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More details are available by calling 256-314-2002 or by visiting www.thevillasatriverside.com

Lauderdale's Best Spellers

FLORENCE-Ten students representing their respective schools recently participated in the Lauderdale County Spelling Bee using an online test platform developed by the National Spelling Bee officials. The tests were proctored via zoom. The winner will advance to the

See SHORTs... on Page 2



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Volume 137 Number 17

February 17, 2021

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Junior League member Mollie Holland watches while Grayson Garcia places a book into the Little Library placed by Junior League in Russellville. Courtesy photo

A Little Library

Second of Several to be Built by Junior League

FLORENCE - Junior League of the Shoals placed the second of several Little Libraries on the campus of Florence's Greater St. Paul African Methodist Episcopal Church. The church is located at 129 N. Cherokee St. There will be other Little Libraries placed in various Shoals locations throughout the year as part of the Junior League's 2020-21 Community Project.

Little Libraries are "take a book, return a book" free book exchanges. They come in many shapes and sizes, but the most common version is a small wooden box



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of books. Anyone may take a book or bring a book to share. Little Free Library book exchanges have a unique, personal touch.

"Literacy is a major focus of JLS. Along

See LIBRARY... on Page 6

Sautéed Well

Culinary Program in Memory of a Top Local Chef



Eubanks

FLORENCE - During a recent ceremony at UNA on Sixth in Tuscumbia, the Culinary Arts Management program in the School of the Arts at the University of North Alabama

Jeff Eubanks' widow, Michelle Eubanks, and UNA president, Dr. Ken Kitts, officially reveal the new name of the university's Culinary Art Management program.

was officially named for 1996 UNA graduate Jeff Eubanks.

"The program is unique in the state as there are no other four-year degree programs in Alabama in the culinary field," said Dr. Sara Lynn Baird, Dean of the College of Arts and Sciences. "The

See EUBANKS... on Page 6

UNA photo



— Inside this Issue —

- Computer Skeptic
- Medicare Minute
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- Soap Updates
- Dave Ramsey
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- Guest Op-Ed by John Stossel
- Jobs & More Jobs
- Adopt-a-Friend
- Library Hosts Zooms with McKnight and Putnam
- SIGNS of the PAST

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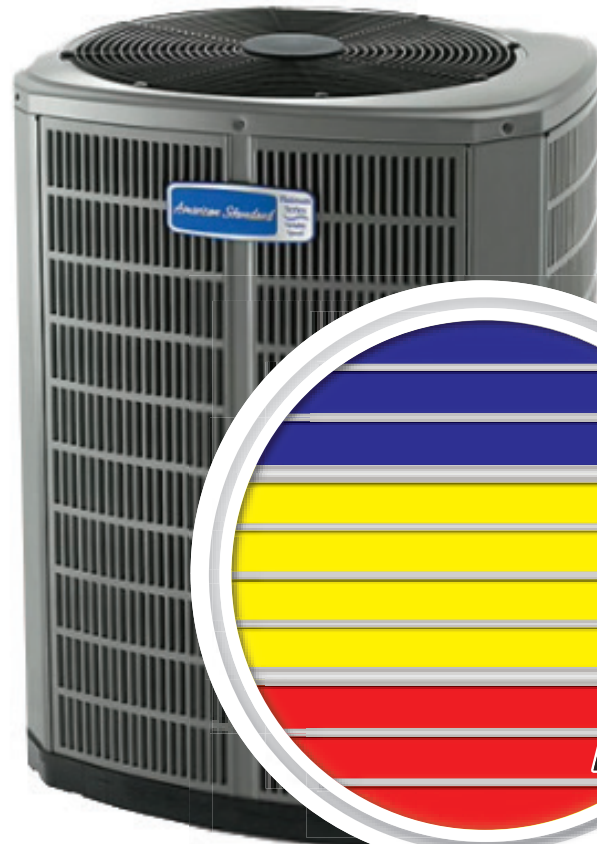
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Lauderdale Co. Spelling Winners counterclockwise from top: Claudette Fields 1, Lily Hatton T-2, Lauren Sutherland T-2. Courtesy photos

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Shorts...

Lauderdale's Best Spellers

Continued from Page 1

State Spelling Bee. Lauderdale County Teachers Credit Union sponsored the Spelling Bee providing the gift certificates for winners, and trophies from Florence Trophy Company. Some schools did not participate because of the pandemic.

