

The Winston

Come get what you need and leave better than you came. Find out all the rave about the B&B that will change your life.

Dreams Taste Good

Meet the Tiger's Inn Team bringing good food to the Mountain.

Vol 1 • March 2023 alabamalifemedia.com



Design Your Dream Space

Emily Guin shows you that your dream space is possible, affordable, and family friendly.

256 Life is about the People, Places, and Experiences that Shape Us.



WHO WE ARE

256 Life is a local magazine established to share the stories of the people, places, and experiences that shape who we are and how we live. This magazine is a safe place to share who you are and offer truth to a word that just doesn't really buy into truth much anymore.

Most importantly, this magazine is about God. He is the author of our story and the sustainer of our faith. God is moving a generation of people toward him. A generation of people who are good, contribute to the betterment of society, want others to be blessed, and want souls saved.

To God alone be the glory for all that comes out of this magazine.



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HEADQUARTERS

256 Life Magazine Fort Payne, Al 35967

LETTERS TO THE EDITOR

256 Life Magazine Fort Payne, Al 35967

QUESTIONS/INQUIRIES

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March 2023



A warm and cozy bedroom in the Winston B&B.





Top: A delicious salad from Tiger's Inn. Bottom: One of many beautiful interiors designed by Emily Guin.





Top: A group of dancers for the performance of Ovation. Bottom: A glass maker showing off their tools.

Meet Jacob Brown From school principal to owner of one of Alabama's top B&B's.

Tiger's Inn Valley Head's go-to for good food.

Orbix A small glass studio nestled in the humble mountains of Alabama. **Emily Guin** An interior decorator who loves making statements with style.

Night at the Ballet The Alabama Ballet presents: Ovation. Coming this April.

Recipe of the Month Stay warm with this easy Mediterranean Chicken and Rice one pan dish.

Easter Art Project Celebrate the season with this fun project with a long history.

The History of Valley Head Learn more about this beautiful town.



on the

WINSTON PLACE

PHOTOGRAPHER JACOB BROWN

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Doing the Impossible

Some of the upcoming expansion projects planned for the Winston Place, include offering additional reservation spots for weddings in front of the house, as well as developing the barn into a luxury wedding and event space and music hall. Surrounding the barn will be six individual shops that will offer cool merchandise, a coffee shop, a spa, and empty spots for emerging entrepreneurs available to rent.

This expansion project will begin in January 2023 and should be completed over the course of 12-18 months. The initial project will be site clean-up/tree removal, followed by the barn, shops, and overflow parking at the back. This area of the farm will be officially named Magnolia Village.

The ultimate goal and personal desire of Brown is for Winston Place to be a place of refuge and hope for each individual that enters the property. This is God's house and should be used for his glory. From a beautiful wedding or a small party, to a quiet night with a loved one, let Winston Place be your place to visit. Just stay a while!

Booking Information:

Phone: 256-674-1011

Email: Jake.thewinston@gmail.com

Website: the-winston.com

Also, find us on Facebook, Instagram, and TikTok

Jacob Brown, Owner/President



"The Winston is a place where you come get what you need and leave better than you came."

TIGER'S INN VALLEY HEAD'S GO-TC FOR Good Food



Big cat. Bigger flavors.

If you haven't been to Tiger's Inn recently, you really owe it to yourself to take some time out of your day, to enjoy a truly delectable meal! Owners Adam Golden and Grady Wells have really raised the bar when it comes to tantalizing your taste buds.

They have recently renovated the restaurant, and improved what was already a very delicious menu. We recently had the opportunity to chat with Grady and Adam and find out how they became so talented.

Grady says his love for cooking comes from a place of passion. To elaborate, he says "I am a people pleaser through and through. It is very rare that I cook for myself so when I cook it's for others, it's me sharing a part of myself with them. I'm not just serving food, it's telling a story, past experiences of where my life has taken me. Food is a necessity in everyone's life, so there is a language in food that speaks differently to everyone. One bite can spark a memory from years forgotten, or it can be a completely new experience never had. And to be able to share that with people is an absolute joy to me. I love more than anything to have good company and food is a great pathway for people to come together."

