on designated days, but every day of the year.

*Over 80% of Still Serving Veterans' staff are Veterans.*

# Imagine your home, totally organized!

Custom Closets, Garage Cabinets, Home Office, Pantries, Laundries  
Wall Beds, Wall Units, Hobby Rooms, Garage Flooring and more...



**SPECIAL FINANCING**  
for 12 Months!

With approved credit. Call or ask your Designer for details.



## 40% Off Plus Free Installation

Terms and Conditions: 40% off any order of \$1000 or more or 30% off any order of \$700 or more on any complete custom closet, garage, or home office unit. Not valid with any other offer. Free installation with any complete unit order of \$600 or more. With incoming order, at time of purchase only. Expires in 30 days. Offer not valid in all regions.

Call for a free in home design consultation and estimate

**334-339-6333** NHBR

Follow us    

 **Closets by Design**

Locally owned and operated.

**Brick \* Block \* Stone \* Pavers**  
Licensed  Insured  
**M S MASONRY LLC**  
"No Job Too Small!"  
**256-694-2469**  
**Michael Sylvester \* Owner**

**Skin Care Chronicles**  
"Love Your Skin"  
Celebrating 60 Years  
❖ Skin Care Products for All Types  
❖ Satin Body Care  
❖ Colognes and Perfumes  
❖ Makeup, Facial Brushes & more!  
Kenyetta O. Jones  
256.813.4263  
[https://www.unitassist.com/tbc/KenyettaO\\_Jones](https://www.unitassist.com/tbc/KenyettaO_Jones)





## Four Life Lessons of Military Service

By Paulette M. Risher Major General, U.S. Army Reserve, Retired  
Organizational Consultant | Facilitator | Speaker



Since my third “retirement” a few months ago, I have had the opportunity to talk to groups about, among other things, how to “craft lives of greater well-being.” While I draw material from research and academia, at the heart of my advice are four life lessons which I learned during my 30+ years in uniform.

Will every Veteran and military member share these views? Undoubtedly not! However, I believe that each is worthy of consideration in the context of our own unique lives.

### Lesson 1: There are things worth defending.

These are the *big complex ideas* such as freedom, justice, fairness, opportunity, and community. These are not just “bumper stickers” but are the foundational values upon which this nation was founded. They are also central values for living a good life and doing good work.

### Lesson 2: Challenging goals require a multi-talented team.

We as Americans tend to value *rugged individualism* and the image of the lone hero saving the day or the planet. However, in real life the most complex challenges require a team effort. This is *not* just a bunch of people just wearing the same tee-shirt/uniform but rather

a diverse group of individuals willingly braiding their talents and their wills together in service to something greater than their own interests. Yes, there is a requirement for leadership, good processes, and information sharing, but more importantly, there is the requirement for collaboration, mutual respect, and sometimes compromise.

### Lesson 3: Know when it is time to “sit down, shut up, and color.”

Ours was a military family and we have a family saying i.e., “this is a time to sit down, shut up, and color!” This is not a statement of anger, but rather a statement of fact. There is a time for dialogue and for debate. However, there often comes a time when a decision is made and it is time to execute or as we say in the South, to get ‘r done. Veterans know this and so do my grandkids!


### Lesson 4: Realistic and sustaining self-confidence is learned and earned in hard times.


Every human life has its difficult times. Loss, sickness, danger, financial hardship, broken relationships, bad decisions, and disillusionment are all part of the human condition. When we successfully navigate these stress-filled and uncertain times, we learn some things. We learn that tomorrow is another day. We learn resilience and perspective.

One of the hallmarks of both a life well-lived and military life is that we have a realistic sense of what psychologists call self-efficacy, or agency. We *know* that we have a reasonable amount of control over our lives. We *know* what is ours to do.


As a Veteran I know that I can work in harsh conditions, doing high stakes work, with limited resources, time constraints, and physical threat. I can give orders and take orders. I can work individually or as a member of a team. I can have your back and you can have mine. While the specific lessons will be as varied as our lives, no one can take these fundamental insights away from me or from you!

Thank you for your service in whatever your undertakings and thank you for working to create a life well lived and work well done!

  
**CERAMIC**  
**HARMONY**  
 AMBIANCE IN TILE AND STONE



11317 S. Memorial Parkway, Huntsville, AL.35803  
 256.883.1204  
[www.ceramic Harmony.com](http://www.ceramic Harmony.com)



  
 CURATOR OF CUSTOM TRAVEL  
**"What's on YOUR  
"Bucket List"?**

**MARIANNE WINDHAM** - Owner & Travel Advisor  
 Mobile 256.652.3232  
[marianne@windhamtravelandleisure.com](mailto:marianne@windhamtravelandleisure.com)  
[www.windhamtravelandleisure.com](http://www.windhamtravelandleisure.com)



# The Huntsville Police Department



## and The Military By Chief Kirk Giles

Veterans Day is an important time to recognize the remarkable service of our military personnel. Beyond their selfless dedication to our nation's defense, many veterans also serve in a different capacity. The Huntsville Police Department has 161 sworn and civilian personnel who have served or continue to serve our country. We are thankful to each of them for their role in preserving our freedom as Americans.

Transitioning from military service to civilian life can be challenging, but the veterans who serve within our department have found purpose and comfort in joining the Huntsville Police Department's ranks. The qualities instilled in veterans during their military service, such as discipline, leadership and a strong sense of duty, made them exceptional candidates for their career in law enforcement. They also align with Huntsville Police's six core values: professionalism, integrity, courage, knowledge, compassion and accountability.

The importance of teamwork and collaboration is crucial in many professions, but abundantly important in military service and law enforcement. The camaraderie among fellow officers, investigators and civilian staff allows them to work toward more effective crime response and prevention to meet the needs of our neighborhoods.

Additionally, veterans are adeptly trained to handle high-pressure situations with composure and resilience, which is an important skill of a law enforcement officer, dispatcher, public safety aide and all administrative staff. Veterans possess a unique perspective and prior training that helps them to remain calm and make sound decisions in the face of adversity. This not only ensures the safety of their fellow officers but also benefits the citizens of Huntsville.

Furthermore, veterans' unique experiences with diverse cultures during their military service enable them to connect with the citizens they serve on a deeper level. Veterans often possess a heightened sense of empathy and compassion, allowing them to build trust and establish positive relationships. This in turn allows for open dialogue, making it easier for law enforcement officers and civilian employees who interact with members of the public daily to address their concerns.

As we honor our military this Veterans Day, we recognize their continued service and the positive impact they leave on our community through their law enforcement careers. Their unwavering dedication and exceptional skills make them invaluable assets. Veterans bring a level of professionalism, resilience and adaptability that enhances public safety and fosters stronger relationships between law enforcement and the communities they serve.

We cannot express our gratitude enough to these remarkable individuals who continue to protect and serve, both in uniform and out. It is because of them we can ensure a safer future for our families.



**HUNTVILLE DECORATING CENTER**  
 256.536.4479  
 huntvilledecorating@gmail.com  
 816 Regal Drive, S.W., Huntsville, AL



Call us Today!  
 256.270.2211

**DreamMaker Bath & Kitchen®**  
 Full Service Bath & Kitchen Remodeling

9059 Madison Blvd. STE A, Madison, AL 35758  
 DMHuntsvilleALremodel.com  
Independently owned and operated franchise.



## Are You Looking

**for something with**

- Great Benefits
- No Weekends
- 12 Annual Days of PTO
- PLUS 10 Paid Holidays



**EARN UP TO \$2400 ANNUALLY IN ADDITIONAL BONUSES**

**Join the Ardent Team!**

[www.ardentpreschool.com/careers](http://www.ardentpreschool.com/careers)





Russ Russell and Raymond Jones

## Ray Jones/Jones Valley



By Russ Russell, Russ Russell Commercial Real Estate and Longtime South Huntsville Resident, Photos by Robin Conn Huntsville Times

Ray Jones of Jones Valley was a multi-talented man, hard working with many ventures, dedicated to his Lord Jesus Christ and to his church, a Rotarian, great leadership, family man, gave back to our community and higher education but Ray Jones would tell you he was a farmer.

In 1886, George Walter Jones, known as G.W. founded the civil engineering that bore his name. In 1890 G.W. married Elvalena Moore, and they had five sons and one daughter.

In 1939, sons Edwin and Carl purchased the 2,500-acre Garth Farm along with 26 tenant houses. Garth Road crosses Jones Farm from Four Mile Post Road to Drake Avenue. Ray told me the Garth's purchased this land from the Drake's. Ray also told me that the intersection of Whitesburg Drive and Four Mile Post Road was four miles from the Courthouse and yes, it did have a post at the northeast corner.

After WWII they raised cattle and produced seed (Certified Ky-31 Fescue).

In the '50s & '60s Carl also was a partner of G.W. Jones & Sons did engineering projects, was a community leader bringing industries to Huntsville. One of his engineering projects is the design of the Huntsville International Airport field, which is named for him.