Claudette Fields, an 8th grader at St. Joseph Regional Catholic School is the First Place winner. She is the daughter of David & Anu Fields.

Lily Hatton, a 6th grader from Brooks Elementary School tied for second place. She is the daughter



of Paula & Jon Hatton.

Lauren Sutherland, an 8th grader at Mars Hill Bible School also tied for second place. She is the daughter of Josh & Danielle Sutherland.

Other participants in the county event were **Elizabeth Covey**, grade 7, Central School; **Trey Westbrook**, grade 4, Lexington School; **Sammy Gren**, grade 5, Kilby

See SHORTS... Page 5

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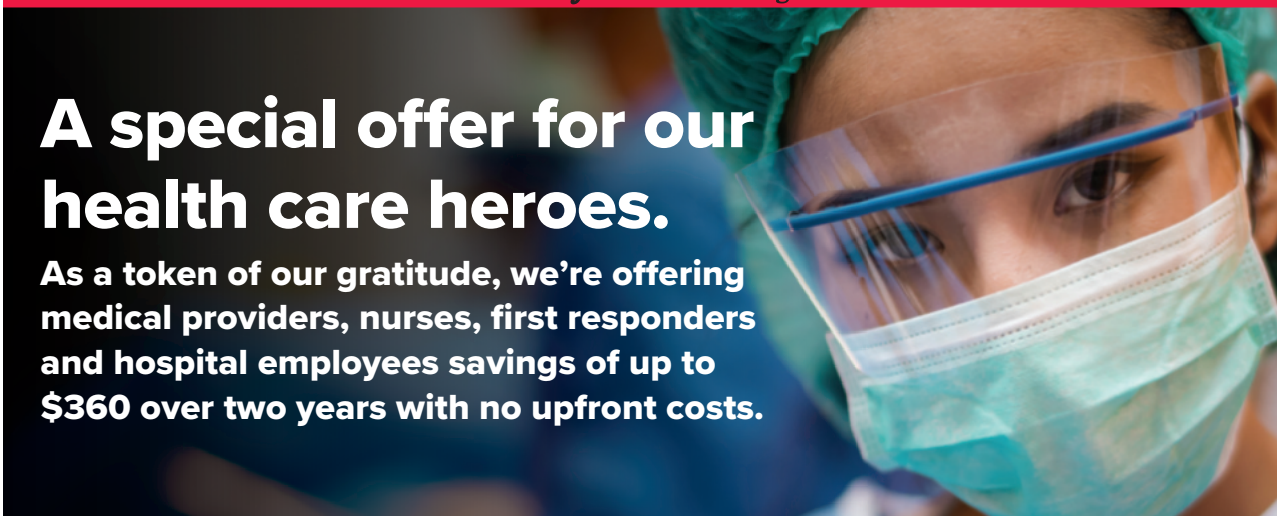
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Community Notes

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.

- 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 each week 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.

have hanging wire attached on the back.

For more details on entry rules call Kennedy-Douglass Center for the Arts 256-760-6379.

Kennedy-Douglass Center for the Arts is located at 217 East Tuscaloosa Street in Florence.

2021 February Holy Days of Religions in the Shoals include:

- Hindu, Vasant Panchami, February 16
- Christian, Shrove Tuesday, February 16
- Christian, Lent begins, February 17
- Jewish, Purim, February 26

Black History Exhibit at the Library on display now through March 1. Visit the Florence-Lauderdale Public Library during February and see a historical photo exhibition of local families from the library's archives.

Interested in sharing your family's history with the library? Bring in photographs, documents, and materials that you'd like to share, and the library's archives department will preserve your family's history.

Florence Baby Boomers Meetup Group 50 - Saturday, February 20, Third Saturday Snacks & Appetizers Potluck for Shoals area adults age 50 and better. Meet new friends, and play table games - or just visit. Must sign up through Meetup.com. No fee. 750 Sannoner Ave., Florence

The Shoals Writer's Guild is tentatively planning to resume meeting on February 20 pending the library's permission. Membership dues will be postponed until the Guild resumes meeting. If you have already paid your dues, and you would like a prorated please email Joy Willow at shoalswritersguild@gmail.com.

COVID-19 and Rapid testing is now available at the SHOALS COMMUNITY CLINIC - FREE to the public. The clinic has partnered with the Alabama Department of Public Health to administer these tests. The new COVID Rapid test takes only 15 minutes. 256-760-4713

See NOTES... page 7



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Drive Thru Food Pantry for Florence, Lauderdale County at North Wood Methodist Church. Call 256-764-2111 for more information. If no answer, leave message, we will get back to you.

