

Shoals Shorts

May 23 Event at Big Lots

FLORENCE—Big Lots will celebrate the grand opening of its new store at 340 Seville St in Florence with a ribbon cutting ceremony at 8:45am on May 23. This store will demonstrate a broader initiative to reposition the brand as a community retailer offering trustworthy value and friendly service. The first 100 shoppers coming into the store on both Saturday and Sunday morning will receive a Big Lots scratch-off card, which offers customers up to \$250 to use towards a Big Lots purchase!

"We are excited to introduce our new store format to Florence," stated Steve Haffer, senior vice president chief customer officer of Big Lots. "It brings to life our new brand traits and showcases our affordable solutions in Furniture, Seasonal, Home, Food, and Consumables. We are also very proud to serve the Florence community."

Last Dollar Scholarship

MUSCLE SHOALS—Northwest-Shoals Community College is providing a Last Dollar scholarship for all students who register for the 2020 summer semester. The deadline for this scholarship is May 15.

"This scholarship is intended to help students apply for any unused Federal Financial Aid funds," said NW-SCC Assistant Dean, Dr. Crystal Reed. "These funds along with the Last Dollar scholarship will help students prepare for their future while saving time and money. We want to encourage students to apply early for federal aid. Those not receiving federal aid will qualify for the scholarship."

See SHORTs... on Page 2



Ray Miller Buick-GMC
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Jeff Elledge Auto Sales

Total Shoals Saturation-Direct Mail

219 West Tennessee St. Florence, AL 35630 256-764-4268

Volume 136 Number 26

April 22, 2020

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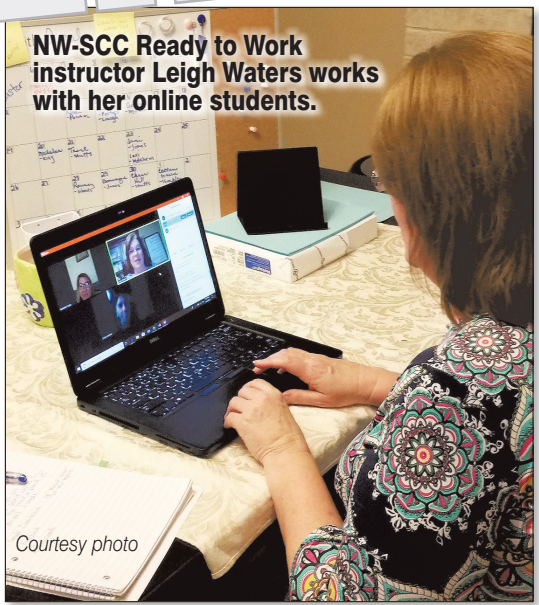


Ready to Work

MUSCLE SHOALS -- The Northwest-Shoals Community College Ready to Work (RTW) program has added a new online program to better serve the community during the COVID-19 pandemic.

The new six-week RTW online program began on Monday, April 6. Since the program began, the RTW program has enrolled 36 students in the class. According to NW-SCC Ready to Work Coordinator, Crissy Broadway, the RTW online program uses a variety of online tools to instruct students. "Students are primarily being served in the Google Classroom platform," said Broadway. "However, instructors are connecting with students via phone, FaceTime, Zoom, GroupMe, Facebook, and Google Duo."

Students receive a syllabus that



NW-SCC Ready to Work instructor Leigh Waters works with her online students. Courtesy photo

outlines the online program in six weeks in the online format. It offers

See READY... on Page 4

We Can Do Better

SHOALS—The Census Progress Update from NACOLG last week shows where we stand nationally and locally.



As of last week, the State of Alabama ranks 28th out of 52 (including DC and Puerto Rico) when it comes to Census Response rate. The state response rate is 47.2% compared to the national average of 47.9%.

See CENSUS... on Page 4



Covid-19 Scare Claims 33rd Recall

LEIGHTON—The 33rd Annual Recall LaGrange Event at the LaGrange College Site Park has been cancelled for May 2, 2020 due to the Covid-19 Virus pandemic. The historic park is located off Hwy 157 near White Oak in east Colbert County and maintained by the LaGrange Living Historical Association. The park was closed to

the public several weeks ago because of the virus. For more information, contact L. C. Lenz at 256-702-6953.

At left, L. C. Lenz, president of the LaGrange Living Historical Association, erects the Recall LaGrange sign. Photo by Louise Lenz

Inside this Issue

Online Only:

- Randall on Real Estate
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- Adopt-A-Friend
- Insurance Insights
- Ask the Attorney

- Dave Ramsey
- On Your Debt
- Guest Commentary by Kay C. James
- Soaps • Hocus

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- Community Notes
- Too Hectic?
- SIGNS of the PAST

- Mystery Photo
- Pet Talk
- Web Poll
- Outdoors

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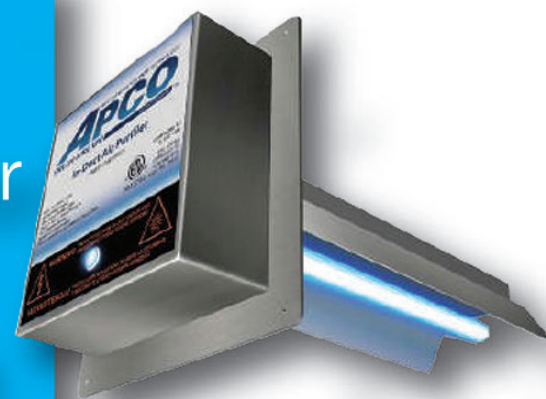
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Community Notes

- Email to editor@courierjournal.net;
- Look for "Submit News" on our website at www.courierjournal.net.
- Fax to 256-760-9618;
- Mail to 219 W. Tennessee St, Florence, AL 35630; or
- Bring in person.

All properly submitted Community Notes which are dated will be posted weekly at www.courierjournal.net. We do our best, however, there is no guarantee that this free information will be published in the paper. Visit our website for a complete list of community notes. If your item MUST appear in the paper a certain week, we suggest you also place a paid ad by calling 256-764-4268. That way it will be in at least one area of the paper. When your community note is published, your event will have coverage in two different locations.

COMMUNITY NOTES may be submitted for non-profit, civic or church-related events and published free of charge AS SPACE IS AVAILABLE in the Courier Journal. Community Notes must be submitted in writing by 3pm Friday for consideration in the following week's issue.

Monthly lunch at Cloverdale Community Center is cancelled for April and May. We will resume as soon as possible. Everyone please safe.

Due to the current pandemic, the April 22nd AIDT Leadership Skills 2 class has been CANCELLED.

Cancelled or Postponed Events:
Design-An-Ad Awards banquet sponsored by the TimesDaily

All music at Swampers at the Marriott The AARP Foundation Tax-Aide program will provide free, in-person tax preparation assistance in the Shoals area The Florence-Lauderdale Public Library will be closed until April 30.

The Shoals Writers will plan to resume meeting on May 16, unless otherwise noted.

LifeSouth seeks recovered COVID-19 patients to help by donating plasma

LifeSouth is partnering with medical centers in Florida, Georgia and Alabama to collect plasma from COVID-19 patients who have recovered from the virus, to transfuse to patients with COVID-19 to help with recovery.

Recovered COVID-19 patients who were tested and found positive, can donate plasma if they have not had symptoms for at least 14 days and test negative by a lab, or after 28 days without symptoms with no follow-up testing required.

The treatment is considered an investigational new drug by the FDA and collected donations will be sent to medical centers to treat critically ill COVID-19

See NOTES... page 24

Shorts...

Last Dollar Scholarship

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The scholarship will include one free class (savings of up to \$632 for a four-hour class). To qualify for the scholarship students must complete the following two steps:

1) Complete their application for admission at <https://www.nwsc.edu/about-nw-scc/college-departments/student-services/admissions/apply-online>. There is no application fee at NW-SCC.

2) Complete the 2019-2020 Free Application for Federal Student Aid (FAFSA). The FAFSA can be submitted online at www.fafsa.gov, and the NW-SCC school code is 005697.

Current students must have a 2.5 grade point average.

Students taking advantage of the Last Dollar scholarship will be given the opportunity to register for academic or technical courses. The summer semester begins May 26, 2020 for full and first mini-term classes; June 2, 2020 for the eight-week term, and June 25, 2020 for the second mini-term.

For more information on NW-SCC scholarships or financial aid, please contact Student Financial Services at 256-331-5364 or email financialaid@nwsc.edu.

Homecoming UNA-Oct 29-31

FLORENCE – UNA will celebrate Homecoming 2020 from October 29-31 with a series of events designed for students, alumni, and friends of UNA that will culminate with the football game against Gardner-Webb University at 3pm on October 31 at Braly

Stadium. This year's theme is "Spirit of the Pride."

Each year, student organizations on campus showcase UNA pride by participating in the Homecoming Spirit Challenge. The challenge includes a window painting competition at the Guillot University Center, a pep rally at the UNA turf and practice field, and a parade in downtown Florence.

The 2020 Homecoming Alumni Awards are also open. Participants can nominate alumni for several awards, including the Lifetime Achievement, Alumni of the Year, Community Service, Educator of the Year, Faculty/Staff Alumni Service, Military Service, Public Service, Young Alumni, and Friend of the University.