Raymond (Ray) Bryant Jones was the son of the late Betty and Carl T Jones. Ray graduated from Auburn University and was an avid Auburn fan. He served in the military and then returned to Huntsville in 1957 to manage the farm. When his father died in 1967, he became President of their local engineering firm. He ran and expanded the family's farming, real estate and engineering businesses for over 35 years.

Ray Jones served on the Lipscomb University Board of Trustees, where he played a pivotal role in the founding of the Raymond B. Jones College of Engineering. Most recently, on April 14th of this year, UAH broke ground on the new 80,000 sq.ft., Raymond B. Jones Engineering Building. He also served on the UAH Foundation Board and as the president of the Huntsville Rotary Club. Ray Jones wrote three books and the one he signed for me is The Farm in Jones Valley.

I met Ray on his farm one morning and we hopped in his truck and he drove me all over the farm pulling up close, pointing to newborn calves, telling stories about each part of the farm, the tenant farmers, and then back at the barn showing me the branding iron the family had used for decades.





**Merino TRAMPOLINE GYMNASTICS ACADEMY**

*"Why Be Average When You Can Be Amazing"*

**FOR ALL AGES**

**We are the only Trampoline and Tumbling Program in North Alabama!**

*2018 Trampoline and Tumbling Club of the Year by USA Gymnastics*

**Homeschool Classes  
Recreational and Competitive Classes**

**Contact us today to schedule your FREE TRIAL CLASS**

Call or Text 256-701-4581  
Or Contact Cara Merino  
Email: [mtgahsv@gmail.com](mailto:mtgahsv@gmail.com)  
Web: [www.mtgahsv.com](http://www.mtgahsv.com)






**Hypnotic Island**

**DROP-IN GROUP VERTICAL BARRE (POLE)**  
\$36 per Goddess (60mn)  
**!!!TUESDAYS & THURSDAYS @ 7PM!!!**

**MUST PRE-Register!!! (NO EXPERIENCE NECESSARY!)**

**PRIVATE AERIAL / VERTICAL BARRE (POLE)**  
\$76 (90mn) Session

**CUSTOM GROUP AERIAL / VERTICAL BARRE (POLE)**  
\$46 per Goddess (3+) (60mn)

**SEMI-PRIVATE (2) AERIAL / VERTICAL BARRE (POLE)**  
\$66 (90mn) Session per Goddess

**AERIAL / VERTICAL BARRE (POLE) 6-PACK**  
\$406 (6 (90mn) Sessions)  
\$666 (6 (90mn) Sessions) YOU + 1

**AERIAL / VERTICAL BARRE (POLE) PARTY**  
\$356 (2HR)

**REMOTE AERIAL PERFORMANCES**  
\$176 (HR) 2hr Min. / 3+ hrs Starting @ \$400\*\*

SCAN OR / CONTACT FOR INFO **BOOKED BY**

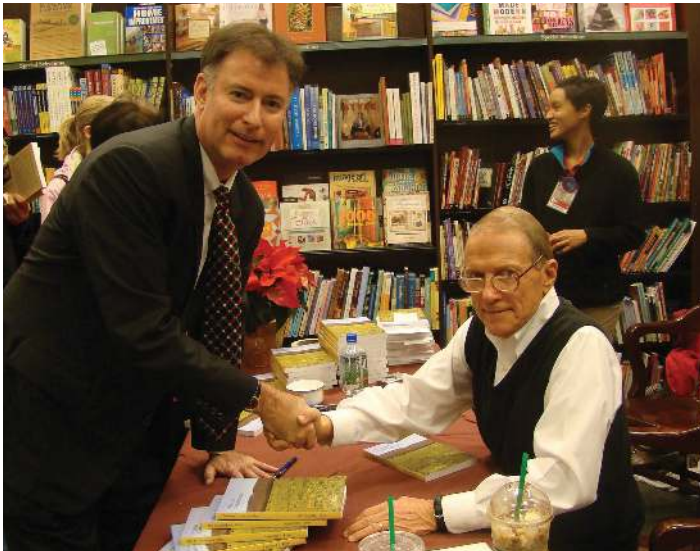
**APPOINTMENT ONLY**  
256.626.6926

**#AN AERIAL EXPERIENCE** #An Aerial Experience

**EXCLUSIVE & RESERVE LOCATIONS COMING SOON!!!**

Email - [thgalsociety@gmail.com](mailto:thgalsociety@gmail.com)  
2035 Stanford Dr Huntsville, 35801





Ray Jones and Russ Russell Book Signing

Ray died last year after an ATV accident on his farm land near Paint Rock in Jackson County. He was 87. I picked up a printed memorial at Ray's funeral and it read: A Life Well Lived

Jones Farm remains one of the largest working urban farms in America and one of its most beautiful. Please remember to enjoy the beauty of the farm more often, people who see it for the first time, sure do.

## YOUR Vision, OUR Focus

COMPREHENSIVE EYE EXAMS

Schedule your appointment online or call today!

We accept most vision and medical insurance plans including:

- > VSP
- > Eyemed
- > Davis Vision
- > Spectera
- > Southland
- > Superior Vision
- > United Healthcare
- > BCBS
- > Viva
- > Medicare
- > Aetna
- > Cigna
- > NAMCI



Legacy Vision Center

256-808-2345

[www.legacyvisioncenter.com](http://www.legacyvisioncenter.com)

11310 Memorial Parkway SW  
Suite G, Huntsville (next to Marco's Pizza)

# THE PREP

in


## Huntsville College Preparatory School

Join us, and be apart of the prep!

www.hcpschool.org

info@hcpschool.org

256.513.8700



HUNTSVILLE COLLEGE

PREPARATORY SCHOOL

## “INNOVATE Your Hardscape”



- Driveways
- Sidewalks
- Concrete Patios
- Driveway Extensions
- Shed Pads
- House Foundations

FREE ESTIMATES

### North Alabama Concrete Solutions

256-692-4130 or 256-692-4131

464 Bass Circle, Huntsville, AL 35801

[www.northalabamaconcretesolutions.com](http://www.northalabamaconcretesolutions.com)

256solutions@gmail.com



Greg Horton

## Mercedes-Benz of Huntsville:

Meet Greg Horton and Dan Proctor,  
Veterans and Sales Consultants

By Bob Druckman, Publisher South Huntsville Neighbors

Greg and Dan are both veterans and sales consultants at Mercedes-Benz of Huntsville. In honor of Veterans Day we are featuring both of them in this month's article.

### What branch of the service were you affiliated with?

**Greg:** U.S. Army

**Dan:** U.S. Army

### Why did you join?

**Greg:** I joined because at the time I did not feel ready to go to college. I also knew that the Army would give me other great options and gain lifelong lessons. I also followed in many footsteps of my family members who served before.

**Dan:** I actually had a career, but I wanted some adventure, so I joined. It also helped me pay off my student loans.

### What rank did you attain?

**Greg:** I honorably retired after 20 years at the rank of Sergeant First Class (E-7).

**Dan:** I served for six years and was honorably discharged as a Sergeant (E-5).



Dan Proctor



JOHNNY MAC  
SOLDIERS FUND

## For Every Vehicle Sold, A Donation Will Be Made By Mercedes-Benz of Huntsville

Mercedes-Benz of Huntsville wants to lend a helping hand to those families who have made the ultimate sacrifice.

A portion of every Mercedes Benz sold will go towards a scholarship for the children of fallen soldiers.

To learn more, please visit [johnnymac.org](http://johnnymac.org)



[www.mbhsv.com](http://www.mbhsv.com)



Mercedes-Benz

6520 UNIVERSITY DRIVE NW • HUNTSVILLE • 855 346-8516



**How did you come to live in Huntsville?**

**Greg:** I am originally from Denver CO. In 1996, while on active duty, my family and I were transferred from Ft. Benning (now Ft. Moore) to Fort Wainwright, Alaska. We drove through Huntsville on our route and fell in love with the area. 24 years later my wife Catrina and son made the move. Catrina is a nurse and HR resource DOD employee at Redstone Medical Clinic. We are blessed with five children and four grandkids.

**Dan:** I am from the Seattle area. I worked for Allstate claims and then began a new career when I opened my own Allstate agency. We sold the business and came to Huntsville. It is such a wonderful place. My wife, Suezy, is retired and we have three children and 4 grandkids.

**What was your favorite duty station and why?**

**Greg:** Ft. Wainwright Alaska. I am an outdoor enthusiast. There were plenty of opportunities for fishing and hunting.

**Dan:** Payne Field, Everett, Washington

**Tell us about your church and volunteer work?**

**Greg:** We belong to Pine Grove MBC. I sing in the choir and periodically direct the choir. It is a great church to call home.

**Dan:** We attend St John the Baptist Catholic Church and I am active in the men's group, Knights of Columbus.

**How did your military career prepare you for your position at Mercedes-Benz of Huntsville?**

**Greg:** The Army does a really good job of training their soldiers in leadership positions. In the military you have to adapt to all types of people and have respect for everyone. I learned how to serve and lead. That comes from being a good listener and great follow-through.