Adam agrees. He also has always found passion in cooking, ever since his childhood. He remembers being in the kitchen with his mom and grandmother, always asking questions and trying to be involved. His first job was in fast food, where he fell in love with the hustle of the food industry; the constant satisfaction of a job well done. Every day was a challenge, and the pace kept his mind occupied. He says "I found refuge in a world I had never traveled to. The clock flew by each day, and I found myself excited for the next. And so, my journey began. I tried college, other avenues of work, but never felt the same joy, passion, I felt in the pace of a kitchen. It was more than punching a clock. I am having FUN! I was able to create and be spontaneous. There is always something to learn about food, something new to experience. There isn't a better feeling than to see your creativity come to life and that creativity





Business Hours:

Monday **CLOSED** Tuesday 6:00 AM - 2:00 PM Wednesday 6:00 AM - 2:00 PM Thursday 6:00 AM - 2:00 PM

4:00 PM - 8:00 PM

Friday 6:00 AM - 2:00 PM

4:00 PM - 8:00 PM

Saturday 10:00 AM - 8:00 PM Sunday 10:00 AM - 2:00 PM

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Available for Dine-in or Takeout.

A few of Tiger's Inn's specialties:



Sunday Brunch



Fillet with Shrimp



Fried Deviled Eggs



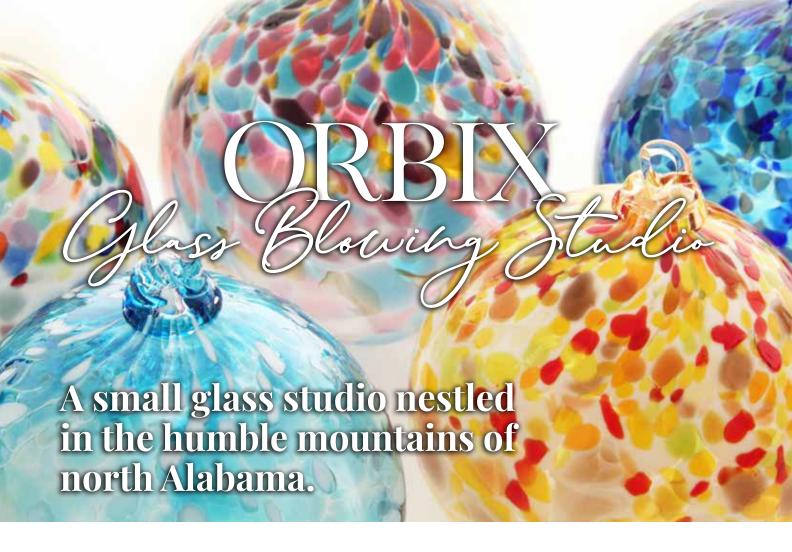
Catfish & Fries

gives someone at least a moment of happiness, pure bliss. Sharing the experience of food is what makes it so great."

"There is a story behind every dish and whether you are trying to find an answer or create your own, the sky is the limit. I have always been motivated by my mother and father's relentless desire for me to be something, to have a good and decent life. I have been fortunate to learn from very reputable people in the industry that kept me motivated and learning. I learned that what's most important is surrounding

yourself with good people. Because without each other we have nothing. I have no formal training. I always tell people I went to the school of life, as we all do each day. Every day is a new opportunity and what you do with those opportunities is up to you."

With over II years in business, serving delicious country breakfasts, mouthwatering "meat and 3's" for lunch, and culinary adventures for dinner, you know Tiger's Inn is doing it right! So, when will you be joining them?



Since 2002, Orbix Hot Glass has distinguished itself by its refined handmade glassware and its connections with those who appreciate clean designs, dependable service, and excellent quality in a small studio and gallery business.

For owners Cal and Christy Breed, Orbix emerged as an idea in the late 1990's, though it bore no name. For many years leading up to this point, Cal studied at schools around the country, gleaning as much knowledge and technique from some of the best in the world. Deciding where to plant a glass studio was not a difficult decision; Alabama was home, with all its charm and subtle graces.