Award submissions may be made at www.una.edu/alumni. Nominations will close May 31, at 11:59pm.



Lauderdale County Cares

During these uncertain times, the Lauderdale County Commission wants to encourage our communities to stand united as we face this challenging situation together.

Protect yourselves and one another by continuing to stay at home - washing hands, sanitizing surfaces, and keeping our social distance until we can gather once again in our public places and enjoy each other's company.

The Lauderdale County offices in the courthouse and government building remain open during normal business hours.

For those who continue to work to provide essential services to the citizens of Lauderdale County,

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(March 19, 2020)

Exceptions:

One visitor per patient will be permitted in extraordinary circumstances, including maternity, pediatrics and end-of-life care.

Medical screenings for fever will be performed on all approved visitors. Persons with a temperature of 100.4° or greater will not be allowed to enter.



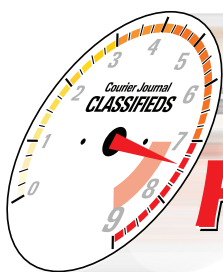
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\$7⁰⁰ Week

• **Yard Sales** 5 LINES Prepay Each additional line - \$1.50 YARD SALES - An exclusive listing of the area's better sales prominently placed

\$11⁰⁰ Week

• **Employment** 5 LINES Prepay Each additional line - \$2.25 EMPLOYMENT - Looking for employment or Businesses looking for employees

\$12⁵⁰ Week

• **Private Party Auto Rate** Up to 8 LINES for 4 weeks. Prepay Each additional line - \$2.00.....

\$15⁰⁰ Week

*one line is approx. 30 characters

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Address _____
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Phone-in Ads MUST be Charged to Credit/Debit Card! NO EXCEPTIONS! NO REFUNDS!

DEADLINE:
Friday 5pm

Ready to Work...

Continued from Page 1

videos of the instructors teaching RTW modules, the ability to participate in mock interviews virtually, and videos from the Adult Education Career Navigator regarding interview tips. Only the ACT WorkKeys testing component cannot be completed online at this time. It must be procured in person.

Upon successful completion of the RTW program, students earn a National Career Readiness

Certificate (commonly referred to as WorkKeys), Alabama Certified Worker Certificate, and a FREE college course at NW-SCC.

Register today for the RTW online program by contacting Crissy Broadway, RTW Program Coordinator, at cbroadway@nwsc.edu or by completing the RTW enrollment form at <https://www.nwsc.edu/workforce-training/ready-to-work/ready-to-work-student-enrollment-form>.

Census...

Continued from Page 1

Colbert and Lauderdale are doing well overall. However, several communities are lagging behind in overall numbers primarily because some of these places still haven't received census packets.

Combined, NACOLG counties rank in the top 1/3 of all Alabama counties in terms of response rate. We can improve these numbers.

Encourage your family, friends and neighbors to complete theirs. They too need to be counted! **GRAY indicates** levels below the state average. (% +/- from last week).

COLBERT COUNTY
Littleville 54.6% (+2.0%)
Muscle Shoals 54.4% (+2.3%)
Cherokee 48.3% (+1.3%)
Sheffield 47.9% (+1.7%)
Tuscumbia 47.1% (+1.8%)
Leighton 30.1% (+1.9%)

LAUDERDALE COUNTY
St. Florian 63.7% (+3.0%)
Killen 59.1% (+2.6%)
Lexington 55.9% (+1.9%)
Rogersville 50.4% (+2.4%)
Florence 48.5% (+1.8%)
Anderson 44.6% (+1.9%)
Waterloo 27.2% (+1.3%)

NACOLG County Rank (AL)
7th Lauderdale - 51.5% (+2.7%)
9th Colbert - 50.3% (+2.6%)
16th Marion - 47.3% (+2.5%)
20th Franklin - 46.6% (+3.1%)
56th Winston - 38.6% (+2.3%)

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OFFICE HOURS:

Monday - Friday

8:00am - 5:00pm

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EDITORIAL POLICY: Your Courier Journal accepts a variety of news releases, photos, stories, Letters to the Editor and upcoming community, church or civic events for publication as space permits. Please submit all materials in written form to:

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Florence, AL 35630

or email to:

editor@courierjournal.net

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SCAMS

Run Rampant for Covid-19

SHOALS—Older adults may be hard hit by the coronavirus – and scammers prey on that. If you or someone you know must stay at home and needs help with errands, you'll want to know about this latest scam.

Scammers are offering help with errands, but run off with your money.

If you're an older adult or a caregiver for an older adult, you may need help picking up groceries, prescriptions, and other necessary supplies. If someone you don't know offers to help, be wary. Some scammers offer to buy supplies but never return with the goods or your money. It's usually safer to find a trusted friend or neighbor or arrange a delivery with a well-known company.

If you're ordering supplies online, know who you're buying from. Online sellers may claim to have in-demand products such as cleaning, household, and medical supplies when they don't. Use an established delivery service or order directly from the store. Many grocery stores and pharmacies are offering contactless delivery. If you need additional help for yourself or a loved one, the Eldercare Locator, a public service of the U.S. Administration on Aging, can connect you to services for older adults and their families. You can also call 1-800-677-1116.

Are you also helping to manage someone's money?...

but you can't be with them because of social distancing and quarantines? Here are some ideas. Check in by phone or video chat to see how they're handling things—and so they know you're thinking about them.

If your loved one mentions concerns about money or has spotted unusual activity in their accounts, ask for details. Older adults and their family members can learn about common types of scams and how to avoid and/or report them by checking out the Pass it On and Money Smart for Older Adults programs.

The CFPB's *Managing Someone Else's Money* guides can help you understand your role as a fiduciary. Each guide explains your responsibilities, and how to spot financial exploitation and avoid scams.

Help spread the word and keep those you care about from falling for a scam, regardless of their age or health status. If you spot a scam, report it to the FTC at ftc.gov/complaint

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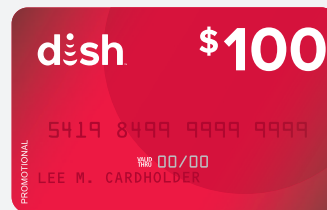
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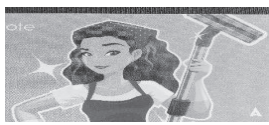
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Day of Deception and Delusion

How in the world can you trust anyone, spiritually or politically that has been trained to be a pathological liar? Most of these (deceptionists) have replaced God with themselves. They now believe their own lies. When lying is the new norm and deception is the new standard, disaster soon follows. Truth becomes irrelevant when the vilest folk are exalted. Truth is never measured by personal opinion, preference, political stance, religious beliefs, the dollar bill or success. Truth is always found by believing what God says. Why? Because God cannot lie. **Titus 1:2** "In hope of eternal life, which God, that cannot lie, promised before the world began;" **Ecclesiastes 7:20** "For there is not a just man upon earth, that doeth good, and sinneth not." The word says in: **Psalms 116:11b** "All men are liars." That's why most of the great ones of the earth have trashed God's holy word and replaced it with themselves as the final authority. Perilous times we're living in. Relax, God is still on the throne and He is just getting started. The Holy Bible, KJV, has the answers.

Is this where you stand? **2 Thessalonians 2:10-11** "And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved. And for this cause God shall send them strong delusion, that they should believe a lie:" **John 3:19** "And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil." How about it mam, sir, does this describe you? Are your deeds evil and are you following and believing a lie? How can you be sure if you don't have the truth to measure all things by? **Revelation 22:15** "For without are dogs, and sorcerers, and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie." Man, that's some company to spend eternity with in the fiery lake. You see, if you're a practicing liar, your father is the devil. See John 8:44 and read. America has been lied to for so long that it trusts television more than anything else. The Bible says: **John 17:17** "Sanctify them through thy truth: thy word is truth." Quit telling and trusting lies, your own included. Jesus Christ is truth. You need Him.

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~ Courtesy David Curott ~ author of "Signs of the Past" and "More Signs of the Past"

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Commentary

Life too Hectic? So, How's the Change?

Trying to cope with societal issues is just one of the many trials we face in 2020 America.

With freedoms come more wants, needs, and options. All those impact our lives for good and bad. Many of the ills that we are powerless to address.

Some of us cast our concerns onto God as Christians are instructed to do. Others of us share these concerns with friends, think about them regularly, and may pray for situations on occasion. Some of us know the issues and wish we could fix them. Those with young children have a vastly expanded set of concerns with no easy answers. Some of us are victims of the many ills that the many pray about.

The partial list of items below were among those that were in the thoughts and prayers of many people three months ago.

A) Our ongoing apathy toward abortion.

B) Human trafficking particularly during large gatherings/sporting events

C) The sexualization of children through TV, sex education, and events like Drag Queen story hours.

D) Depression, bullying, suicide, and drug abuse among teenagers

E) A desperate urge to clean and declutter our home, but not having the time or help to do it.

F) The escalating cost and decreasing value of a college education.

G) Tax season is approaching. I'm sure we'll owe, and I won't be ready.

H) I really need some time off to rest and care for my family issues, but I'm inundated at work.

I) I'm so tired of sports all the time and it's about to be basketball 24/7.

J) Out of control partisan politics - Disrespect of the president by the media.