**Dan:** The Army improved my communication skills. It also improved my discipline and made me pay close attention to detail. Working hard and seeing results is also a big part of my Army influence.

**What would you like our military veterans to know about you?**

**Greg:** Even though I am not in uniform, I know how to take care of soldiers and their families. You can't serve 20 years and not understand Army core values. (LDRSHIP).

**Dan:** Many of our recent veterans have had some long deployments. It's hard on the families. I would encourage all veterans to look for help if needed. It's out there and available so please take advantage of these programs.

*Mercedes-Benz The Best Or Nothing*

**We Come To You!**  
 HUNTSVILLE, MADISON AND SURROUNDING AREAS  
 American Mobile Physical Therapy  
 256-776-7215  
 americanmobilept@gmail.com  
 americanmobilept.com  
 — MOST INSURANCES ACCEPTED INCLUDING MEDICARE —



**CUSTOM MEDICATIONS**  
 ...for the WHOLE family.

- Bio-Identical Hormones
- Pet Medications
- Kid-Friendly Medications
- Thyroid Therapy
- Topical Pain Preparations
- Wellness and Nutrition

**HUNTSVILLE**  
 COMPOUNDING PHARMACY  
 2121 Whitesbrug Drive, Suite E  
 Huntsville, Alabama 35801  
 (256) 425-0123  
 www.huntsvillecompounding.com

**Total Stress-Free Relocation and Downsizing Solution for Seniors**

**Caring Transitions**  
 Senior Relocation • Downsizing • Estate Sales  
 Relocation • Downsizing  
 Decluttering • Home Cleanouts  
 Estate Sales • Online Auction  
 Free Consultation - No Obligation  
 600 Boulevard South SW Suite 104, Huntsville, AL  
 ralley@caringtransitions.com  
 256-808-2844 (O)  
 256-609-0904 (C)  
 caringtransitions huntsville.com  
 LOCALLY OWNED AND OPERATED  
 NASMM National Association of Senior Move Managers  
 Scan Me



**Robert and Annette Alley**  
 Certified Relocation and Transition Specialists







## MEET

# The Cummins Family

By Sarah, Shannon and Gavin Cummins, photos by Mandi Cook Photography

*Each November South Huntsville Neighbors features a military family. This year we are featuring the Cummins family. Here is their story.*

### **Sarah/Shannon- How did you meet?**

We met very young, Shannon age 19, Sarah age 16 in our small hometown in Kansas. I think God knew we would have many compiled years of military service spent apart for trainings and deployments, and we needed those extra years together developing a strong relationship to help us through the hard times.

### **Shannon - Tell us about your education and Air Force career?**

I graduated from Kansas State University in December 2001 with a Bachelor of Science in Electronic Engineering, and was commissioned into the Air Force through ROTC. Our first duty station was Langley, VA where my first responsibility was to interconnect the hundreds of FAA radars across the United States with the military network so we could more effectively protect the homeland against attacks. We connected over 600 radar sites in only six months. During that first assignment, I started my Masters of Science in Telecommunications Management at the University of Maryland and graduated in December 2005. We

have since been to: Stuttgart, Germany; Oklahoma City, OK; Colorado Springs, CO; Montgomery, AL; Lajes AB in Azores Portugal; Stuttgart, Germany again; Wichita, KS; and back to Montgomery, AL for our final duty station. I served two tours in Afghanistan and multiple deployments around the world supporting various missions as a combat communication officer. I commanded the 65th Communications Squadron at Lajes AB and the 22nd Communications Squadron at McConnell AFB in Kansas.

### **Where was your favorite duty station and why?**

My favorite assignment was Command at McConnell AFB in Wichita, KS because we got to bed down the Air Forces newest aerial refueling tanker the KC-46A and I was able to instill Air Force heritage into hundreds of brand-new Airmen during their first duty station. My favorite duty location was in Alabama because we fell in love with the state and the people here.

### **What are you doing now?**

I currently work for Boeing as a Product Security Engineering Senior Manager.

### **How did your military career prepare you for what you are doing now?**



My military career taught me to be comfortable with being uncomfortable and to wade into difficult problems to find solutions.

**Shannon/ Sarah-How did you come to live in Huntsville?**

We spent a total of seven years of our military service in Montgomery, AL. We came there not expecting to enjoy it, and it became the first place our family felt truly at home; thanks to an incredible church, local southern hospitality, and a wonderful military community. In 2013, we decided to start looking for some land to invest in for retirement. We began our search in Madison County for its career potential, quality high schools, and incredible landscapes. We happened, quite accidentally, upon 20 acres of beautiful land in the Hurricane Valley. It was later we discovered a large natural waterfall on the property that Sarah named her business after, with the dream of allowing others to enjoy the healing that nature provides. Sarah had been writing poetry, short stories, and drawing images of waterfalls since she was a little girl. We are quite certain it was yet another sign from God that we were on the right path and the reason we feel so at peace on this land.

**Gavin: Tell us about your school, your hobbies, favorite subject (why?) and extracurricular activities.**

Gavin is blessed to attend the current #3 school in the state of Alabama, the Alabama School of Cyber Technology and Engineering. Gavin is a sophomore and has been a long-time member of Boy Scouts and will be starting his Eagle project soon. If anyone in the community needs some help from a local Scout troop, please reach out! We are looking for ideas on how we can best help Huntsville! Gavin is on the ASCTE FTC robotics team and enjoys soccer. His favorite subject is chemistry because he enjoys experimenting with different chemicals and the hands-on projects.

**Sarah: How did being a military spouse inspire you to start Waterfall Yoga Therapy?**

Being a military spouse required me to be courageous, independent, and resilient. All skills one must have to remain in small business, but I didn't start here. Like most military spouses, I was following my husband and his career to the ends of the earth and taking volunteer positions that might eventually lead to an odd job or two. During that time, I spent several years earning my Bachelor in Business. It was after our son was born that Shannon had finally reached a point in his career where



deployments and training became more frequent. Combining sleep-deprived motherhood and single parenting during a high stress time of war, I started developing various chronic symptoms and chronic pain. Doctors insisted on prescribing me anxiety meds and sleeping pills, which I declined. Covering up the root of the problem wasn't the answer. I started praying, asking for help. Meditation, breathing techniques, and yoga movement practices were my medicine. I began to notice as I shifted my mindset, learned to have faith, and spent more time taking care of myself, that my pain was being managed and my symptoms decreased. God began to lay upon my path the right people and opportunities to a yoga class, a yoga teacher, a mentor which led to yoga teacher training and private clients with severe injuries and chronic illnesses. Understanding that pain is never solely physical, I wanted to learn more about how to help people with anxiety, depression, and grief that often comes with chronic pain and illness, so I enrolled in yoga therapy training to learn more. I truly believe God blessed me with my own struggles and healing in order for me to truly be able to help others to heal their health issues organically and holistically.

I have been in business just shy of ten years. In that time, I have

CONTINUED ON PAGE 18



☎ 256-299-9269

🌐 www.waterfallyogallc.com

✉ waterfallyogallc@gmail.com

📍 3315 S Memorial Pkwy Suite 501, Huntsville, AL 35801

*Pain is a call to action. CHANGE your pain today!*



**Sarah Cummins**  
Somatic Yoga Therapist & Pain Management Specialist  
C-IAYT, CPT, YWT

— FREE CONSULTATIONS —  
HSA/FSA/Flex plan eligible





NOW BOOKING!

**MANDI COOK | PHOTOGRAPHY**  
E-mail: mandi.cook@gmail.com

256.656.0207

AWARD-WINNING CBD PRODUCTS

CONTINUED FROM PAGE 17



*for a balanced life*  
**something in-store  
 for everyone**

*including  
 Sublingual Oil Drops,  
 Water Solubles, Topicals,  
 Soft Gel Capsules, Edibles,  
 Inhalables, Beauty,  
 Pet Products, Delta-B  
 & more.*



Mind ♦ Body ♦ Sleep ♦ Rise ♦ Pet ♦ Trim

256-945-7775 ♦ [getsunmed.com](http://getsunmed.com)

5000 Whitesburg Drive, Huntsville, AL 35802

moved my business to a new state or country roughly every two years. Being a military spouse wasn't easy or even fun some of the time, but it shaped me into who I am today; that courageous, independent, and resilient woman who could have given up a thousand times, but didn't. It's those traits that I hope to instill in my clients struggling with health issues and pain today.

**Sarah/ Shannon/Gavin - Tell us about the volunteer work that you do.**

Gavin and Sarah love cats and volunteer at the Greater Huntsville Humane Society. So far, they have managed to only bring home one of the cats! Shannon volunteers with the Boy Scouts as an Assistant Scoutmaster.