As plans were lain, equipment was built, and property was sought, the reality became evident that it would take a lot of great people to make it a success. Though the task of opening and running an art business was and remains trying at times, the encounters with so many others provides joy and fascination.

Today, Orbix resides on 26 acres bordering Little River Canyon National Preserve, just a few miles from where Cal and Christy met and spent many days scaling the steep cliffs, or paddling the turbulent waters. Evidence of this landscape whispers through the Orbix collection, as it always remains a backdrop of the studio.

From one perspective, Orbix is about our personal paths along the way and its intersection with many others on their personal orbits. From another perspective its about the process of blowing glass and its constant requirement to never stop turning - always pushing forward. Those two things give meaning to Orbix and reflect two of our greatest passions – people and glass.





Glass art is what we were intended to do, and it would not be possible without those of you who appreciate it as well.

Today, we strive to make honest, excellent work that someone would invite into their life. Cal leads a team of glassblowers who hand-craft each piece with great attention to form, balance and color.

We hope that you would come to expect the same excellence in our service – impeccable, timely and personal. We are making one-at-a-time glassware for individuals who want one-at-a-time attention.

We also offer all kinds of classes you can attend, where you can blow your own glass items, with assistance from our talented artists! Visit our website at orbixhotglass.com/events to see what classes are coming, and the dates available.

A few examples of the things you can make in our classes, include: ornaments, tumblers, paperweights, glass flowers, and bowls. Reservations are required for all classes. Most classes limit the number of spots, and classes fill fast! You can call us at 256.523.3188, or email us at info@orbixhotglass.com to make your reservations.

Thanks for inviting Orbix into your life. We are so glad that our paths crossed.







ORBIX

3869 County Road 275 Fort Payne, AL 35967

256.523.3188 · orbixhotglass.com



EMILY GUIN Laterior () esigh

Making Statements with Style

Emily Guin, creator of the Emily G. Collection, is a home renovator, freelance designer, room stager, and project tackler. She is a freelance artist for Magnolia Lane Collection and has had the privilege to design for Hobby Lobby, Buc-ee's, Kroger, and numerous other businesses & gift shops. She has created custom artwork for UAB Kirkland Cancer Clinic (Birmingham, Alabama), Edison International Academy (Doha, Qatar) and Kids-R-Us International Academy (Doha, Qatar).

But she is more than just a designer. She is a wife, mom, daughter, granddaughter, sister, and friend. She is an Alabama native and lives in the Tuscaloosa area with her husband and two little boys. There are so many things that Emily loves about life, including her relationship with Jesus Christ, time spent with her family and friends, cuddles from her babies, patriotism for her country, thrift store shopping, junk pickin', dessert, decorating, designing, and creating beautiful things.

Emily grew up in Mentone, AL during her middle and high school years, where she attended Valley Head and Ider high school. She later attended Northeast Community College before receiving her Bachelor's Degree from the University of Alabama.

She has had a passion for decorating, design and color since she was a little girl. "Growing up with







creative parents molded my life in a fundamental way. My mom taught me to use a sewing machine before I learned to tie my shoes, while my dad educated me on carpentry tools. From the time I began earning allowance as a child, shopping for craft supplies and woodworking materials was a weekly quest. Whether it was paint materials, new fabric samples, colored pencils, markers, sketch paper, crochet needles, tool kits, or wood burners, I always seemed to find the money and time to create something beautiful."







Emily's philosophy of "making Statements with Style" is what has helped her to become so successful. She knows that everyone wants a beautiful home that combines all of their favorite things, but it's hard to design a space that feels personal and intimate. To make each space feel "one of a kind," it is essential to find original and unique pieces to stage within the room Thrift stores, art shows, antique malls, barn sales, and estate auctions are some of her favorites! "Don't tempt me with picking something off the side of the road, either- I've found some true gems, and some great junk, too!"

Emily even tells her clients to pull out their family heirlooms, random treasures and other odds-andends that have ended up stashed in an attic, garage or junk closet, because they never knew how to incorporate them into their home. And this is where the fun part of her job begins!