See **HECTIC?..** on Page 27

Comments do not necessarily represent those of the Courier Journal staff, its advertisers, or its readers.

In A Few Words



TOM MAGAZZU
Editor

Courier Journal

THIS WEEK

in the

Shoals

April 22, 2020

WHOEVER SAID
MONEY CAN'T BUY HAPPINESS
HAS NEVER PAID AN ADOPTION FEE



THE COVID KEY IS Patience and Fostering

FLORENCE— Florence-Lauderdale Animal Services is asking people to avoid surrendering healthy pets at this time.

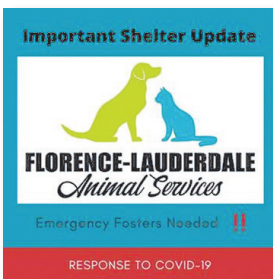
The National Animal Control Association is advising animal shelters to take extra measures to reduce shelter intake to mitigate the short and long-term effects of COVID-19. "We're asking owners who want to surrender their pets but aren't facing an immediate crisis to hold off for four weeks and surrender at a later date," said Cheryl Jones, Director at FLAS. "For pet owners who need to surrender immediately, they must contact the shelter to make an appointment."

Animal Services will remain open for business by appointment only at 256-760-6676.

FLAS is also searching for emergency fosters to reduce the number of animals at the shelter. FLAS has food, supplies, and crates they can provide to owners who need them to keep their pets and those who can foster.

"We are focused on reducing the number of animals at the shelter," said Jones. "We've had higher-than-usual intake since we opened at this facility and want to get ahead of any worsening in the trend. FLAS operates at or near capacity every day, and reducing intake and maintaining outcomes is essential to avoid

See **FOSTER..** on Page 17



GUEST COMMENTARY

Government Cannot Weather Coronavirus Storm Without a Civil Society

In crises like the coronavirus pandemic, it's only natural that people look to government. The American framework of federalism has been critical, with local, state, and federal governments all taking on different roles in the response. But government alone cannot get the job done. As critical as the work of government has been, its efforts to get out of the way of business and the civil society—by lifting regulations that inhibit our ability to quickly develop cures or help those in need—show how indispensable these other sectors are to the solution.

Civil society in particular is crucial, but what the term actually means is often misunderstood. Civil society is comprised of our churches, charities, community organizations, professional groups, and our families. It's distinct from the government and business sectors.

Without the foundation of a strong civil society, a nation, its government, and its economy are weak—either clearly so, or just below the surface—and will show signs of failure when tested with things like pandemics, wars, or civil unrest. On the other hand, a strong

civil society can help a nation weather almost any storm. America's vibrant civil society is one of the reasons that this nation has withstood so many tests throughout our history, and it is civil society that will help America get through this one.



KAY C. JAMES
President,
Heritage
Foundation

Churches are keeping their food pantries open and are even providing home deliveries for the elderly and those too sick to venture outside their homes.

Churches and private charities are getting meals to poor children who no longer have access to school breakfasts and lunches because schools are closed. They are taking up collections to help those who have lost their jobs, getting them money immediately as they wait for unemployment insurance and other government assistance.

Nearly 17% of America's hospitals are religiously affiliated, treating millions of patients each year. As cases of COVID-19 have surged, they've become even more critical to the country's capacity to treat patients.

Rather than shut down to comply with social distancing orders, churches are

See **CIVILITY...** on Page 20

YOUR Letters

Your Courier Journal welcomes tastefully presented letters to be published as space allows. Letters may refer to timely matters of local, state, or national interest or any topic of concern or interest. **Letters must include name, address and phone number for verification.** (Only name and town will be published.)

Letters subject to editing. Please limit letters to 400 words. All letters become the property of the Courier Journal and may not necessarily reflect opinions of the Courier Journal staff, its advertisers, or a majority of readers. Please submit typed or neatly written letters to:

Editor-Courier Journal

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219 W. Tennessee St., Florence, AL 35630
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Leading and Then Not

Editor:

The Zany TV news media went ballistic when Trump said he would make his decision when to open the country.

Now that Trump said he will give guidelines and let state governors decide when to open, media and governors are now accusing Trump of not being a leader and taking charge.

Which way do these hateful sickos want it?

Paul Sabatino
Florence

A Time for Thought

Editor,

I heard on TV that the coronavirus is an act of God. Whether it is or not, God is sovereign. Our circumstances

these days have given God a Sabbath rest from sports and worship services. We can be still now and know that He is God.

During this stay-home atonement holiday season, consider Jesus who ran the Cross Route option to catch the wrath that Barabbas was open to receive. See Jesus now lifted up in that highest-man pose drawing all wrath to himself only.

When you are allowed to resume the Lord's Day morning assembly, remember... Christ only, Sovereign above all.

Floyd Jones
Killen

We Need Mail Voting

Editor:

Voting by mail should replace voting at the polls in it's entirety. The institutions that can definitely be trusted are the County Board of

Elections and the United States Postal Service.

The money saved by eliminating the need for poll workers could be used to offer free postage on the envelopes used to vote by mail. The person voting would also have more time to consider what they are voting for and would not be confined to the hours of the polling place. It would also prevent unwanted entry to schools and churches from anyone trying to harm someone. In addition, the voter would not be harassed by someone trying to place unsolicited campaign literature into their hand. The additional revenue would boost the Postal Service and perhaps keep it afloat until we as a country are able to vote online.

Voting by mail would solve the registered voter problem and guarantee safe passage of the ballots to the County Board of Elections.

Joe Bialek
Cleveland, OH

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Cat & Kids

by Cathy Turner

Part II: He Comes

Writer's note: During this pandemic in-house time, I have cooked. There are five adults in my house right now to feed. We have eaten, and eaten and eaten, well. But the cooking. I gave up cooking long ago. (It's okay, my husband is good with this. We are empty-nesters, or we are supposed to be.) But this virus has pushed my family to me and I have cooked. I will admit, I have bemoaned the cooking, a little, sometimes. But the blessing in it, is that no one bothers you while you are cooking (kinda like while piddling and praying), because

they don't want to be asked to help. So cooking has become another time of meditation and thankfulness. I don't get my jollies from cooking like some of my friends do, but God and I find each other in my kitchen. There is just so much connection to Him during this time. -- When I am doing my good works I am His. 1 Timothy 5:10.-- I was having these thoughts the other day, and then that day I read these beautiful words written by Heather Farrell.

Have you ever noticed how in the scriptures men are always going up into the mountains to commune with the Lord? Yet in the scriptures we hardly ever hear of women going to the mountains, and we know why — right?

Because the women were too busy keeping life going; they couldn't abandon babies, meals, homes, fires, gardens, and a thousand responsibilities to make the climb into the mountains!

I was talking to a friend the other day, saying that as a modern woman, I feel like I'm never "free" enough

from my responsibilities, never in a quiet enough, or holy enough spot to have the type of communion I want with God.

Her response floored me, "That is why God comes to women.

Men have to climb the mountain to meet God, but God comes to women where ever they are."

I have been pondering on her words for weeks and have searched my scriptures to see that what she said is true.

God does indeed come to women

where they are, when they are doing their ordinary, everyday work.

He meets them at the wells where they draw water for their families,

in their homes, in their kitchens, in their gardens.

He comes to them as they sit beside sickbeds, as they give birth, care for the elderly,

and perform necessary mourning and burial rites.

Even at the empty tomb, Mary was the first to witness Christ's resurrection,

She was there because she was doing the womanly chore of properly preparing Christ's body for burial.

In these seemingly

mundane and ordinary tasks,

these women of the scriptures found themselves face to face with divinity.

So if — like me — you ever start to bemoan the fact that you don't have as much time to spend in the mountains with God as you would like. Remember, God comes to women. He knows where we are and the burdens we carry. He sees us, and if we open our eyes and our hearts we will see Him, even in the most ordinary places and in the most ordinary things.

In these extraordinarily ordinary times, I am thankful to have food to cook, family to share and breaths I can take. Truly I am too blessed to bemoan. I have enjoyed His coming. In these troubling times, I can't get away to Him, but I can't get away from Him. In my walk and in my works, He comes.

Once again, thankful, not scared.

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We are featuring a few select ad items for this week. **We will have many more in-store promotions** to go along with the ad. Unfortunately, some of these items may still be limited and therefore **we will not be able to issue any rain checks on items that may end up out of stock.**

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ON YOUR DEBT

COVID-19 is Stressing Everyone Out – Here's How to Deal With It



B. Grant McNutt
Managing Attorney

We're in the middle of an unprecedented pandemic that shows no signs of letting up, even as new measures and advances arrive to help turn the tide against this swell of uncertainty. Layoffs and furloughs are hitting us on a level that is nigh-unheard of and no one is sure how this will affect the economy in the long-term.

Put simply, there are a lot of reasons to be stressed out, but please do not.

This article is, first and foremost, a convenient stream of information for finance related-topics such as bankruptcy, mortgages, and debt consolidation. We at Bond & Botes are not mental health experts, nor do we claim to be, but we do a lot of counseling where the ultimate goal is to relieve stress and allow our clients to find joy again.

One of our missions right now is to make sure that our clients and readers alike are well-informed and well-prepared as this crisis drags on, and ignoring the issue of mental health would be a massive miss on our part.