**Sarah/ Shannon/ Gavin - What is your favorite vacation spot? Why?**

We have had an opportunity to travel the world through our military service. We have been blessed beyond measure with the places, people, and cultures we have been able to experience from Egypt to Norway. While all of those incredible locations were wonderful in their own ways, right now is our favorite vacation spot. When we come home at the end of the day, all of our worries fade away, and we feel instantly at peace. Right now, nothing is better than being at home. It always feels like it's just where God wants us to be.

**Sarah/ Shannon and Gavin - If you could invite three people to dinner who would they be?**

Shannon would invite his grandfather, Don Cummins, who was the co-founder of Cummins Diesel Engines. We would love to be able to have conversations with him about engineering and hear all of his wonderful stories. Sarah would invite her maternal grandmother, Norma Hirt, who was her favorite person in the world who died of cancer before Gavin was born. We would love for them to meet. Gavin loves big family gatherings and he would invite his extended family and all of his friends!

**Sarah/Shannon / Gavin- If you had a family motto, what would it be?**

Our family has old Scottish heritage and the Cummins family motto is 'Courage' and adorns our family crest. Our family's motto is 'Trauma Teaches.' It is not the easy times, but the hard times and the challenges in life that mold you and your character.

**WHEN WAS THE LAST TIME YOU HAD YOUR LAWN IRRIGATION SYSTEM INSPECTED?**

**TIME TO WINTERIZE - WINTER DISCOUNT SPECIALS**  
 Starting in November - **10% DISCOUNT** on all service work.  
 This is a great time to get system upgrades.  
**ALSO 15% DISCOUNT OFF Landscape Lighting and Drainage Installation.**

**A WELL AND TIMELY WATERED LAWN CAN MAKE A BIG DIFFERENCE IN ITS HEALTH AND APPEARANCE!**

You could be saving a lot of water and money with a properly maintained system. Rainscapes Irrigation would like to help you protect your investment with a **FREE** irrigation system inspection!

During your free inspection one of our irrigation professionals will take the time to go over every element and function of your system at no cost to you. At the end of the complete on-site evaluation, you will receive a full system efficiency report.

**Give Rainscapes a call today (256) 268-5518 or visit our website at [www.rainscapes.com](http://www.rainscapes.com) to request your free inspection today!**



[www.peachtreeinterior.com](http://www.peachtreeinterior.com)  
[hello@peachtreeinterior.com](mailto:hello@peachtreeinterior.com)  
 256.861.6822

DESIGNING DREAMS



## Understanding the Tax Implications of Stock Options and Equity Compensation

By Roxanne Richardson Blue Accounting, Tax and Consulting Firm LLC

When companies offer their employees stock options or equity compensation, the opportunity sounds like a dream come true. However, each of these options has tax implications that employees must carefully consider. Equity compensation and stock options can be complicated, which is why it's essential to know what those tax implications are before signing any paperwork.

### Understanding Stock Options

A stock option is a contract that gives the employee the right to buy company stock at a predetermined price point. The price at which an employee can buy shares is known as the exercise price or strike price. Often, employees are not required to pay the exercise price upfront, but they have to purchase the shares within a set period, known as the exercise period.

When an employee purchases stock from their company, they incur a tax bill. The exercise price and the fair market value (FMV) price of those shares are used to calculate the tax bill. The difference in the exercise price and the FMV is known as the bargain element. This element gets taxed as ordinary income and is subject to Social Security and Medicare taxes.

### Understanding Equity Compensation

Equity compensation is the offering of company stock and other securities, such as restricted stock, to an employee. Restricted stock is stock that vests for an employee over a specified time. When the stock vests, the tax is paid.

Equity compensation can be taxed in several ways, depending on how it is structured. Restricted stock units are taxed as ordinary income at the time they vest. This means that once the shares are yours, you immediately owe taxes on their FMV. If your company offers non-qualified stock options, you will be taxed on the difference between the FMV and the exercise price when you exercise your option. This is also true of incentive stock options, but with additional requirements. To receive favorable tax treatment, you must hold onto the shares for at least two years after your option grant date and one year after exercising your option.

### Understanding Employee Stock Purchase Plans (ESPPs)

An ESPP is an employee benefit program that allows employees to buy company stock using payroll deductions. The purchase price for the stock is discounted from its fair market value. Because of the employees' discounts, the difference between the purchase price and FMV becomes taxed as ordinary income.

However, if the employee holds onto the stock for at least two years, the difference can be considered a capital gain and subject to capital gain taxes.

Understanding the tax implications of stock options, equity compensation, and ESPP is the critical first step in making the most of your compensation package. Each of these options carries unique risks and tax implications, and it is essential to study each carefully. If you have questions about your compensation package and the taxes associated with it, have a conversation with a tax professional. The right professional can ensure compliance with established tax laws and regulations, give informed assessments, and provide strategic recommendations.



**BLUE**  
TRIED & TRUE - TRUST BLUE  
ACCOUNTING, TAX, AND CONSULTING FIRM LLC

INDIVIDUAL TAX PREPARATION  
BUSINESS TAX PREPARATION  
TAX DEBT RESOLUTION  
AUDIT SERVICES  
TAX ADVISORY



**www.blueacctax.com • 256.975.2786**  
support@blueacctax.com  
600 Boulevard South SW, Huntsville, AL 35802

### You Are Unique. We Get It . We Help Design

Get Ready For a Great Window Treatment Experience.

**Shades | Blinds | Shutters | Draperies**

Latest Styles and Features

In Home Or Virtual Consultations

We Measure and Install



**SHADECRAFT** LLC  
CUSTOM WINDOW TREATMENTS



**256-867-0968 • www.shadecraftshades.com**

**TILE LIQUIDATORS**

6800 HWY 431S Owens Cross Roads AL 35763

**256.562.4880**

**www.tileliquidators.net**

Free In Home Measure • Military Discount  
SHOWROOM QUALITY AT LIQUIDATION PRICES  
**Carpet • Hardwood • Tile • Natural Stone • Cabinets**

# Honoring Veterans at Regenesis

By Charles I. Lee, M.D. and Colonel Casey Wardynski, USA Retired



Dr. Charles Lee

Colonel Casey Wardynski,  
USA Retired

This month, on the eleventh of November, we recognize the contributions those who serve and have served in the military make to the security of our nation and our way of life. This tradition began at the end of World War I as Armistice Day, the day on which fighting stopped and the war to end all wars ended. The military armistice that marked the end of fighting in Europe began at the stroke of the eleventh hour (noon German time) of the eleventh day of the eleventh month of 1918.

Following the second great world war, President Eisenhower signed legislation to rename Armistice Day to Veterans Day in 1954. Near the end of the Vietnam War in 1971, the Uniform Holidays Bill moved Veterans Day from 11 November to the fourth Monday in October. In signing that bill, President Johnson noted “The provisions of this bill ensure a minimum of five regularly recurring 3-day weekends each year for Federal employees. The costs will be offset to an important degree by avoiding disruptions of Government business through Monday observance of holidays. The private employer will enjoy similar gains in efficiency. The Monday holiday will stimulate greater industrial and commercial production, sparing business and labor the penalty of midweek shutdowns.”

On September 20, 1975, President Ford signed Public Law 94-79 that reverted the observance of Veterans Day to November 11. Mindful that 46 of the nation’s fifty states and all of its major veterans groups had ignored Federal observance on the fourth Monday in October, President Ford noted that “it has become apparent that the commemoration of this day on Nov. 11 is a matter of historic and patriotic significance to a great number of our citizens.”

While some may have found the mid-week observance of Veterans Day disruptive, the states, their people, and their veterans found meaning and value in honoring veterans and their service on the day their efforts attained victory and peace.

In our work at Regenesis, we honor the service of veterans each day by providing therapies that return the peace that many veterans have lost due to service-connected trauma and stress disorders and by significantly improving the comfort and function of joints damaged during physically demanding military service. We provide regenerative services to veterans referred to us by Veterans In Pain at no cost.

We also provide PTSD treatment to veterans who have not responded to therapy at the Veterans Administration or other providers. With this group, we have seen great improvement in the quality of life and peace of mind gained by veterans following our PTSD therapy.

As opposed to traditional approaches, our proprietary Stellate Ganglion Block (SGB) for PTSD has brought veterans peace in place of anxiety, fitful sleep, headaches, depression, and long-term reliance on pharmacology.

Our PTSD treatment seeks to reset the autonomic nervous system through a small number of injections to the Stellate Ganglion nerve bundle between the C4 and C6 vertebra in the neck. We have successfully administered hundreds of such blocks in the course of traditional medicine. In the case of PTSD, following the administration of our proprietary SGB, veterans we have treated have evidenced significant and enduring relief from, triggers, nightmares, phantom nerve pain, headaches, sleeplessness, fitful sleep, headaches, and despair.

In the coming year, we plan to expand our therapy for PTSD to include hyperbaric therapy to meet the needs of veterans and bring them and their loved ones the peace they need and deserve.

If you have any further questions regarding our SGB or other services, *visit* [www.regenesistemcell.com](http://www.regenesistemcell.com) or schedule a consultation at Regenesis Stem Cell Center by calling (256)715-8193.