Zip City Community Center Covered Dish Lunch on Thursday, February 18 at 11:30. Please bring a covered dish.

Join Now - Shoals Democratic Club Membership for one year - \$20 + donation amount of \$10-\$500 or more. Please mail name, address, phone number, email, and check to: 280 Robbins Beach Rd., Killen, AL 35645.

To receive text messages on upcoming events: text: @voteblue to 81010. www.facebook.com/shoalsdemocraticclub

The deadline for entry in Artistic Renderings of Youth is February 19. This is a juried exhibit of artwork open to 7th - 12th grade students from Colbert, Franklin and Lauderdale counties. The exhibit opens March 1 and runs through March 31 at Kennedy-Douglass Center for the Arts in Florence.

The exhibit and competition are coordinated by area art teachers. Schools may participate or students can enter on their own. Each student can enter up to three works. Entries are juried and, if accepted, are eligible for ribbons awarded in different grade level groupings. Works must be original and can be in any medium. All 2-dimensional entries must be matted or framed. Framed pieces and canvases must

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Shorts...

Lauderdale's Best Spellers

Continued from Page 2

Laboratory School; Leslie Ledezma, grade 3, Rogers School; Savannah Hanson, grade 6, Shoals Christian School; Jessie Dempsey, grade 7, Waterloo School; Chloe Cummings, grade 6, Wilson School.

January's Tops for Community

MUSCLE SHOALS-In an effort to reward local people for Outstanding Community Service, Long-Lewis Automotive Group, in cooperation with The Long-Lewis Foundation, is awarding \$500 and a Certificate of Appreciation each month to recognize efforts in serving the Shoals. January had two honorees - DeWayne Malone and Jimmy Gardiner.

To nominate someone for Hero of the Month, visit the Long Lewis Shoals Facebook page and nominate someone you feel deserves the award. The recipient will be determined by the nominee post that gets the most Likes from the community at the end of each month. The winner

will be announced via social media, on the 1st of the next month.

Phrases Most Detested

While almost every American can't wait to resign the coronavirus to the pages of future history books, it's likely that many of us are also eager to part with certain pandemic-related words and phrases - hopefully never to be uttered again. Whereas this time last year, many of these terms were rarely used in everyday conversation across America, it now feels as though every aspect of our lives is flooded with them.

Interestingly, language constantly evolves and how we talk and communicate has changed significantly over the past year. Indeed, these linguistic changes have been so profound that Merriam-Webster named 'pandemic' as its word of the year in 2020.

A poll by PRPioneer.com, a website which provides public relations and communications resources, which surveyed 3,700 (ages 18+) people revealed that 'outbreak' is officially Alabama's most detested word/phrase to emerge as a result of the pandemic. The ominous word, reminiscent of a horror film of our worst nightmares, may send shudders down your spine when hearing it on the local news.

Top 5 pandemic-related phrases detested by Alabamians are:

- Outbreak
- Flattening the curve
- Second wave
- Unprecedented
- Bubble



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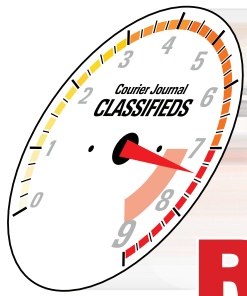
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Eubanks...

Continued from Page 14

endowment in Jeff's name that paved the way for the naming of the program recognizes a member of our community who generously provided his time and expertise in support of culinary students."

Eubanks was the executive chef at the Marriott Shoals Hotel and Spa at the time of his passing in February 2020. He often mentored culinary students from the UNA program as a part of his other responsibilities, sharing his expertise and knowledge gained from his years in the industry. As part of their enrollment, students in the program must complete two internships that comprise 350 hours in the field to earn their degree.

"Our culinary faculty bring excellence, widely diverse backgrounds, and exceptional dedication to student success to the field of culinary arts at UNA and in the region," Baird said. "They are currently in

the process of developing a post-graduate certificate in the culinary arts."

The site of the ceremony, UNA on Sixth, houses a demonstration kitchen that will be used by students in the culinary arts management program. The facility was opened in late 2020 and will also be home to programming from the School of the Arts. It is indicative of the success of these key areas at UNA, according to Dr. Ross Alexander, Provost and Executive Vice President for Academic Affairs.