Because, in addition to hitting the economy with a train and sending our healthcare system into overdrive, this disease has sent waves of anxiety and uncertainty crashing into our lives. The Center for Disease Control has gone so far as to set up an entire web page dedicated to the psychological side-effects of the COVID-19 epidemic. Whether you're self-isolating or fighting on the front lines, everyone is feeling the heat right now.

And that's okay. First, because you're definitely not alone. Second, because there are ways of coping and keeping yourself together during this bizarre and trying time.

How to Cope with Stress During COVID-19

First off, limit your media usage. Yes, this is when you probably spent the last month on countless news pages hoping that a cure would magically pop up. This is a kind of "reassurance loop", where we constantly scrounge for some kind of comforting information to confirm that yes, this too, shall pass. But that's not healthy.

Worse, it only reinforces your anxiety and traps you in a self-perpetuating cycle: you're essentially "circling the drain" but never actually exiting the stressful

situation itself. Before you know it, you're reading obscure web posts at 3:00 am and nodding along as you try to stay awake.

It's an addictive behavior, and like all addictive behaviors, it only exacerbates the condition it's compensating for rather than curing it outright.

So, limit how much time you spend on the web. Put the phone down. Close twitter. Turn off the news and watch *Frozen 2* with your kids. I personally have seen it close to 15 times so far (My 5 year watches it everyday sometimes twice) and I hate to say it but I know all the new songs by heart. Please also take some time for yourself and make sure you're getting plenty of sleep. And as easy as it would be to pig out on microwave pizzas or eat four bowls of cereal a day, remember that eating healthy is a key of maintaining your mental well-being and should be taken as seriously as washing your hands for 20 seconds (What happens and you miscount at 19?) and practicing 6 feet social distancing.

Even as we practice self-isolation and keep our distance from others, exercise remains a vital part of a healthy body and mind. A ten-minute walk can clear your head and convince those racing thoughts to take it down a notch. My wife, kids and I have made this an after-work practice of ours since COVID-19 has been among us. Staying active is one way to keep your body strong and mind functional.

This is just one aspect of your overall health. However, the importance of maintaining a healthy state of mind during the COVID-19 crisis cannot be overstated. So again, take some time for yourself, take a deep breath, and remind yourself that this too shall pass. And if you're struggling with financial issues either from the pandemic or from other sources, please give us a call schedule a free consultation with one of the experienced bankruptcy attorneys at Bond & Botes. We can answer all your questions regarding Chapter 7 Bankruptcy, Chapter 13 Bankruptcy, stopping a foreclosure or wage garnishment, avoiding liens, stopping law suits, discharging medical debt, personal loans, payday loans, credit card debt, etc. We can alleviate your stress! We want to help and we can help you!

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How to Sell a Car in a Few Simple Steps

Selling your car on your own instead of to a dealership can seem scary, but it doesn't have to be. If you do your homework, it might actually work out better for you. This is especially true if the vehicle you plan to sell has a high value. Below are some tips to help you along the way.

What Paperwork Do I Need to Sell My Car?
One of the first, most important steps is to gather all documents associated with the car you're selling. These documents include:

- **Warranty information** - If a warranty remains for the vehicle, provide this to the new buyer.
- **Bill of Sale** - When you create a bill of sale, include:
 - The sell date
 - Your name and the buyer's
 - The car's year, make and model
 - The negotiated price
 - If the car is being sold "as is" or if you are providing a stipend for repairs
- **Title** - Based on your state's regulations, you will likely sign off on the title, transferring it into the buyer's name.
- **Motor Vehicle Department regulations** - Depending on the state where you live, you may need an emissions test or an odometer disclosure statement.

How Do I Get my Car Ready for Sale?

- To get the best price for your car, follow the below:
- **Complete repairs** - Servicing small items - such as fluids, brakes, light bulbs, air in tires, etc. - can help you get more money for your vehicle. Be sure to retain receipts of repair to show buyers what work's been done.
 - **Clean it** - While it may seem obvious, many sellers skip or marginally follow this step. A clean, waxed, and fresh smelling car is most appealing to buyers. Pay attention to the car's interior and exterior. Clean out the glove box and trunk. Vacuum thoroughly, and remember to remove all bumper stickers as well as the residue they leave behind.

How Much Should I Ask for My Car?

This is one of the hardest parts of selling a used car. Most people don't know where to start when it comes to pricing. First, check out free appraisal tools on the internet. Compare the value of your vehicle as listed on multiple sites. Be realistic when evaluating the condition of your car. Here are some sites that may help:

- **Pricing resources** - *Kelly Blue Book*, *CarGurus*, and *NADA*
- **Online value comparisons** - *AutoTrader.com* and *Cars.com*

The bottom line is this: Know the lowest amount you will accept for your car before you start negotiating with buyers.

How Do I Find Buyers for My Car?

Keep in mind there are services, such as *CarMax*, that will purchase your vehicle and resell it for you. If you decide to go ahead and sell on your own, watch out for scams and people who may try to take advantage of you.

If you decide to self-sell, one of the best ways to reach potential buyers is through local classifieds sites or various online services. Here you can post photos and a description of your car. You also can buy ad space on sites, such as *AutoTrader.com* or *Facebook* (locally), to help sell your car.

What to Include in the Advertisement?

When writing an ad to sell your car, you need to include all the pertinent facts about your vehicle: make, model, year, condition, mileage, price, and photos. You also want to make it stand out in a crowd of similar ads. Be sure to include color and trim; if it has extra features, such as seat warmers or a sun roof; and if it has low mileage, only one owner, or gets great gas mileage.

What Buyers Want to Know?

Buying a used car, whether it's from a dealership or a private seller is an investment for anyone. Before making a purchase, they want to know all they can about the vehicle and the seller. Here are a few ways you can help them:

- **Vehicle History** - If your car is an older model, or if you're not the original owner, consider obtaining a *Carfax* report. This will provide information about the car's history, any accidents, and its maintenance records.
- **Why you are selling** - Buyers will be curious as to why are you are selling the car. Think about how you'll answer and be ready for their questions.
- **Respond quickly** - When you receive a call, text, or email that the buyer is ready to make a purchase, respond quickly with your acceptance or a counter offer. If you're slow to respond, the buyer may perceive it as disinterest or that you don't want to sell.

How Do I Offer Potential Buyers a Test Drive?

Once you've found a potential buyer, you'll want to schedule a test drive. Let the buyer get a feel for how the car handles. Follow these tips below to create a safe test-drive experience.

- **Screen buyers** - Thoroughly vet potential buyers before scheduling a test drive. Speak to the person on the phone and ask them screening questions, such as whether or not they have financing lined up. Take questions from them as well to determine if they're a serious buyer.
- **Safety in numbers and visibility** - Meet the potential buyer in a populated area. Never go on a test drive alone. Ask a friend to join you. Schedule the test drive during the day.
- **Credentials** - Check the buyer's license and proof of insurance before they get behind the wheel. The test drive is not the time to take payment; but once completed, it's appropriate to begin negotiating the price.

How Do I Conduct a Secure Transaction?

Transferring the title also calls for a secure environment. When you're ready to make the sale official, follow the below tips.

- **Take payment inside the bank** - The safest place to exchange payment is at the buyer's bank. Do not agree to drive the potential buyer to another location, especially if it's to pick up the payment.
- **Trade the title for the payment** - Don't sign or hand over the vehicle title to the buyer until you've received the agreed-upon payment in full. If the payment is not cash, make sure the check or money order is legitimate, or wait for the Venmo payment to deposit in your checking account. If the buyer is paying with a check, go to the Federal Deposit Insurance Corporation (FDIC) website, *FakeChecks.org*, to verify it is not fraudulent.



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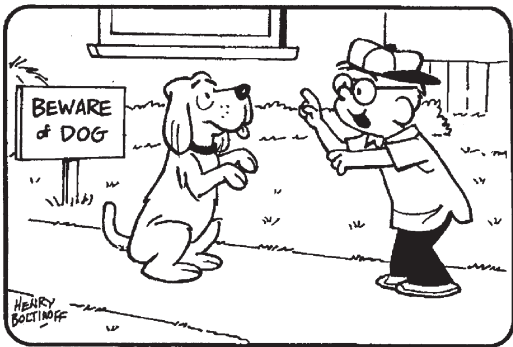


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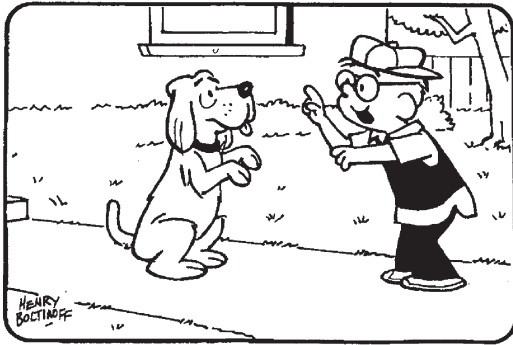
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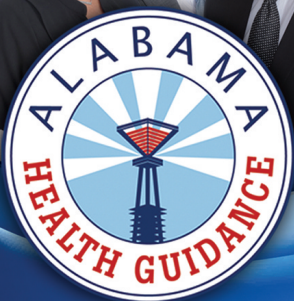
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Continued from Page 10

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Medicare Minute

"Durable Medical Equipment"



Durable Medical Equipment are items such as walkers, wheelchairs, and hospital beds that are used in the home. Medicare will cover certain durable medical equipment only if your physician prescribes it. To be prescribed the durable medical equipment must be: durable, or reusable, used for a medical purpose, and primarily used at home. Durable medical equipment is covered under Medicare Part B.