*Sincerely,*

*Charles I. Lee, M.D. and Colonel Casey Wardynski, USA Retired*

**DAVIS, REDDING, & ASSOCIATES, LLC**  
— Integrated Financial Solutions —  
[www.davisreddingassociates-dra.com](http://www.davisreddingassociates-dra.com)

**LORA A. REDDING, CPA**  
Certified Public Accountant & CEO  
Lora@davisredding.cpa  
1058 Winchester Rd. NE  
Huntsville, AL 35811  
**Phone: 256-746-9260**

*Trust, Integrity and Experience  
You Can Count On*

**GOVERNMENT CONTRACTING, TAX  
AND FINANCIAL SOLUTIONS**

Member of AICPA, ASCPA, TSCPA  
Women in Defense, WEDC, Huntsville/Madison County  
Chamber of Commerce  
Huntsville Government Contractors  
DCAA Representation and Compliance,  
OVER 25 YEARS' EXPERIENCE IN PUBLIC ACCOUNTING



# Semaglutide

for  
weight loss!



## NO CONTRACT!

- \*Rapid Weight Loss
- \*Slows Gastric Emptying
- \*Decreases Appetite
- \*Improves Insulin Resistance
- \*Improves All Around Wellness

*Call today to see  
if you're a candidate!*

**256.715.8193**

## PRICING:

Dosing increases monthly until optimal weight loss is reached.

- \*Weeks 1-4 \$60 Weekly
- \*Weeks 5-8 \$78 Weekly
- \*Weeks 9-12 \$90 Weekly
- \*Weeks 13-16 \$115 Weekly
- \*Weeks 17-20 \$130 Weekly

# Regenesis

STEM CELL CENTER

Feel better. Look better.

4601 WHITESBURG DR, SUITE 103

[RegenesisStemCell.com](http://RegenesisStemCell.com)

Follow us on FB and Instagram:

@drregenesi



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



## "And the Rocket's Red Glare, the Bombs Bursting in Air"

On July 4, 1776 a young America declared independence from rule by Great Britain. Britain's defeat at the 1781 Battle of Yorktown marked the conclusion of the American Revolution. Challenges and conflict arose and on June 18, 1812 Congress declared war on Great Britain. The War of 1812 establishes the young United States as credible among other nations. It was during this conflict, that lawyer and poet, Francis Scott Key, became a prisoner on a British ship while negotiating the release of American prisoners. As a prisoner on the night of September 13, 1814, he watched the relentless bombardment of Baltimore. As morning dawned, he was able to see the garrison American flag flying above Fort McHenry and penned a poem expressing pride in the American people, which later became our national anthem.

*O say can you see, by the dawn's early light,  
What so proudly we hail'd at the twilight's last gleaming,  
Whose broad stripes and bright stars through the perilous fight  
O'er the ramparts we watch'd were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there,  
O say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?*

America has remained a strong nation but not without taking up conflicts and causes. The power or right to act, speak, and change without being governed/ruled by another country has not been *free*. It has come at a cost to our military service members, whether the wounds are physical, psychological, or the ultimate sacrifice—loss of life.

Loud noise has been present in warfare since the invention of gunpowder over a thousand years ago. As weapons and equipment have become more powerful, so has the level of damaging noise that our military personnel are exposed to. The threat to hearing posed by the loud sound levels was recognized during earlier conflicts but World War II was the catalyst resulting in action being taken to prevent and rehabilitate hearing loss. Losing the ability to hear and communicate was one of the many sacrifices resulting from military service. *Permanent hearing loss and tinnitus (ear noises) are invisible wounds.*

In the 1940's, thousands of service persons returned from WWII with significant hearing deficits. Hearing loss became a public health concern. The U.S. government established multidisciplinary hearing rehabilitation programs at military hospitals to test, monitor and treat hearing issues. In 1943, the Army assigned Captain Raymond Carhart, PhD, the mission to provide hearing rehabilitation services and dispense hearing aids (HAs) to military personnel with hearing

## Did you know that the profession of audiology was founded because of WWII?<sup>1</sup>



**Physicians  
Hearing Center**  
Hear the difference.

A division of North Alabama ENT Associates

**NOVEMBER IS DEDICATED TO HONORING OUR VETERANS**—they put their lives and hearing at risk during their service. What an important reminder that life is loud, and our hearing needs to be protected! The CDC states that noise above 70 dB over a prolonged period may damage hearing and that loud noise over 120 dB can cause immediate harm.<sup>2</sup>

**oticon**  
life-changing technology



**CONCERNED ABOUT HEARING  
LOSS? Physicians Hearing  
Center is here to help!**



SCAN THE QR CODE OR CALL  
**(256) 536-9300**  
to schedule your appointment today!

<sup>1</sup> Traynor, R. (2014). Early clinical audiology—the legacy of dr. moe bergman and the wwii audiologists. *Hearing Health & Technology Matters*. <https://hearinghealthmatters.org/hearinginternational/2014/dr-moe-bergman/>  
<sup>2</sup> CDC. (2019). What noises cause hearing loss? [https://www.cdc.gov/nceh/hearing\\_loss/what\\_noises\\_cause\\_hearing\\_loss.html](https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html).



loss. He developed testing and standardized protocols to evaluate the ability to understand speech and help HAs users in everyday spoken communication. The scientific study of hearing became the field of Audiology with the first academic audiology program opening in 1946 at Northwestern University. The profession of Audiology has focused on the measurement of hearing, the impact of hearing loss on communication and social function, as well as treatment options.

No matter what branch of service, those who serve are, at some time, likely exposed to noise. Artillery, machine noise, aircraft, combat noise, etc. can impact the ability to hear in the short term and long term. Hearing evaluations to determine hearing threshold levels before service and monitor for change during and after service are part of a soldier's life.

Hearing loss and related disorders are among the most common service-connected disabilities faced by American veterans today. The Department of Veterans Affairs' Annual Benefits Report for fiscal year 2021 reported more than 4 million veterans received disability compensation for auditory disabilities, primarily hearing loss and tinnitus. In the U.S., the Veteran's Administration is the number one employer of audiologists and dispenses 1/5th of all hearing aids. If you served in the military, the VA provides hearing healthcare for those who qualify.

The veterans of the WVs have inadvertently provided long-term solutions for anyone with hearing loss. **THANK YOU**, veterans, for your service and sacrifices. One of the freedoms you provided is the opportunity for better hearing health. As a result of their service, you have audiologists to evaluate and treat your hearing loss.

Resources:

[www.amhistory.si.edu/starspangledbanner/educational-resources.aspx](http://www.amhistory.si.edu/starspangledbanner/educational-resources.aspx)

Early Clinical Audiology – The Legacy of Dr. Moe Bergman and the WWII Audiologists – Robert Traynor [www.hearinghealthmatters.org/hearing-international/2014/dr-moe-bergman](http://www.hearinghealthmatters.org/hearing-international/2014/dr-moe-bergman)

Looking Back to 1946: Precepting and Historical Focus on Audiology Programs - The American Academy of Audiology [www.audiology.org/looking-back-to-1946-precepting-and-historical-focus-on-audiology-programs](http://www.audiology.org/looking-back-to-1946-precepting-and-historical-focus-on-audiology-programs)

[www.asha.org](http://www.asha.org)

[www.audiology.org](http://www.audiology.org)

[www.research.va.gov/topics/hearing.cfm](http://www.research.va.gov/topics/hearing.cfm)

**Give your pet extra protection outdoors this summer with this limited time offer!**

**Buy 1 Get on FREE Outdoor Shields® Unit with a New Install of a Boundary Plus® Outdoor Solution**

Scan to learn more about Outdoor Shields® Solution

**Invisible Fence** Brand

**Invisible Fence of Huntsville**  
256-746-0606  
[huntsville.invisiblefence.com](http://huntsville.invisiblefence.com)

**50 YEARS SINCE 1973**



**We Rock The Spectrum® KID'S GYM**  
For all kids - Huntsville

**"FINALLY A PLACE WHERE YOU NEVER HAVE TO SAY I'M SORRY"**

**Safe Nurturing and Fun Environment for ALL KIDS!**

**OPEN 7 DAYS A WEEK**

**Vanessa and Joaquin Tucker-Owners**

**256.585.2179**

**info@werockthespectrumhuntsville.com**  
**www.werockthespectrumhuntsville.com**

326 Sutton Road SE Owens Cross Roads, AL 35763

**Field Trip • Classes • Private Play Dates • Open Play**  
**Birthday Parties • After School Care • Camps**

**12 pieces of occupational equipment includes zip line and so much more!**

**A GYM FOR ALL KIDS**

**Best friends live here.**

More than 5,100 residents met their best friends at Brookdale. As a resident, you can wake up each morning to new opportunities designed to keep you socially active. You'll meet people who are in the things you're into — and you'll discover that those people often become your closest friends.