"Due to a relatively recent move to a new academic college, school, and department; some curricular changes and improvements; and an increasing emphasis on workforce development, I am pleased to report that Culinary Arts Management is thriving at UNA," he said. "The myriad gifts that facilitated this naming today will have a direct impact on the program, its students, and numerous Shoals-based hospitality employers."

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Courier Journal



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CIRCULATION
Steve Pope

OFFICE HOURS:
Monday - Friday
8:00am - 5:00pm

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Your Courier Journal is published for total saturation, direct-mail delivery every Wednesday to 72,703 Shoals area and surrounding homes. It is Alabama's Largest Weekly-Mailed Direct, and enjoys a larger circulation than all local subscriber based newspapers combined.

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:

219 W. Tennessee St.
Florence, AL 35630
or email to:
editor@courierjournal.net

well in advance of the planned event. The Editor reserves right to shorten, edit, reword or omit submissions as seen fit. All information submitted for publication becomes property of the Courier Journal. Information published does not necessarily reflect an opinion or endorsement by the Courier Journal, members of its management, or its staff. Advertisers are responsible for all content and claims in their advertising.

Library...

Continued from Page 1

with our Read Across the Shoals in initiative, this year our community project will be Little Libraries," said Tiff Butler, Junior League of the Shoals President.

"Our members actually built these little libraries as a labor of love. This community project is one that will reach all of the counties we serve, including Lauderdale."

Each year Junior League gives back to the community via community projects including two wheelchair swings in Shoals area public parks, Special Olympics Banquet and more. The League represents women 21+ in Lauderdale, Colbert and Franklin Counties.

For more information about Junior League visit www.jltheshoals.org or email to jls@jltheshoals.org.

I PAY TOP DOLLAR FOR JUNK CARS. Also I buy Catalytic Converters 256-702-2067.

M-Tu:10:30 - 3 • W - F: 10:30 - 8:00

NEW HOURS, NEW LOOK, SAME GREAT FOOD!

256.381.9633

Notes...

Continued from page 4

Community Action Agency of Northwest Alabama, Gerald Williams Cooperative Garden Program - Free vegetable garden supplies to help qualifying local residents wishing to grow their own gardens.

Sign up February 16 - March 19, to participate in the program applicants must:

- reside in Lauderdale/Colbert or Franklin Counties
- income must not exceed monthly gross (prior to take-out, see below)
- Maximum monthly gross incomes
- Single person in household - \$1,595
- Two-persons in household - \$2,155
- Three-persons in household - \$2,715

For each additional person in the household add \$560 per month
ALL Residents
Call 256-248-1921, 1-4 pm, Monday-Friday.

The Cooperative Garden program is a partnership of the Community Action Agency of Northwest Alabama, TVA, Retirees, Bicentennial Volunteers Inc. and many other

Governor Kay Ivey and the Alabama Department of Public Health (ADPH) announced Friday that starting February 8, ADPH will extend eligibility for COVID-19 vaccinations to include people 65 or older, and additional groups of frontline workers. Details about the Vaccine Allocation Plan are available at www.alabamapublichealth.gov/covid19.

Frontline Critical Workers listed in the plan are as follows:

- First responders
- Corrections officers
- Food and agriculture workers
- U.S. Postal Service workers
- Manufacturing workers
- Grocery store workers
- Public transit workers
- People who work in the education sector (teachers, support staff, community college and higher education)
- Childcare workers
- Judiciary (including but not limited to) circuit judges, district judges and district attorneys

The additional priority groups will add over 1 million people that are eligible to receive a COVID-19 vaccination in Alabama. While just under 2 million people will qualify to receive the vaccine, the state continues to only receive around 100,000 doses each week.

The Florence Senior Center/The Club is serving curbside meals Monday-Friday from 10:30-11:30am. Please call in to reserve your meal between 8:30-10:30am. Call 256-760-6668 for a menu. Participation requirements: Over 60 years old and a tidbit of information. You can register over the phone.

The Tennessee Valley Museum of Art is hosting art exhibitions by two prominent Southern Black artists, Michi Meko and Lynthia Edwards, as well as displaying artwork by Charlie Lucas and Kerrigan Casey. These exhibitions will be on display through April 2. The museum is open 9am-5pm. Monday-Friday and will be open 10am-3pm. Saturdays during these exhibitions. Entry is \$5 for adults, \$3 for children, and free for members of the Tennessee Valley Art Association. Masks are required and distancing is maintained. tennesseevalleyarts.org, 256-383-0533

The Manufacturing Skill Standards Council (MSSC) currently offers industry-led training certifications at Northwest-Shoals Community College.