Some examples of items that qualify as durable medical equipment are, but not limited to: Oxygen equipment and supplies, walkers, wheelchairs, hospital beds, infusion supplies, and patient lifts. Remember, these items should be used primarily at home. If you are residing in a nursing home or hospital, and that facility is providing you with Medicare covered care, it may not be considered your home. If you are staying in a skilled nursing facility, that facility will usually provide the durable medical equipment you need.

If you need durable medical equipment, make sure your doctor and durable medical equipment supplier are enrolled in Medicare. If you doctor or supplier is not enrolled, Medicare will not pay the claims they submit. Without any type of supplemental insurance, you typically will be responsible for 20% of the Medicare approved amount. Also, if you are on a Medicare Advantage Plan you may have copays or coinsurance.

One last thing. There are companies out there that will place outbound calls to Medicare beneficiaries offering to send you durable medical equipment or other items for free. A lady told us just last week this happened to her. The company offered to send her a knee brace at no cost. She didn't need the knee brace but they wanted to send it anyway. These companies will send you the item, then bill Medicare. Remember, nothing is free!! Someone is always paying.

If you have questions regarding any aspect of Medicare or Medicare health plans feel free call us at Alabama Health Guidance (256-648-5710), stop by our office at 885 Florence Blvd (Four Lane Shopping Center) or email me at ikey@alabamahealthguidance.com. Alabama Health Guidance is an independent insurance agency and is not affiliated with Medicare or any other government agency.

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Guest Op-Ed

Civility...

Continued from Page 10

livestreaming worship services on the internet. Even people who weren't regular churchgoers are tuning in to get mental, emotional, and spiritual support, and to find peace in a world that seems more upside down than ever.

Organizations are hosting webinars with homeschooling experts and creating websites to tell parents about online resources to help them teach their children while they are forced to stay home.

Even at The Heritage Foundation, we are convening a commission to bring together some of the nation's top experts and thinkers in medicine, economics, government, humanitarian relief, and human behavior to help navigate our nation through this crisis and toward recovery. The mission is to save lives and livelihoods.

It's true that government needs to play a role in crises like the one we're in. However, our families, churches, charities, and community organizations—and the private sector—often are able to respond more quickly, efficiently, and compassionately, and can be more creative and flexible in meeting the needs of people.

Moreover, unlike citizens in many other nations, the American people are not virtual wards of the state, helplessly waiting for government to take care of their every need in a time

like this. While we consent to allow government to play an active role in fighting this pandemic, our civil society provides an even greater way to help us take care of one another.

A strong civil society that steps up during a crisis doesn't develop in a vacuum. It's the product of many things. It's part legacy of past generations, part patriotism and love of country, and part compassion of a just and moral people.

It also flourishes when government doesn't overly regulate or tax its people, leaving them both the flexibility and the resources to create, innovate, inspire, and provide aid to others.

In this way, civil society captures the awesome power of the American spirit and focuses it on doing the most good.

At a time when people are clamoring for government to respond to the coronavirus pandemic with enormous sums of money and exceptional powers to shut down businesses and keep people in their homes, we also need to remind government that our civil society will do just as

much—if not more—than government to help the American people weather this crisis and recover from it.

Perhaps this crisis will also provide a needed reminder to the American people that our civil society is the very foundation of a free and prosperous nation. It keeps us connected in a world becoming increasingly disconnected, and that it can help us all—Americans from many places and many backgrounds—to be a people united once again.

Reprinted with permission from the Daily Signal. Originally published in The Washington Times.

Kay C. James is president of The Heritage Foundation. James formerly served as director of the U.S. Office of Personnel Management and as Virginia's secretary of health and human resources. She is also the founder and president of The Gloucester Institute.

She was raised in poverty by a single mom and went through integration as an elementary student in Richmond, VA.

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Everyone living through COVID-19 has different fears and concerns. It is an odd time when you miss your normal life and the simple safety of a meal in a restaurant. They say you don't miss your water until the well runs dry and that statement has never been more true than now.

No one knows what the future will hold or what the world will look like when we emerge from this pandemic.

What we do know is that we owe our healthcare workers a great deal of thanks. I think it takes dedication and bravery to go to work to care for people who have this extremely contagious virus. McCutcheon & Hamner can't do that, but we can

show our appreciation by providing free Wills to healthcare workers in North Alabama through the end of May.

When we write a Will you need to know how you want your property divided and who you want to be in charge of carrying out those decisions.

We want a first choice and a second choice as to the person in charge of your Will. This person is the Executor (male) or Executrix (female). By naming an alternate, we hope you never need to change your Will.

Remember that what you have now may not be what you'll have at the time of your death. That's why you don't have to make a decision about the property you now have. We divide it according to what you do have at the time of your death, hopefully decades from now.

For example, people often leave their estate first to the spouse and then to the children. If a husband and wife have Wills that are mirror images, known as reciprocal Wills, they accomplish the goals of leaving everything first to each other and then to the children. We recommend that people consider using the phrase "per stirpes". "Per stirpes" simply means that in the event a child dies before a parent and if that child had children, then those (grand) children would get what their parent would have received and no more or less.

All Wills should contain a residuary clause that leaves everything, no matter what it is or where it is, to the heirs so that **everything owned** whether it's a right, an object or a piece of property is included in the Will.

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DAVE Says

by DAVE RAMSEY

EXAMINE YOUR BUSINESS NEEDS CAREFULLY

Dear Dave,
I own a small company, and we lease the building we operate from. As an entrepreneur, how do you know when it is time to stop leasing and buy a place of your own?
Peter

Dear Peter,
You should only buy a building when you have solid track record of success, and a really good idea of what your building needs will be. A growing business is always a good thing, but you don't want to focus too much on real estate and not enough on generating revenue and managing that growth intelligently. You would also want to make sure you're going to be in anything you buy for a good, long while.

I'm a big fan of leasing the first few years after starting your own business. It's even better if you can work out of your home, but I understand that's not always practical. Down the road, you can choose to lease with an option to buy, or in the right situation, just buy a building.

Remember, make sure you do it all with cash. Don't add debt to the equation!
—Dave

IS IT EVER TOO LATE?

Dear Dave,
Life insurance is one of those things I always said I would get around to buying someday, but for various reasons I just haven't done it yet. Is there ever a time when it is too late to get life insurance?
Angie

Dear Angie,
First of all, I only recommend level term life insurance. It's fairly easy to get until around age 70, depending on your overall health situation. Once you get into your seventies and beyond, however, it can be more difficult to find reasonably priced coverage.

I recommend that most people have 10 to 12 times their annual income in term life insurance. To be honest, though, you really shouldn't need life insurance if you're 70



and investments to cover funeral expenses—plus enough for a spouse to live on comfortably after you're gone.

Don't wait any longer, Angie. Take care of this today!
—Dave

** Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 16 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.*

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PERSONAL PROPERTY AUCTION!

TRACTOR • TOOLS • GUNS • EQUIPMENT • VEHICLE

SAT. MAY 2 • 10AM

SELLER: ANTHONY "TONY" MURKS
5040 COUNTY ROAD 31, KILLEN, AL.
LAUDERDALE COUNTY



Directions to Auction: From Highway 72 West, take County Road 31 (Beside Coussons Hardware & Convenience Store) travel for 1.1 mile. Sale will be on the right. **Look for our Holland signs!**

Partial List of Personal Property: Guns: Valley Arms 45 cal • Black Powder 50 cal Churchill • Marlin Model 25 – 22 cal • Gamo Silent Cat Velocity 1250 (Air Rifle) • Savage Model 110 – 7 mm • Winchester Model 1400 – 12 gauge • Glock 40 cal • Daisy Red Ryder 70th Anniversary • Springfield Model 67 • Field & Stream Gun Safe – Camp Chair – Deer Ground Blind

Misc: Kubota Tractor L 3400 513 HRS – 4x4 • 2008 – 4x4 – Dodge Ram 1500 – SLE Truck – 5.7 HEMI – Q Cab – 94,000 Miles • 2002 Chevrolet Short Wheel Base w/ 226,927 miles • 2013 Massimo 500 – 4x4 Side by Side w/ 3500 # Winch • Cub Cadet Zero Turn 54" Mower – 24 HP Kohler Engine • Troy – Bilt Log Splitter – 27 Ton • Troy – Bilt Push Mower – 21" Cut – Honda Engine • Utility Trailer – 5x12 Single Axle • Trailer – 6'10"x 20 / 2-3500 # Axles • Landpride Bush Hog – 5' • Hobart Wire Welder • Hobart Wire & Tig Welder • County Line Post Hole Diggers 9" Auger • T Post • Black Bull Drill Press – 16 Speed • Shop Smith • Water Pump • Shop Vac • Cross Bow • Troy Bilt Bronco Rear Tine Tiller • Battery Charger • Motorcycle Jack • Ladders • Shop Fan • Roll Around Tool Box • 15 Gallon Gas Tank • Campbell Hausfield 200 PSI Air Compressor • Tradesman 16" Variable Speed Scroll Saw • Electric Fence Insulators • B&B Sawsall • Oxy/Ace Cutting Torch w/ Cart • 85 Honda Motorcycle Parts – 250 cc • Yard Tools • Misc Screws • Jack Stands & Floor Jack • Mechanic Tools • Work Table- Metal w/ Vise • 4" Side Grinder Air & Electric • Fimco Sprayer • Kobalt Battery Power Pole Saw • 6" Bench Grinder • Wood Heater • Stihl MS 250 Chain Saw • Delta Mitre Saw • Zaeba A20ML Electric Fence Charger • Folding Table • 8 Panels • Gates – 2-10'/1-12'/1-14" • Appliance Hand Trucks • 2-Small Kayaks • Spectra 43 – Metal Detector

TERMS & CONDITIONS: Personal Property: 10% BUYERS PREMIUM! Cash or Check with proper identification the day of the sale. All items sold "as is" with no warranties expressed or implied. Please make arrangements to remove all purchased items the same day as the sale. Information contained herein believed to be correct but not guaranteed.