Source: 2018 Resident Programs survey

**Brookdale Jones Farm**  
Assisted Living  
Independent Living  
2815 Carl T Jones Drive SE  
Huntsville, AL 35803

► For more information, call today.  
**(256) 881-6111**

brookdale.com

**BROOKDALE**  
SENIOR LIVING



# The Roads that Lead to Homelessness for Veterans

By Adilene Guzman, Community Outreach Coordinator

Our veterans, with great bravery and courage, put their lives on the line to protect our freedom. They are why we get up every day and can live the lives we choose freely; without them, it would not be possible. The men and women who have served or are still serving deserve a life where they are mentally and physically healthy. Unfortunately, their service for our country can, at times, be a huge burden for them to carry. As civilians, we may not know the full extent of our veterans' difficulties as we have not walked in their shoes.

Veterans are at a higher risk for unemployment due to a lack of education, especially when they join the armed forces right after high

school. Many receive their education while serving, but that is not the case for all, leading to many without a college degree. Veterans who could not get an education struggled to find jobs once they returned home. This situation only worsens when they cannot make ends meet, ultimately leading them to homelessness.


Physical injuries are another of many reasons why veterans struggle to find a job. Their injuries may have prevented them from performing the tasks required for employment. In an already inconvenient situation, submitting a claim to the U.S. Department of Veteran Affairs could take months, and hiring a lawyer is simply not an option when you are struggling financially. When the U.S. Department of Veteran Affairs finally starts processing the claim, the veteran could have already ended up homeless.

Homelessness is a significant issue, with an estimated 38,000 veterans currently homeless. There have been times when the number of veterans experiencing homelessness has dropped, but in the last five years, there has been a 4% increase. About 62% of veterans live in homeless shelters, leaving the remaining 38% homeless or staying in an unsuitable human environment. This problem affects not only the veterans but their families, too; the weight carried is enormous.


No one should have to experience homelessness. Transitioning from service to civilian life is hard enough, as many return with trauma and PTSD and come back home to struggle physically, emotionally, and financially. Our veterans need help in a variety of areas for them to heal and thrive once they have returned home. As the community our veterans serve and protect, we are responsible for advocating for them. They have fought for our rights, and it's only fair that we fight for theirs too.

Donating your time volunteering at a Veteran organization can make an enormous difference. Volunteering at a homeless shelter or providing food and clothing to these establishments that help assist our veterans is immensely helpful. In Huntsville, Still Suffering Veterans is an excellent outlet for injured and non-injured veterans who need diverse services and assistance. These organizations require donations and time from our community to provide the necessary services, so when you help them, you are changing veterans' lives.

Sources: Military Spot, U.S Department of Veteran Affairs



**HAPPI Health**  
...We exist to serve others



DR. KYLE  
Phone (appointments):  
**256.519.3650**  
[www.happihealth.org](http://www.happihealth.org)

**SERVICES PROVIDED:**


- Primary Care
- Urgent Care
- Women's Health
- Family Medicine
- Physicals
- Men's Health
- Behavioral Health
- Pediatric Care
- Spanish speaking clinic

**HAPPI Health is proud to announce we provide the COVID VACCINE and COVID TESTING.**

**During the Covid-19 pandemic our offices are offering TeleHealth Medicine\* visits to our patients.**

\* Please do note that you must be an established patient of HAPPI to qualify for Telehealth Medicine visits.

<b>Urgent Care</b> 813 Franklin Street	<b>New Office</b> 115 St. Clair Avenue STE 200	<b>HAPPI Behavioral Health</b> 807 Franklin Street <b>256-286-0966</b>	2597 Sparkman Drive
---	---	--	---------------------



**a GENTLEMAN'S GUIDE to LOVE & MURDER**

Book and Lyrics by **ROBERT L. FREEDMAN**  
Music and Lyrics by **STEVEN LUTVAK**  
Based on A Novel By **ROY HORNIMAN**

**December 1-3, 2023**  
at the Academy for Academics and Arts Theatre


**Tickets: 256.415.SHOW or [imp Huntsville.org](http://imp Huntsville.org)**


"If It's Muddy Call Your Buddy" (256) 755-5119  
[HSVMBP.COM](http://HSVMBP.COM)

Madison County & Surrounding Areas

FIND US ON

Google  
Facebook  
HouseCall Pro  
Yelp





**Muddy Buddy's PLUMBING**

Licensed & Insured LLC



# Occupational Therapy: A History Rooted in Service to Veterans

By Kelly Eichelberger, OTR/L, and Kelley Pacillo, OTR/L ECHM Owners /Therapists



Did you know that Occupational Therapy was created to serve our Veterans? Occupational Therapy (OT) is a profession with a rich history that traces its roots back to the aftermath of the American Civil War. Initially, it emerged as a response to the needs of injured veterans, and today, occupational therapists continue to play a vital role in rehabilitating and improving the lives of veterans who have sustained injuries, both physical and psychological, during their service to their country.

## The Beginnings of Occupational Therapy

Occupational therapy as we know it today began to take shape in the late 19th century, with a specific focus on the care and rehabilitation of wounded soldiers returning from the Civil War. During this period, medical professionals realized there was a need for a more holistic approach to the treatment of veterans. It was understood that merely addressing the physical injuries was not enough to ensure a successful recovery and reintegration into society. The roots of OT remained deeply embedded in the care of veterans, as it was during World War I that occupational therapists were first officially deployed to work with military personnel.

## OT's Role in Treating Veterans

Today, occupational therapists are an integral part of the interdisciplinary teams that provide care to veterans in various healthcare settings, including VA hospitals and clinics.

**Physical Rehabilitation:** Occupational therapists work with veterans who have suffered physical injuries, such as amputations or traumatic brain injuries, to regain their independence and improve their quality of life. They design personalized rehabilitation programs that focus on restoring functional abilities, including mobility, self-care skills, and adaptive techniques.

**Mental Health Support:** OTs also play a vital role in addressing the mental health needs of veterans, particularly those struggling with post-traumatic stress disorder (PTSD) and other psychological conditions. Through therapeutic interventions, they help veterans develop coping strategies, manage stress, and engage in meaningful activities to enhance their mental well-being.

**Assistive Technology:** To enhance the independence and productivity of veterans with disabilities, occupational therapists assess their needs for assistive technology and adaptive devices. They provide training on using these tools, making it easier for veterans to perform daily tasks and engage in vocational activities.

**Vocational Rehabilitation:** For veterans seeking to return to the workforce or explore new career opportunities, occupational therapists offer vocational rehabilitation services. They assess vocational interests, skills, and abilities, and assist veterans in developing job-seeking skills and work-related strategies.

**Home Modifications:** Many veterans with disabilities face challenges in their home environments. Occupational therapists evaluate living spaces and recommend modifications to ensure accessibility and safety. These modifications can include ramps, handrails, and adaptive equipment.

**Community Reintegration:** Occupational therapists facilitate veterans' transition back into their communities. They help veterans set and achieve goals related to their personal and social lives, fostering a sense of purpose and belonging.

Today, occupational therapists continue to work to improve the lives of those who have served their country, and help veterans regain independence, find purpose, and reintegrate into society successfully. The roots of OT in serving veterans have not only defined its past but continue to shape its present and future.

Magnolia Neuro Rehab's therapists take pride in serving our Veterans. If you or someone you know would like to improve independence and quality of life through occupational therapy, please reach out to schedule an appointment today!



A New Perspective On Therapy

MEDICARE  
ACCEPTED

MAGNOLIA

NEURO REHAB

- » Neuro rehab
- » Low vision
- » LSVT certified clinicians
- » Home modification/safety assessments
- » Caregiver training
- » In person and remote options



FREE Consultation

256-513-9444 • [www.magnolianeurorehab.com](http://www.magnolianeurorehab.com)

525 Fountain Row SW, Huntsville, Alabama 35801




Locally Owned, Full Service  
Veterinary Hospital

We Strive To Provide Compassionate,  
Preventative Care With The Best  
Diagnostic Tools Available To Us

256.881.4862

7604 Memorial Parkway SW, Huntsville, AL 35802



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

## Disclosing Fixtures Versus Non-Fixtures

Let's pretend you just bought your **Dream Home**: all the bells and whistles you want, in your budget and ready for move-in. But when you show up for the walk-through, it looks ... different. All the window treatments and lighting fixtures are gone. There are no doorknobs, and in some cases no doors on the doorframes. The stainless-steel appliances have been replaced with an old microwave and a dorm fridge, and there are giant holes in the yard where trees used to be.

Oh my! What just happened? Well, when it comes to selling a home, there are certain fixtures that are expected to remain with the home. Sellers can try to take anything with them, or even leave anything behind. But these plans need to be disclosed up front.

### The Basics:

A fixture is anything fixed to a house or the grounds of its property. And a fixture stays with the house. Hung up like a painting? Not a fixture. Bolted to the studs? That's a fixture. Plugged into the wall? Probably not. Wired in with gas or plumbing? Fixture.