The MSSC training center at NW-SCC is an industry-led training, assessment, and certification system focused on the core skills and knowledge needed by the nation's front-line production and material handling workers. MSSC training offers both entry-level and incumbent workers the opportunity to demonstrate that they have acquired the skills increasingly required in the technology-intensive jobs of the 21st century.

If you have questions regarding MSSC certification at NW-SCC, please contact Taylor Franks. You may call 256-331-8092, text 256-415-6992, or email at mssctraining@nwscc.edu.

A phone scam involving Florence Utilities customers was reported last week. The caller demanded payment and threatened disconnection of utilities. Please be advised that Florence Utilities will NOT call customers to ask for payment information over the phone. If you have any concerns about your utility account, please call our Customer Service department at 256-760-6512. If you ever have a question about a scam call or someone at your door, call the Florence Police Department at 256-760-6610 or 911.

See NOTES... page 22

NOTICE

Climate Guard Self Storage will hold a public sale to enforce a lien imposed on said property, as described below, pursuant to the Alabama Self-Service Facility Act, Alabama Code 8-15-30 to 8-15-38.

Management reserves the right to withdraw any unit from sale.

From March 1, 2021, 9am until March 15, 2021, 9am Climate Guard Self Storage, 2803 Florence Blvd, Florence, AL 35630 will conduct a live ONLINE AUCTION at: www.storageauctions.com

Name	Unit #	Stored Items
Sharon Jones	#55	Misc. Boxes
Crystal Malone	#369	Misc. Household Items
Bonita Johnson	#427	Misc. Boxes
Omar Tellez	#B28	Suit Cases, Stuffed Animals, Misc. Boxes
Metoria Johnson	#B47	Folding Chairs, Misc. Totes, Bed Frame, Lamps, Misc. Clothes
Wendy Webber	#C11	Clothing Racks, Cabinet, Wooden Table, Misc. Boxes

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Does not include craft stained glass

Ceramic, Resin & Pottery Decor
Does not include "Your Price" items

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DecoArt®, Ceramcoat®, FolkArt® and Anita's™ Craft Paint

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Paper Mache Boxes, Shapes, Letters & Numbers All Sizes

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PAPER CRAFTS 40% OFF

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Hello, Happy™ Jewelry, bags, components and more. Accessories with a positive message.

Charms by Charm Me®

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3889526-1

COVID-19 Rental Assistance

MONTGOMERY – The Alabama Housing Finance Authority has been authorized to implement the State's new COVID-19 emergency rental assistance program. Emergency Rental Assistance (ERA) Alabama is funded entirely by a \$263 million congressional grant under the Consolidated Appropriations Act of 2021 (the "Act"). Issuing a declaration of public emergency, AHFA is presently developing a program for processing online applications statewide, by landlords and renters beginning March 1 at 8am.

Questions should be presented to the ERA Alabama program customer service center at 1-833-620-2434. The ERA Alabama website, www.ahfa.com/era will be updated frequently.

ERA, tenants must meet all of the following:

- Have a valid rental agreement in their name
- Household's total gross income cannot exceed 80% Area Median Income for location
- The household has experienced a loss of income due to COVID-19, for example:
 - Being laid off
 - Place of employment has closed
 - Reduction in hours of work
 - Loss of spousal/child support
 - Inability to find work due to COVID-19
 - Having to stay home with children due to closure of day care/ school
 - Unable to participate in previous employment due to the workplace's high risk of severe illness from COVID-19

Documentation You Will Need

- Proof of income (pay stubs, bank statements, letter from employer,

Anticipated Eligibility Requirements

In order to receive financial assistance through

award letters, pension) of landlord-tenant relationship

Coverage of Rent and Utility Costs

ERA Alabama can help renters with the following costs starting as far back as March 13, 2020:

- Past due, current and up to 3 months of expected rent costs
- Past due, current or up to 3 months of expected utility and home energy expenses
- After the initial 3 months of forward assistance, you can apply for 3 additional months if funds are still available

While applicants may be assisted for up to 15 months, ERA Alabama will not commit funds for prospective (future) rent for more than a 3-month period at a time. Applicants must reapply every 3 months and will only be assisted if funds are still available.