Note* All guns have been removed from the property until the day of the sale. Holland Realty & Auctions, Inc. will abide by all the State and Federal Gun laws. After the Auctioneer has sold the item, it becomes sole responsibility of the purchaser. The item must be removed from the property the day of the sale.

Note* Anyone purchasing a firearm has to be 21 years of age, a resident of the State of Alabama, have proper identification and no prior felony arrest.


Announcements made the day of the sale by Holland Realty & Auctions, Inc. supersede any printed material. Agency Disclosure: Auctioneers are acting as agents for the sellers only. 2020

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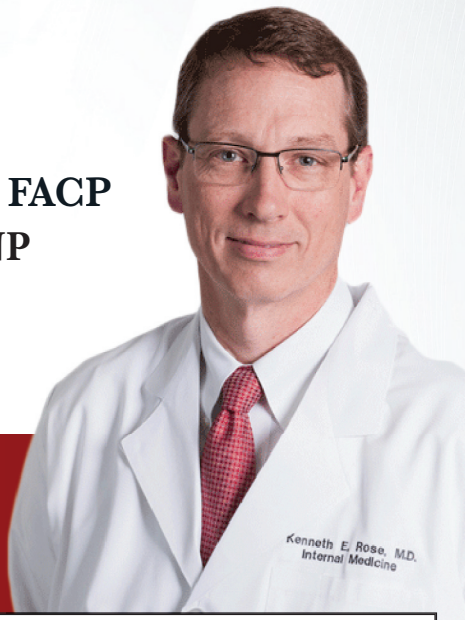
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Leaders Poised to Rise & Roar

FLORENCE – Dr. Justin Carter, Assistant Professor of Management at the University of North Alabama, has launched a podcast, Rise & Roar, which features discussions on current topics and trends with business leaders from across all industries.

"I realized through my personal network of colleagues and friends that I have access to a broad knowledge base," Dr. Carter said. "These conversations were already happening, and, by creating this podcast, I found a way to disseminate that information not only to my students but to the public at large.

Launching the podcast shortly after the COVID-19 quarantine became mandatory in Alabama allowed Dr. Carter the opportunity to address this challenging crisis from a business standpoint.

Some of his first podcasts include insights from Strategic Planning Facilitator Jim Sisson, "The Retail Doctor" Bob Phipps, and the President and Chief Executive Officer of the West Alabama Chamber of Commerce Jim Page. The initial episodes deal directly with the impact of the COVID-19 crisis on the economy, both locally and nationally.

Rise & Roar is sponsored by the UNA College of Business and is available on the www.una.edu/youruna page as well as for download on iTunes, Spotify, Google Play, Podcast Addict, and will soon be on iHeartRadio.

Simple Acts of Kindness

Email us something you have witnessed or experienced: editor@courierjournal.net



Real Estate

Randall on Real Estate
News & Tips on the Shoals Market



Organizing - Start Small

You've probably figured out by now that decluttering and organization is a favorite topic of mine. It's not that I am a super-organized person in all aspects of life. It is simply that de-cluttering and organizing is most people's main concern when getting ready to list their house. And if it's not their concern, most of the time it *should* be. Many people just don't know where to start. Fortunately, organizing seems to be almost addictive. Once you've started somewhere and seen the results of your hard work, you want to see more progress and have the confidence to tackle larger projects. The important thing is to just get started.

Most experts say to start small. Choose a small, self-contained area that can be done in a few hours, max. This area should be one that you use on a regular basis, so you can appreciate the results. For instance, the linen closet. Most homes have a space dedicated for extra towels, blankets, sheets, etc. If not, an armoire or other freestanding piece can stand in.

First, as with all other organizing projects, completely empty the space. Have a bin handy for things to donate, and a large trash can for trash. Start stacks on chairs, a table, or desk - items that are being kept, keeping like items together. As you're sorting, handle each item individually and consider its usefulness. Consider your household size and remember that the fewer towels you have, the smaller your laundry pile will be. Extra sheet sets are another item that many people have far too many of. Each bed in the house only really needs one spare set. Keep only the blankets you truly use (well, and heirloom quilts). Toss items that show excessive wear. This time of year many stores have white sales, if you need to replace linens.

After all items are sorted, thoroughly clean the closet. Wipe down all shelves and clean the floor. Inventory your stacks of "keepers" to determine placement. A great way to store sheet sets is to neatly fold sets and place each inside one of its pillowcases. Fold your towels and blankets whichever way works best for your space, but do so uniformly. Most people have a few random items in their linen closets, and these can be collected in a fabric bin or basket. There, it's done! My wife would add an unwrapped scented soap, but that's entirely up to you.

What are you organizing next?

Please feel free to send your questions.

Rest assured I will only use your first name when I answer your questions. Email to: questions@mikerandallhomes.com or mail to:

Questions for Mike Randall
Coldwell Banker Pinnacle Properties
2093 Florence Blvd, Florence, AL 35630

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MUSCLE SHOALS APT. FOR RENT: 415 Roosevelt Ave., Apt. B 2 bdrm., 2 ba., \$ 575 Rent, \$300 Deposit. Exterior Storage Room. 256-764-3137.

FLORENCE: SANNONER SQUARE APARTMENTS, 1 bdrm., 1 ba., \$350 plus \$25 water, \$300 deposit. 256-764-3137.

CHEROKEE, 960 CROSS ST. 3 bedroom, 1 bath, carport. Large lot. \$49,000. 256-360-2663

FLORENCE HOME FOR SALE - Owner Financing! All credit considered. 745 Alabama Street. 3 bdrm., 2 ba., in quiet area, \$50,000. Down payment \$2,500. Monthly payments \$500. 10% interest rate. Call HUD Home Network 205-833-1420.

TUSCUMBIA HOME FOR SALE: Brick 3 bdrm., 1 ba., fenced in backyard, carport with storage bldg. **GREAT STARTER HOME!** \$75,000 obo. 662-400-9288.

FLORENCE: 430 N. CEDAR Avenue, 1 Bdrm., 1 Ba., \$325 Rent Plus \$25/Water, \$300 Deposit. 256-764-3137.

FLORENCE APT. FOR RENT: 900 Fairchild Ave., Apt. D 2 bdrm., 1 ba., \$400 Rent, \$300 Deposit. 256-764-3137.

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SHEFFIELD: HOUSE FOR RENT: 2 bdrm., 1 ba., large basement, detached garage, privacy fence around backyard, yard services. 1st, last, and security deposit. \$693 month, 256-668-4670.

FLORENCE: For rent: 2 and 3 bdrm. houses. Appliances, washer/dryer connections, central heat/air. \$550-\$695 plus deposit. 256-764-3986.

FLORENCE APT FOR RENT: 917 Cumberland Avenue Apt. #3 2 bdrm., 1 ba., \$350 Rent, \$300 Deposit. 256-764-3137.

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Office: 452 Cherry Hill Homes
256-760-5322

FLORENCE: 220 FOY AVE For Rent. North Florence area. 2 bed 1 bath. \$550 deposit. \$550 rent. Call or text between 8-4. 256-766-6031.

WATERFRONT LOTS ON PICKWICK LAKE in Colbert County, Starting at \$150,000. Gently sloping, and only one mile off Natchez Trace 256-436-8755.

OWNER FINANCING: 3 BEDROOM, 1 1/4 bath, Colbert Heights, Tusculmbia 256-383-5996 or 256-263-8716

HOME FOR RENT: 2313 Camden Cove, Muscle Shoals, AL. Stove, Refrigerator, Dishwasher, Central heat/air, 3 bdrm., 2 ba., fenced backyard, \$975 plus deposit. Call 256-810-0809

BRICK HOUSE FOR SALE: 1,379 sq. ft., on two acre lot, 4956 Co. Rd. 236, Town Creek, AL. 2 bedroom, 1 bath, sunroom, with detached two car garage. Call after 5 pm leave message, 256-685-3675 or 256-446-5550.

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FLORENCE APT FOR RENT: 510 High Street 2 bdrm., 1 ba., \$350 Rent Plus \$25/Water, \$300 Deposit. 256-764-3137.