To start off, here's a list of things that are usually assumed to be fixtures:

- Built-in shelves
- Doors and doorknobs
- Pulls on built-in drawers
- Wired-in alarm systems, and CO2 alarms
- Window treatments, including blinds and curtain rods
- Light fixtures, including sconces and chandeliers
- Washers and dryers
- Appliances like ovens and dishwashers
- In the bathroom: sinks, toilets, lighting fixtures and tubs
- Outside: mailboxes, plants, sheds, porch swings, birdhouses (screwed to trees/posts), fire pits, and gazebos

Another way of thinking about fixtures: will it be a pain in the neck to remove a thing in your house? Then that thing is probably a fixture.

### The Not-So-Basics:

Just as in life, home fixtures have some gray areas. These are some of the most common items that you'll want to note, just so everyone involved knows what to expect. And you can rely on your real estate agent for expert advice and local expertise on these:

- Microwaves on counters might not be considered fixtures and may be expected to depart with the sellers.
- Backyard swing sets always require a conversation, because homebuyers likely really want to have one or really do not.
- Wall-mounted TVs are always a question when it comes to fixtures.

So, what's a home seller or buyer to do about these gray areas, or about the bay tree your late grandfather planted in your yard?

The answer: **Be Transparent**

There are a few ways you can notify potential buyers about any fixtures you want to either take with you or negotiate leaving in place:

- Put it in the marketing materials. If you or your realtor is preparing brochures or flyers for open houses or showings, make a note there if there's a fixture that won't be staying put or a large item you'd like to leave (like a piano). Buyers' realtors will spot this info and keep their clients informed.
- Just don't show it at all. If you want to keep your chandelier, the best way to avoid a potential disagreement with your buyer is to simply take it down before your home hits the market. Don't even leave it up for the photos!

If you're the buyer, don't be shy! You'll never get something you don't ask for – that piano, that entrance hall mirror. The worst they can say is no. In the end, everything is for sale!

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

*"Happy Clients Are The Key To Our Success"*





**DARIN WINDHAM**  
REALTOR  
256.652.9032  
darin@keyfindersgroup.com  
www.KeyfindersGroup.com

**HAPPY CLIENTS THE KEY TO OUR SUCCESS!**



REBECCA  
WINTERS  
LAW



*Innovative, Compassionate, Effective*

1813 University Drive Suite 102  
Huntsville, AL 35801  
256-410-9350  
www.rebeccawinterslaw.com  
rebecca@rebeccawinterslaw.com

**Divorce • Custody • Modifications • Adoptions**





## The Crucial Safety Net:

### Understanding the Importance of Life Insurance

By Todd Powers  
Alfa Insurance

In the grand tapestry of life, uncertainty is an ever-present thread. We cannot predict what the future holds, but we can certainly prepare for it. One essential aspect of this preparation is securing the financial well-being of our loved ones, even in our absence. Life insurance stands as a beacon of financial security, offering a lifeline that can ease the burdens of loss and provide peace of mind for those left behind. In this article, we will explore the profound importance of life insurance and why every responsible individual should consider it a fundamental part of their financial plan.

#### Providing Financial Security

The primary purpose of life insurance is to provide financial security to your loved ones in the event of your untimely demise. When you purchase a life insurance policy, you are essentially making a promise to your family that they will be taken care of financially when you are no longer there to provide for them. This financial cushion can help cover immediate expenses like funeral costs, outstanding debts, and daily living expenses.

#### Replacing Lost Income

One of the most significant benefits of life insurance is its ability to replace the lost income of the policyholder. If you are the primary breadwinner of your family, your sudden absence can leave your loved ones struggling to make ends meet. Life insurance ensures that your family can maintain their standard of living, pay for essential expenses, and continue their financial goals, such as mortgage payments, education costs, and retirement savings.

#### Debt Relief

Life insurance can also serve as a crucial tool for debt relief. In the event of your passing, your debts do not vanish; they become the responsibility of your estate or, worse, your surviving family members. Life insurance can help settle these outstanding debts, preventing your loved ones from being burdened by loans, credit card debt, or mortgage payments that they may not be able to afford.

#### Funding Education

For parents with dreams of providing their children with a quality education, life insurance can play a vital role in making those dreams a reality. By naming your children as beneficiaries, you can ensure that they have the financial means to pursue higher education even if you are no longer around to support them.

#### Peace of Mind

Perhaps one of the most intangible yet significant benefits of life insurance is the peace of mind it offers. Knowing that your family will be financially secure in your absence can alleviate the stress and anxiety associated with the uncertainties of life. This sense of security allows you to focus on the present while building a better future for your loved ones.

#### Diverse Policy Options

Life insurance is not a one-size-fits-all solution. Insurance companies offer a variety of policy options to suit individual needs and financial goals. Term life insurance provides coverage for a specific period, making it a cost-effective choice for temporary needs. Whole life insurance, on the other hand, offers lifetime coverage that can accumulate cash value over time. It's important to consult with a trusted insurance agent to determine which type of policy aligns best with your unique circumstances.

In conclusion, life insurance is not merely a financial product; it is a promise of security and protection for your loved ones when they need it the most. By recognizing the importance of life insurance and taking the necessary steps to secure it, you are investing in the future well-being of your family and ensuring that they are protected from life's unpredictable twists and turns.

If you have any questions about life insurance or would like to discuss your options further, please feel free to reach out to Todd Powers at Alfa Insurance. Todd can be contacted at 256-883-8598 or via email at [tpowers@alfains.com](mailto:tpowers@alfains.com). Your financial peace of mind is just a call or email away.

**TODD POWERS**  
**(256) 883-8598**  
TPowers@alfains.com  
AUTO • HOME • LIFE • BUSINESS  
*Call Alfa*

**ALFA**  
INSURANCE



## Common Signs Your Garage Door Needs a Professional

By Tammy Warren, Co-Owner Overhead Door Company of Huntsville/North Alabama™

### Is Your Garage Door Trying to Tell You Something?

Garage doors are the unsung heroes of our homes, faithfully opening and closing day after day. Often, we take them for granted until they start acting up.

Garage doors need attention and care to stay in good shape like any other part of your house. But how do you know when to call in a professional?

We'll explore the common signs your garage door may be sending you, indicating it's time to seek the expertise of a professional.

#### 1. Unusual Noises

One of the first signs that something might be amiss with your garage door is unusual noises. Suppose you hear persistent creaking, squealing, or crunching sounds that don't go away after applying some lubricant. These noises often result from malfunctioning parts that require replacement or adjustment. Sometimes, these noises result from using the wrong lubricants on your garage door operational system.

#### 2. Altered Door Operation

Your garage door should open and close smoothly without any hiccups. If you notice changes in how it operates, it's a sign that professional attention is needed. These changes could include the

door opening slower than usual, moving lopsided, operating at a different speed, or experiencing delays when you press the opener. These issues should be addressed, as they could escalate into more severe problems.

#### 3. Visual Clues

Sometimes, all you need to do is look at your garage door to spot potential issues. Visual clues include:

- A broken garage door spring.
- An off-track garage door.
- Worn-down rollers.
- Signs of wear and tear.

You might also notice damaged weatherstripping, bent door tracks, frayed cables, or malfunctioning photo-eyes. If you find any of these visual signs, it's time to consult a professional.

#### 4. Missed Inspections

Regular inspections can prevent minor issues from becoming major problems. If you last had your garage door inspected a while ago, scheduling one is a good idea. A professional can identify any irregularities you might have overlooked and fix them before they lead to costly repairs or replacements.

#### 5. Procrastination

Delaying garage door repairs or inspections can lead to more significant issues and expenses. If you're hesitant about getting an inspection because of potential repair costs, remember that addressing problems early is usually more cost-effective than waiting until they become severe.

#### 6. Risk of Further Damage

A garage door has many heavy moving parts, and when something goes wrong, it can damage not only the door itself but also the garage door opener and the property surrounding it. Loose springs, in particular, can pose a significant risk if they suddenly snap.

#### 7. Safety Concerns

Neglected garage door issues can result in accidents, endangering people and property. A malfunctioning garage door can become a safety hazard, especially if it unexpectedly falls or doesn't close properly.

#### 8. Potential Cost Escalation

What may initially seem like a minor problem can quickly evolve into costly operational or component malfunctions if left unattended. Addressing issues promptly can save you money in the long run.

#### 9. Reliability at Stake

Ignoring minor problems may result in a broken motor, causing inconvenient disruptions to your daily routines.

#### 10. Security Implications

A garage has the potential to safeguard thousands of dollars worth of tools and personal possessions. However, if the garage door is not functioning properly, it can pose a significant security risk.