Incorporating those treasured pieces with natural elements and complimentary items with accents of colors that inspire, textures that give comfort and artwork that brings joy, her rooms create the perfect work and living spaces for her clients.

Emily's interior design projects and staged rooms have been featured and published in Cottage Living Magazine (Country Cottage - Summer 2018). She loves a good DIY project and enjoys working oneon-one with clients, no matter how big or small the task! Let her help you create a space that truly tells the story of who you are, where you are from, and what you love.

Find out more today, at www.emilygcollection.com, or scan the QR code on the right, to start your home or business redesign today!













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ALABAMA BALLET PRESENTS:

Effortlessly blending classical with contemporary.

Ovation is a mixed repertory performance featuring the works of legendary British choreographer Christopher Bruce. Ovation will feature 'Sergeant Early's Dream', which is a piece that tells the story of migration from the Old World to the New World, and is set to American, English, and Irish folk music. Ovation will also feature 'Rooster', which is an edgy contemporary ballet piece, set to music by The Rolling Stones.

Ovation highlights the Alabama Ballet dancer's versatility, strength, and artistry while showcasing both timeless classics as well as bold and creative original contemporary works. This would be a true pleasure for both ballet enthusiasts and novices.

To purchase tickets, visit alabamaballet.org/ovation.

Performance Information:

When: April 14-16, 2023

Where: Dorothy Jemison Day Theater

Sponsored by: Jemison Investment Company

Show Times:

Friday, April 14 | 7:30pm Saturday, April 15 | 2:30 pm Saturday, April 15 | 7:30pm Sunday, April 16 | 2:30pm

*Doors open one hour prior to show time.



RECIPE of the Month

One Pan Mediterranean Chicken and Rice

Nothing beats one pan dinners. They make dinner a breeze, with way less cleanup. This recipe shines with bright yummy Mediterranean flavors, juicy chicken thighs soaked in a citrusy, lemon dijon marinade, and baked with fluffy rice. It's the perfect cozy family meal that you'll make again and again.



PREP TIME: 20 mins COOK TIME: 45 mins



5 servings



Ingredients

- CHICKEN
 - 5 chicken thighs, skin-on and bone-in
 - 2 tablespoons olive oil
- MARINADE
 - 2 lemons, juiced and zested (approx 1/4 cup of juice)
 - 2 teaspoons Dijon Mustard
 - 3 garlic cloves, minced
 - I teaspoon dried oregano
 - I teaspoon dried thyme
 - 1/2 tsp salt
 - 1/4 tsp black pepper
 - 1 tablespoon olive oil

RICE

- yellow onion, diced
- 2 cups baby spinach, lightly packed, roughly chopped
- 2 garlic cloves, minced
- I teaspoons dried oregano
- I cup long grain white rice
- 2 cups chicken stock
- 1/2 teaspoon salt
- I/4 teaspoon black pepper chopped parsley, for garnish lemon zest or slices, for garnish



MARINATE THE CHICKEN:

Add all of the marinade ingredients to a bowl and stir together.



Place chicken thighs in a glass dish, pour marinade over the chicken, and turn each piece to coat. Cover dish and marinate chicken in the fridge for at least 30 minutes and up to overnight.

COOK THE CHICKEN AND RICE

Preheat your oven to 350°F. In a large oven-proof skillet, heat 2 tablespoons olive oil on medium-high heat. Add chicken thighs skin-side down and cook until skin is golden brown, about 5 minutes. Reserve the leftover marinade as you'll add that back in later.

Flip the chicken and cook another 5 minutes. Remove chicken thighs from skillet and set aside.

Use your tongs to scrape and remove any browned bits, and bunch up a couple of paper towels to soak up some fat from the pan, but not all. Reserve a little bit of grease to cook the onions.

Add the diced onions and stir for I-2 minutes, or until they start to become translucent.

Add the chopped spinach, garlic, oregano, salt, pepper, and reserved marinade. Stir for another 30 seconds or until the spinach starts to wilt.