FOR RENT OR SALE: 3 bedroom, 2 bath mobile home and land, Spring Valley Lane off Rose Trail in Cherokee, \$450 per month or sell for \$42,000 OBO. 256-446-9982

FLORENCE: TOMBIGBEE COURT APTS. Downtown, 1 bdrm., and 2 bdrm; 1 ba., \$575 and \$625. Rent with Water Inc., \$300 deposit, balcony, security gate. 256-764-3137.

FLORENCE HOUSE FOR RENT: 1407 Colorado Avenue 2 bdrm., 1 ba., \$400 Rent/Deposit, Exterior Storage Building. 256-764-3137.

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SOAP OPERA PREVIEWS - Keep up with your favorites each week in the Courier Journal.

CENTER STAR VILLAGE APARTMENT #22, Killen, 3 bdrm., 2 ba., \$500 rent, \$300 deposit. 256-764-3137.

SHEFFIELD APT FOR RENT: 1110 26th Street, Apartment 5A. 3 bdrm., 1 ba., \$425 rent, \$300 deposit. 256-764-3137.

SHEFFIELD UPSTAIRS APT. : 1302 Annapolis Ave., \$325 Rent, \$300 Deposit. 256-764-3137.

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534 East Lelia Street, Florence • 3 Bedroom - 1 Bath
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211 West Rasch Road, Florence - Owner Finance • \$2,500 down • \$795 monthly payments

For Sale

New Construction in Central! 3 BR - 2 BA w/ bonus room • \$199,000

301 Stutts Road, Muscle Shoals - 3 bedroom- 2 bath • \$189,000

125 County Road 608, Rogersville - 3 bedroom- 2 bath • \$179,000

106 Darby Ave., Florence - Fixer Upper, \$19,000 Cash

Commercial Building Cox Blvd, Sheffield • \$119,000

322 Columbus Ave, Florence • 3 BR - 2 BA • \$119,000

For Rent: 256-762-4201

701 Dearborn Ave, Muscle Shoals 2 Bedroom - 1.5 Bath - Townhomes • \$695 Monthly • \$400 Deposit • \$30 Application Fee

1011 Midland Ave, Muscle Shoals 2 bedroom - 1.5 bath apartments • \$575 Monthly • \$300 Deposit • \$30 Application Fee

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Notes...

Continued from page 2

patients. The plasma contains antibodies that may help fight the virus.

Plasma is the clear, straw-colored liquid in the blood that remains when red blood cells, white blood cells and platelets are removed.

Potential donors should email medicaloffice@lifesouth.org or call 888-795-2707.

The American Red Cross has seen an outpouring of support from blood donors in response to the coronavirus outbreak. During this uncertain time, the Red Cross continues to encourage healthy individuals to schedule and keep donation appointments in the weeks ahead to ensure a stable supply throughout this pandemic.

Each Red Cross donation center follows the highest standards of safety and infection control, and additional precautions have been implemented to ensure the health of Red Cross donors, employees and volunteers.

Blood donation is essential to ensuring the health of our communities. The need for blood is constant, and volunteer donors are the only source of blood for those in need. With no known end date in this fight against coronavirus, the Red Cross needs the help of donors and blood drive hosts to maintain a sufficient blood supply for weeks to come.

This is the time to take care of one another. Healthy individuals who are feeling well are asked to make an appointment to donate later this month and after by visiting RedCrossBlood.org, using the Red Cross Blood Donor App, calling 1-800-RED-CROSS or enabling the Blood Donor Skill on any Alexa Echo device. Donors are also asked to make an appointment to donate in order to help manage the flow of donors appropriately in support of social distancing practices.

A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Florence Parks and Recreation/ The Club (Florence Senior Center) has suspended all activities at The Club at this time.

The nutrition program is, however, providing meals for their homebound clients as well as those that normally eat lunch at The Club. For those that normally eat at The Club they can call each day, Monday-Friday, between 8-10am to let us know they will be driving by to pick up a prepared meal under the front porch

Courier Journal ADOPT A FRIEND

The animals you see here are currently in local animal shelters or rescue facilities. Adoption fees vary and include having your new friend spayed or neutered, if necessary. Help us help these and other animals by adopting a new friend today.

Meet **NIPSEY!** She is two years old. She's a very playful and happy girl! **\$25 ADOPTION FEE** Includes mandatory spay/neuter surgery and rabies vaccine. Call now 256-381-4073! The shelter is open by appointment only. Please call to meet your new pet!



ROCCO is a medium sized black and white staffordshire. This sweet boy is medium energy and loves running and playing outside. Rocco is a sweet, and adorable. He is a fantastic 1 year old looking for a loving family. Rocco loves attention and long walks. Adoption fees include spay or neuter, current vaccines, heartworm test and microchip. Please call us at 256-760-6676 to set up a time to meet this sweet baby. The shelter is open by appointment only. Please call to meet your new pet!

This is **RALPHIE.** He was born July, 2017. He is a beagle mix. He is good with dogs and kids. He loves to play and is really friendly. He is just a love bunny. He would need a fenced in yard to play safely with his humans. He is neutered, up to date on his vetting and microchipped. If you're interested in adding this young man to your family please email PAWS at shoalspaws@gmail.com



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See NOTES... page 26

Classified Form on Page 4

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About four million species of flowers decorate our earth, promoting their own distinct flair of color and shape. Of all the flowers from A-Z, it is hard to upstage the rose. Roses can be red, orange, pink, yellow, purple or even a blending of hues.

But what I want to talk to you about today doesn't concern flowers, or more specifically a rose. I'd like for you to think with me about a flower's STEM.




The importance of the stem can't be emphasized enough. For example, one function of the stem is to transport nutrients between roots and the flower. Another role that it serves is as a stand to display foliage. You see, the stem is in a supporting role.

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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Quinn and Katie shared their sadness over Sally's condition. Wyatt expressed his guilt over Sally to Quinn and Katie. Unaware that she knew the truth about her, Sally attempted to butter up Flo. Katie disapproved of Wyatt's decision to ask Sally to move out. Knowing she was caught, Sally admitted everything to a shocked Flo. Bill helped Wyatt work through his feelings. Dr. Escobar arrived at a critical point in Sally and Flo's argument and made a split-second decision that changed everything. *Wait to See: Donna goes to Katie in an attempt to mediate between her and Brooke.*

DAYS OF OUR LIVES Jack comforted Jennifer over Orpheus being free. Hope and Steve commiserated together. Gabi went up against Chad. Kayla told Justin her decision about their future. Kate applied for a job with Abe. Brady and the others waited for word on Sarah and the baby. Chad and Abigail took opposite sides over Kristen and Sarah's situation. Victor berated Xander for allowing the truth to come out. Gabi lobbied for the CEO position at DiMera. Gabi was stunned when she saw a familiar face. Li Shin made a decision about Chad's fate at the company.

Kristen attacked Victor. Sarah hid out in Paris with Rachel. Chad and Abigail celebrated their victory. *Wait to See: Victor is rushed to the hospital.*

GENERAL HOSPITAL Michael was reluctant to leave Wiley's side. Robert shared some somber news. Sonny missed his meeting with Cyrus. Julian caught the attention of an unwelcome source. Valentin was thrown for a loop. Willow was completely devastated. Nina learned a little more about Nelle. Sam apologized to Alexis. Sonny confided in Jason. Sam crossed Brando. *Wait to See: Jordan contemplates resigning.*

THE YOUNG AND THE RESTLESS Chance didn't want to betray Adam after he had saved his life. Traci spent a relaxing evening at the Grand Phoenix after a stressful day. Rey planned a night away with Sharon, partly to try to prevent her from hearing about Adam's takeover at Newman. Nick confronted Victor about the takeover. When Victor refused to reveal his plans, Nick recommended that Victor confide in Nikki since he wouldn't be honest with his children. Victor told Nikki what really happened in Kansas. *Wait to See: Chelsea throws a baby shower for Chloe.*