**Overhead Door Company of Huntsville/North Alabama™**



**WE SERVICE AND REPAIR MOST ALL BRANDS**

# 256-772-3674

We are the **ONLY** authorized Overhead Door™ Brand  
Distributor in North Alabama  
**Local - Since 1968**

Garage Door Repairs and Installations  
Garage Doors and Operators  
Commercial and Residential

**The Genuine. The Original.**



# 100+ YEARS

— Since 1921 —

Overhead Door Company of Huntsville/North Alabama™



[overheaddoorcompanyofhuntsville.com](http://overheaddoorcompanyofhuntsville.com)



Local - Since 1968  
Family Owned  
and Operated  
by the  
Warren Family

*Continued on next page*



By Thomas Parks,  
Parks Roofing and Construction

## Five Reasons to Invest in Regular Roof Maintenance

As a homeowner, your roof is one of the most important investments you will make. Like any investment, it's important to take steps to protect it and maintain it. Regular roof maintenance is an essential part of being a responsible homeowner, and it can save you money in the long run. Here are five reasons to invest in regular roof maintenance:

### 1. Prevent Damage Before it Occurs

The best way to avoid expensive repairs is to prevent them before they happen. Regular roof maintenance can alert you to potential issues before they become major problems. For example, if you notice a spot on your roof that looks like it needs some extra attention, you can take action to prevent it from becoming a costly repair. Regular inspection and maintenance can also help identify any weak spots in your roof, which can be easily addressed if caught early enough.

### 2. Extend the Life of Your Roof

Ongoing roof maintenance can help extend the life of your roof significantly. This can save you money in the long run as it will help prevent you from having to replace your roof prematurely. Regular maintenance helps to ensure your roof is in good condition and can help to identify any potential problems early on. This can help to ensure that your roof lasts for as long as possible before needing to be replaced.

### 3. Improve Efficiency

Regular roof maintenance can also help to improve the energy efficiency of your home. Regularly inspecting and maintaining your roof can help to identify any weak points or leaks that might be

causing your home to lose energy. By addressing these issues and properly maintaining your roof, you can increase the efficiency of your home and save money on energy bills.

### 4. Reduce Costs

One of the most obvious benefits of regular roof maintenance is that it can help to reduce costs. Regularly inspecting and maintaining your roof can help to identify potential problems early, which can help to avoid costly repairs in the future. Regular maintenance can also help to extend the life of your roof, which will save you money in the long run.

### 5. Improved Curb Appeal

Regularly maintaining your roof can also help to improve the overall curb appeal of your home. This is especially important if you are looking to sell your home and want to ensure you are making the best possible impression. Regularly maintaining and inspecting your roof can help to ensure your home looks its best, which can help to increase its value significantly.

By taking the time to invest in regular roof maintenance, you can ensure your roof is in good condition and can help to avoid costly repairs in the future. Regular maintenance can also help to extend the life of your roof, improve efficiency, and increase the value of your home. All of these benefits can make investing in regular roof maintenance a great decision for any homeowner.

*Continued from previous page*

### For Your Peace of Mind

A garage door will do its job day after day. Up and down, up and down – until one day, the door will stop working the way it should. Being aware of a garage door's daily sounds and functions can save you money if caught before a major repair is needed.

Don't ignore these messages; listen to what your garage door is trying to tell you. Sometimes, even a reliable garage door might have reached its lifespan, and a major repair or replacement might be needed.

Overhead Door Company of Huntsville/North Alabama™

Puts Your Safety and Security First!

We exclusively employ our trusted technicians, never subcontractors, ensuring you never have to welcome a stranger into your home. When you choose Overhead Door Company of Huntsville/North Alabama™ for garage door service, repairs, and installations, you will receive our trademark of excellent service and products.

Don't hesitate to call a trusted professional to assess and address any issues with your garage door. Your home's safety, security, and convenience are worth it.

Overhead Door Company™ has served Huntsville and surrounding metro areas for over 55+ years. Give us a call today at 256-772-3674.



**CONSTRUCTION**

QUALITY WORK, AFFORDABLE PRICES

- Commercial and Residential Roofing
- Remodeling Hardscape
- Exterior and Interior Renovations
- Siding and Gutter Installation




**Parks Roofing and Construction**  
 Call Or Text 256.288.4241  
 or 256.755.7765  
[parksconstructional.com](http://parksconstructional.com)



**10% OFF**  
WITH THIS AD



# ROCKET CITY TRASH PANDAS

## Unveil Full 2024 Schedule

By Aaron Chervis, Coordinator Media Relations

Home opener at Toyota Field scheduled for Tuesday, April 9 vs. Birmingham

The Rocket City Trash Pandas are excited to reveal the schedule for the 2024 Southern League season. The fourth season in Rocket City history will open on the road on Friday, April 5 at Tennessee before Opening Night at Toyota Field, scheduled for Tuesday, April 9 against the Birmingham Barons.

Big home games at Toyota Field include a Mother's Day matchup against Mississippi on Sunday, May 12, a Memorial Day weekend series against Montgomery wrapping up on Sunday, May 26, an Independence Day showdown against Birmingham on Thursday, July 4, and a Labor Day weekend series against Tennessee concluding on Sunday, September 1.

The full 138-game schedule runs from April 5 until Sunday, September 15 and features 69 home games at Toyota Field and 69 road games against seven Southern League opponents. The Trash Pandas will play 84 total games against North Division rivals Birmingham, Chattanooga, and Tennessee as well as 54 games against South Division foes Biloxi, Mississippi, Montgomery, and Pensacola.

The Trash Pandas will end the first half of the season with a six-game series against Biloxi at Toyota Field from June 18-23 and wrap up the regular season with a six-game series at Chattanooga from September 10-15. The final home series at Toyota Field is scheduled for September 3-8 vs. Biloxi.

The Trash Pandas are expecting to welcome their one millionth fan to Toyota Field during the first half of the 2024 season. Since play began in 2021, the Trash Pandas have led the Southern League in attendance each season, with more than 920,000 fans entering through the Toyota Field gates over the team's first three seasons.

Fireworks will light up the Rocket City sky following all Friday and Saturday home games, as well as on Opening Night on April 9, an Independence Day spectacular on July 4, and special Labor Day Fireworks on Sunday, September 1 for a total of 27 post game fireworks shows in 2024.

More weekly promotions return including Ladies Night on Tuesdays, Dog Day Wednesdays, Extended Happy Hour on Thursdays, and Kids Run The Bases following each Sunday home game. A full list of promotions will be unveiled in 2024. All promotions are subject to change.

Fans that have booked groups for the 2023 season within our hospitality spaces will receive first access to renew for dates during the 2024 season.

★ ★ ★ ★ ★  
**HAPPY**  
*Veterans Day*  
★ HONORING ALL WHO SERVED ★

930 BOB WALLACE AVE SW STE 227  
Huntsville, AL. 35801  
TEXT or CALL TO BOOK 256 441 5911  
Huntsville@Stretchlab.com

STRETCH LAB  
**\$100-OFF**  
FIRST MONTH  
of membership  
BLACK FRIDAY SPECIAL

"Your local Mold experts! 10 years of experience"

**Rocket City Remediation LLC**  
MOLD SOLUTIONS

- Water Damage Repair
- Mold Testing
- Mold Remediation
- Mold Inspection
- Full Home Airspace Fumigation
- Crawl Space Encapsulation

BEFORE

AFTER

Austin Manhart 256-603-9766  
Calvin Jacobson 256-425-6421  
rocketcityremediation@gmail.com  
rocketcityremediation.com



ENGEL & VÖLKERS®

Follow your Dream, Home.

## Your Local Advisor with Global Reach

When considering buying or selling a property, it's essential you work with true market experts who take the time to understand your unique real estate goals. Engel & Völkers advisors are known for their unparalleled professionalism and dedication to providing high quality, personal service. These characteristics are evident among all Engel & Völkers real estate advisors in local markets across the globe.

Each of our advisors is devoted to the core values of competence, exclusivity, and passion, as they represent a luxury global real estate brand with over 40 years of brand heritage and experience. Engel & Völkers advisors are leaders in their local markets with valued connections that help maintain our reputation for excellence around the globe.

Through our unique and powerful marketing strategies, backed by an iconic brand and global network, we will ensure your property is best positioned to sell while meeting your specific goals.



A handwritten signature in black ink that reads "Brian May".

**Brian May**, Advisor,  
Director of Regional Sales



**BRIAN MAY**

ENGEL & VÖLKERS HUNTSVILLE

320 The Bridge Street | Suite 104 | Huntsville | AL 35806

M +1 (256) 497-6780 | License #125159

[brian.may@evrealestate.com](mailto:brian.may@evrealestate.com)

[brianmay.evrealestate.com](http://brianmay.evrealestate.com)

©2023 Engel & Völkers. All rights reserved. Each brokerage independently owned and operated. All information provided is deemed reliable but is not guaranteed and should be independently verified. If your property is currently represented by a real estate broker, this is not an attempt to solicit your listing. Engel & Völkers and its independent License Partners are Equal Opportunity Employers and fully support the principles of the Fair Housing Act.

## ENGEL & VÖLKERS®



## Crafting Bespoke Homebuying Experiences in Madison County.

ENGEL & VÖLKERS HUNTSVILLE  
320 The Bridge Street | Suite 104 | Huntsville | AL 35806  
+1833-588-2737  
huntsville@evrealstate.com