(continued)

For cooking tips, step-by-step photos, videos & more recipes like this, please visit: downshiftology.com

Pour the chicken stock into the skillet and stir well. Bring this to a simmer on the stove.

TIME TO BAKE!

Arrange chicken thighs on top of the rice, then cover the skillet and place in the preheated oven. Bake for 35 minutes.

Remove the lid, return the skillet to the oven, and continue baking until chicken is cooked through and rice is tender, about 10 minutes more.

Let the chicken and rice rest for 5 to 10 minutes. The rice will look really dark as the spinach and onions rise to the surface. Just fluff the rice up with a fork to mix everything back together before serving.

Top with chopped parsley and grilled lemon slices or fresh lemon zest and enjoy!

NUTRITIONAL INFO:

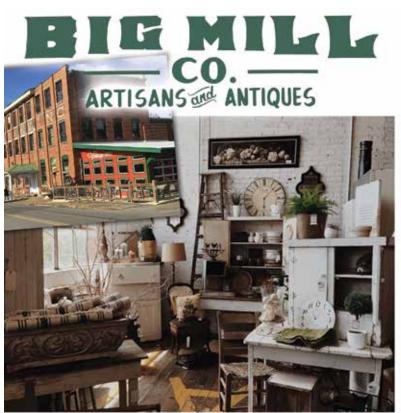
CALORIES: 423kcal, CARBOHYDRATES: 19g, PROTEIN: 23g, FAT: 29g, SATURATED FAT: 7g, CHOLESTEROL: 114mg, SODIUM: 725mg, POTASSIUM: 509mg, FIBER: 2g, SUGAR: 4g, CALCIUM: 65mg, IRON: 2mg



Tips

Leftover chicken can be stored in the refrigerator in a covered container for 3-4 days. You can also freeze any leftovers in a freezer-safe container and store in the freezer up to 2 months.

To reheat, microwave the chicken for 2 to 3 minutes. If you want to crisp up the skin, run the chicken under a broiler for a couple of minutes. Just watch it carefully to make sure it doesn't burn.





Restaurant • Bar • Live Music



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ART PROJECT

Easter will be here before you know it, so why not add a festive decoration or two, around your house!

The Easter Egg Tree tradition's origin is unclear. Eggs have always been an ancient symbol of life, and centuries ago, people in Germany began decorating the branches of trees and bushes with eggs for Easter. They liked them so much, they often brought the cut branches inside, to enjoy.

There are many ways to recreate this beautiful tradition, and here we are going to show you a new, playful version, that would look great in your home. Our version is a Jelly Bean Tree!

To begin, you will need some long, thin branches to hold the jelly beans. Apple tree branches would be perfect for this project, if you have access to these.

Remove any leaves on the branches, and stabilize them in a vase or pot of your choice. Using a glue gun, carefully start gluing the jelly beans along the branches. Try to not eat too many up as you go!

This is such a fun project, and for the most part, only requires the purchase of a bag or two, of Jelly Beans! We thought it was so cute, we made a second one! Have fun!

Jelly Bean Easter Tree design created by the Crafty Sisters from craftysisters-nc.blogspot. com.



You may end up with a ton of glue strings as you go, but don't worry— we have a great tip to get rid of them! They can easily be melted using a hot hair dryer.

And, you know what? It works!



ARTalk

Every 3rd Wednesday



Hosted by Mikel Yeakle

Join us for a lively discussion of art!