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|-------------------|--------------------------|-------------------|------------------------------------|
| 19UUA5669YA026062 | 2000 ACURA 3.2TL | 1FMRU17L6YLC46977 | 2000 FORD EXPEDITION 4X2 EBAUER 8G |
| 2G4WC582X61191262 | 2006 BUICK LACROSSE | 1FMZU63K43UB55736 | 2003 FORD EXPLORER |
| 2G4WB55K511219825 | 2001 BUICK REGAL | 1FAHP35N68W267436 | 2008 FORD FOCUS |
| 2G4WD582X61244328 | 2006 BUICK LACROSSE | 1FAFP55293A165045 | 2003 FORD TAURUS |
| 1G4HP52K7VH575775 | 1997 BUICK LESABRE | 1FAHP25127G141932 | 2007 FORD FIVE HUNDRED |
| 5GADX33L56D148829 | 2006 BUICK TERRAZA | 1Y1SK526XVZ446558 | 1997 GEO PRIZM |
| 1G4HP52K9WH470608 | 1998 BUICK LESABRE | 1GKEC13Z22R271366 | 2002 GMC YUKON |
| 1GNDT13W4N2212983 | 1992 CHEVROLET S10 | 1GTEC14V6XZ522159 | 1999 GMC 1500 |
| 1GCHG35ROV1054391 | 1997 CHEVROLET VAN | 1GKER23758J192509 | 2008 GMC ACADIA |
| 2CNDL73F056117881 | 2005 CHEVROLET EQUINOX | 1HGCG165X1A081927 | 2001 HONDA ACCORD |
| 1GCCT19WXX8173005 | 1999 CHEVROLET S TRUCK | KMHCT4AE0DU321536 | 2013 HYUNDAI ACCENT |
| 3GNBAADB6AS544267 | 2010 CHEVROLET HHR | 1J4GK58K23W635096 | 2003 JEEP LIBERTY |
| 3GNDA13D27S599254 | 2007 CHEVROLET HHR | 1J8HH48K07C505966 | 2007 JEEP COMMANDER |
| 2G1WT58K079229016 | 2007 CHEVROLET IMPALA | 5XXGM4A72DG093596 | 2013 KIA OPTIMA |
| 3GNBAADB7AS579030 | 2010 CHEVROLET HHR | 1YVHZ8CHXA5M53033 | 2010 MAZDA 6 |
| KL1TD5DE4AB050661 | 2010 CHEVROLET AVEO | 2MEFM75W51X690060 | 2001 MERCURY GRAND MARQUIS |
| 1GCCS14R1P8129432 | 1993 CHEVROLET S10 | JN1DA31D03T522912 | 2003 NISSAN MAXIMA |
| 1G1ND52M7W6247568 | 1998 CHEVROLET MALIBU | 1N4BA41E05C843666 | 2005 NISSAN MAXIMA |
| 1G1AT58H897262414 | 2009 CHEVROLET COBALT | 1N4DL01D9XC109064 | 1999 NISSAN ALTIMA |
| 3C8FY4BB41T588240 | 2001 CHRYSLER PT CRUISER | 1N6ND16SXGC385369 | 1986 NISSAN K C 4X2 X TRUCK |
| 2C3HE66G1YH333346 | 2000 CHRYSLER 300M | 1N4AA51E99C817719 | 2009 NISSAN MAXIMA |
| 2B3KA43R86H302617 | 2006 DODGE CHARGER | 1N4DL01D1YC185699 | 2000 NISSAN ALTIMA |
| 2D4FV48V85H190090 | 2005 DODGE MAGNUM | 1G3GM11Y9HP322961 | 1987 OLDSMOBILE CUTLASS |
| 1D7HE48N16S501316 | 2006 DODGE DAKOTA | 1P3ES27CXVD113238 | 1997 PLYMOUTH NEON |
| 4B3AG52H82E150248 | 2002 DODGE STRATUS | 2G2FS22K3W2212823 | 1998 PONTIAC FIREBIRD |
| 2B7KB31Z4TK178157 | 1996 DODGE VAN | 2G2WS522651141879 | 2005 PONTIAC GRAND PRIZ |
| 1FABP4634GH142219 | 1986 FORD T BIRD | 1G2ZG528554152959 | 2005 PONTIAC G6 |
| 3FAHP06ZX8R256085 | 2008 FORD FUSION | 1G2ZH361684142072 | 2008 PONTIAC G6 |
| 1FAFP3830YW350720 | 2000 FORD FOCUS | 4T1BE46K38U782871 | 2008 TOYOTA CAMRY |
| 1FAFP34P23W149788 | 2003 FORD FOCUS | YV1MS382782372819 | 2008 VOLVO S40 |
| 1FMU18W0VLB31097 | 1997 FORD EXPEDITION | YV1LS61J1Y2633277 | 2000 VOLVO S70 |

NOTICE OF PUBLIC SALE: SIMPSON'S WRECKER SERVICE gives Notice of Foreclosure of Lien and intent to sell these vehicles on 05/16/2020, 09:00 am at 835 RICKWOOD RD FLORENCE, AL 35630-1367, pursuant to subsection 32-13-3 of the Alabama Statutes. SIMPSON'S WRECKER SERVICE reserves the right to accept or reject any and/or all bids.

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Notes...

Continued from page 24

without entering the building. There is a limited number of lunches for each day.

Prepared meals will be ready to be picked up between the hours of 10-11am Monday-Friday. Please call 256-760-6668 or 256-760-6420 for more information or to let us know if you will be picking up your meal. These meals are for those that regularly attend lunch at The Club.

Like many places, the Athens-Limestone Public Library was forced to close to the public amid COVID-19 fears. With her regular story times suddenly cancelled, Amanda Coleman, head of the Athens-Limestone Public Library's children's department, looked for other ways to reach out to the community.

So Coleman and her assistant, Ambre Hyatt, decided to host virtual story times on Facebook, providing the same familiar songs and books the library's youngest patrons have grown to love. Story times and other kid's programs are being hosted live Monday-Thursday at 11:15am on the library's Facebook page: www.facebook.com/ALCPL

Athens-Limestone County Public Library - Home | Facebook
Athens-Limestone County Public

Library, Athens, Alabama. 3.6K likes. A library is more than just books in the 21st Century. At ALCPL, we provide all members of our community with equitable access to...

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The recordings can be watched there anytime.

The current schedule is spectrum story time (for all ages) on Mondays, Ink Slingers writing challenge (for middle schoolers and up) on Tuesdays, virtual story time (for pre-schoolers through early elementary) on Wednesdays, and Facebook Live book group (for K-5th grade, discussing Harry Potter and the Sorcerer's Stone) on Thursdays.

Osborn Hill Cemetery -Decoration Day will be on Saturday, May 2. The first Saturday of May has been observed as Decoration Day for well over 100 years. All old flowers will need to be removed off the graves. Please make plans for that special day to come to the cemetery. Also its time again for annual donations. If you would like to donate to the Osborn Hill Cemetery Fund, please send your donations to: Osborn Hill Cemetery Fund, c/o Mrs. Lana Duncan 2330 Colburn Mtn. Road, Tusculmbia, AL 35674

Motor Coach Tours With The Club (Florence Senior Center). These trips are open to the public. www.GroupTrips.com/TheClub

Mackinac Island, 7 days 6 nights, \$719, August 16-20 - \$75 deposit due now.

Pigeon Forge/Smokey Mountain Show Trip, 5 days 4 nights, \$575, November 9-13

For more information, call The Club 256-760-6642

Corinth Kiwanis Leon Frazier Gospel Singing College Scholarship Fundraiser (UNA often benefits from the funds raised) Saturday June 6, 6pm, Corinth Coliseum Civic Center Theater, 404 Taylor Street, Downtown Corinth, MS.

Karen Peck & New River; Gold City; Phil Cross & Poet Voices, Dujuana Frazier Thompson & Family; Josh & Ashley Franks.

General Admission at door \$15/Aartis Circle \$25 in Advance including the artist Meet & Greet and Reception at 4pm

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Tuesday, August 25 at 12noon: Leave It, Move It, Roll It, Take It Seminar

Tuesday, October 20 at 12noon: Making Your Money Last

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Commentary

Hectic?...

Continued from Page 10

K) Over-spending on convenience items and restaurants.

L) A growing interest in socialism and demonization of independence and capitalism.

M) There is a never-ending pile of laundry.

It's a long list and much of it is more daunting than anything we can find solutions for. None of us would have prayed for the current situation. However, over the past 4-5 weeks since our country has been virtually shut down because of Covid-19, look at how many concerns have been

answered.

A) Most abortion clinics in the country have either closed or are performing drastically fewer procedures.

B) With all large gatherings and sports events cancelled, bars are closed, interstate and international travel are restricted and borders closed. There are drastically fewer opportunities for human trafficking and sex work.

C) The nation's schools and libraries are closed. Parents are momentarily responsible for the education of their own children. They have control of what and how their children learn and what they are exposed to.

D) With schools closed and parties, dances, and large gatherings canceled,

drugs are not as easily obtained and kids are at home and hopefully better supervised. The bullies have to find someone closer to home to try to intimidate.

E) Now there is time, motivation, and help to make my home a clean and relaxing haven for my family.

F) College students are learning that they have alternatives to expensive degrees and room and board at brick and mortar schools. Some families are getting an unexpected refund on their fee bill for the weeks the student(s) were unable to live/eat at school.

G) Due dates for state and local income tax filings were pushed back for three months. Who could have envisioned that happening?

H) So many are home with work requirements lessened, eliminated, or rescheduled. Many are getting paid to stay home with family. The whole family is home most of the time, safe, healthy, and reconnecting.

I) Sports have stopped cold - from grade school events at the ballpark to professionals on TV. It hasn't been this calm in generations.

J) Our government has been forced to act in a bipartisan way and the president is speaking to the public daily, unfiltered, and more directly.

L) Hopefully, the unpleasant experience of having somewhat limited access to goods and services will show us how spoiled we are, and help us see a fraction of

what people in socialist and communist countries experience every day.

M) So many are working from home and are washing clothes during the day.

There are benefits and drawbacks to the last six weeks. We have lost many people, and unfortunately, the toll is not over. Yet, if they were right with God, they are happier now and better off.

Unless the world ends in the coming weeks, much of what recently changed will go back to pre-Covid days.

Too often we forget that God is in control. He has watched humanity slowly veer away from His laws and patterns. He knows what tomorrow holds, and he knows the ultimate ending of the human story. In the end His will is what will be done.



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