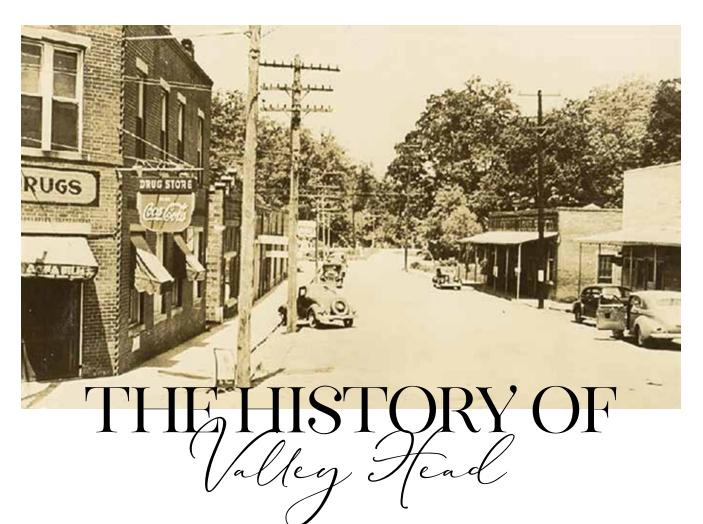
Bring a piece of yous own art, or just show up and enjoy the conversation!

Every third Wednesday, from 6:00-8:00 p.m. (CST)

Moonlake Community Library, Address: 4607 AL Hwy 117, Mentone, AL 35984

Free and open to to anyone who is drawn to art (pun intended) not just creators of art.





A Quaint Little Town with Historical Charm & Southern Beauty.

Located in the northeast part of Dekalb county, the area now known as Valley Head has a very interesting history. Over the years, archaeologists have found remains along Highway II, that are believed to date between 7,000 B.C. and 700 A.D.

Valley Head was established in 1922 and is located in northeast Alabama. Native Americans originally lived in the Valley Head area. It is said that with the Indian Removal Act of 1830, many Cherokee Indians found the Valley Head area a great place to hide. With caverns (such as Sequoyah) and the rolling hills, many Cherokees were able to avoid the Trail of Tears. Being successful farmers and hunters, Native Americans of that time would have found survival in the Valley Head area an easy task.

Valley Head is more than just the "Gateway to the camps and Lookout Mountain". If you are searching

for a nice Sunday afternoon drive or a place to have a weekend get away, Valley Head is the place. This little town is packed with family restaurants such as Tigers Inn and the Rib-Shak, local retails such as Nena's Produce and Dollar General, and local businesses such as Fritz Structural Steel and Inspec Tech. If your a tourist or looking to make Valley Head your home, you will find the scenic beauty and quality of life just what you are looking for.

Valley Head is centrally located between many major cities: Huntsville and Birmingham, Alabama; Chattanooga, Tennessee; and Atlanta, Georgia. Being just one mile from Interstate 59, and having the Norfolk Southern railway system routed through the town, Valley Head makes and excellent location for retail or manufacturing businesses. Whether you are new age or old school; whether you are looking for uptown, vintage or antiques; you will find what you are looking for in our charming little town.

Learn more at valleyheadalabama.com.



northern Alabama

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Call us today to get in the next issue! Jacob Brown (256)635-8625

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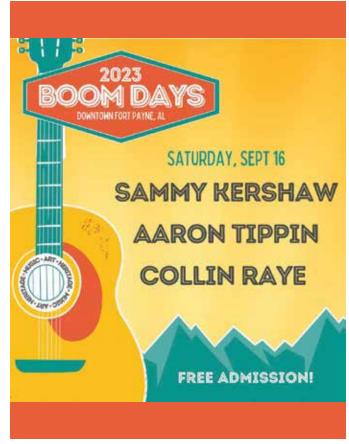


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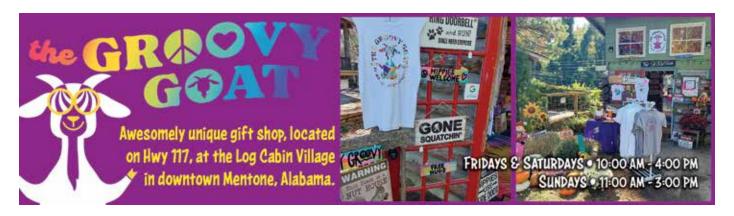














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FINAL Thoughts

"We are so excited to bring this brand new magazine to northeast Alabama. This has been a dream of ours, and you cannot imagine how it feels to see its fruition! We look forward to years of sharing life, with you."

Thank you for joining us on our journey!

Jacob and Carrie



256
JOURNEY TO A BETTER YOU Life