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Mon-Fri 10am-5:30pm • Sat 10am-4pm
Like Us on Facebook @ www.Facebook.com/Shoals Discount Mattress

Fountain of Youth Upholstery



- Furniture
- Boats
- Cars
- Planes
- Motorcycles
- More

Making Old Furniture Look Young Again

256-483-0970
Peggy Lawson
fountainyouthmail@yahoo.com

REDLINE Your Ad Today! - See Page 6 For Details

Drive-Thru COVID Testing

Monday - Friday 8am-6pm
Saturday 8am-Noon
Sunday 1-5pm

- No appointment needed
- Covered by most insurances



EXPRESS CARE
OF THE SHOALS
URGENT CARE & WALK-IN CLINIC

(256) 386-7774

1106 N Cave Street
Tuscumbia, AL 35674




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ALL YOUR HOSPITALITY NEEDS IN ONE PLACE

Whether you have a wedding, corporate event, or just lunch for the office, Southern Hospitality has you covered.

306 BBQ - BOILER ROOM - STRICKLIN HOTEL
BIG BAD BREAKFAST - TAZIKI'S - BIRDY'S SPORTS GRILL
SMOKIN' JALAPENO

256.274.5530
shhbrands.com

EMPLOYMENT Opportunities

The Colbert County Commission

will be accepting employment applications for a

HOPPER

Starting pay is \$12.00/hr plus health insurance and other benefits.

Job Description and Application are available at the Alabama Career Center

500 South Montgomery Ave., Sheffield

Deadline for applications is February 26, 2021.

Colbert County Commission is an equal opportunity employer.

Every Home - Every Week



Production Workers

Application available at Robbins, LLC
3415 Thompson St., Muscle Shoals
between 1pm and 3pm Tues. and Weds.

For more information, email
terry.elgin@hexpol.com

EOE

QUALIFIED IN-HOME CARE GIVER

Christian Family in need of qualified individual or couple to care for elderly father in an alcohol, drug, and tobacco free home in Florence. Can possibly work your current job along with this opportunity. Call 1-615-871-8646 ASAP.

Earn \$800 to \$1400 Extra Cash!

If you're looking to jump start your savings or pay a few bills, here is your chance.

The Decatur Daily is now accepting applications for carriers in the following area:

- Decatur
Contact: Laura
256-345-4840
- Hartselle/
Cullman
Contact: Machele
256-227-7807
- Priceville/
Somerville
Contact: Greg
256-497-0515

LABORERS/DRIVERS needed for Reasonable Tree Service Must have a Driver's License. To Apply: 256-314-1009

Part-time Non-CDL Truck Driver

The TimesDaily has a position available for a Part-Time Non-CDL Truck Driver. The ideal candidate must have an excellent driving record and a clean MVR (motor vehicle report) as well as proof of personal auto insurance. Candidate must pass a DOT physical, be able to lift up to 50 pounds, and be capable of driving up to 8 hours at a time. Must be able to work flexible schedules including days, nights, weekends, and holidays as needed.

Please email resumes to hollie.colella@timesdaily.com.

Applications may be picked up at 219 West Tennessee Street, Florence, AL 35630.

MAINTENANCE PERSON

Chandler Properties is hiring a part time (15-20 hours) Maintenance Person. Ideal candidate will need some electrical, plumbing and general carpentry experience. Pay is based on experience and skill level. *References must be provided. *Must have a valid drivers license. For more information, Email: swimbus@aol.com or Call: 256-767-5762.

Quad Cities Taxi

Is looking for **Taxicab Drivers, and Wheelchair Van Drivers.** Day and night shifts. Must be 25. Apply in person at 122 N. Royal Ave., Florence, between 8 am and 4 pm, Mon.-Fri. (No phone calls please)

LOCAL DRIVER Monday-Friday DAY SHIFT

MUST have Class B CDL + Tanker/Hazmat Endorsements and Current TSA Background Check. Great Benefits! email: leslie@psibuds.com



NOW HIRING: Production Workers

Fast paced environment! Hard working & safety focused applicants only! Forklift & nail gun experience a plus. Heavy lifting required. Driver's license & reliable transportation required. 4400 Helton Dr., Florence AL www.ShoalsBoxAndPallet.com 256-767-3813

The Colbert County Commission

will be accepting employment applications for

(2) PART-TIME LITTER CREW HELPERS

Starting pay is \$12.00/hr

Job Description and Application are available at the Alabama Career Center

500 South Montgomery Ave., Sheffield

Deadline for applications is February 26, 2021.

Colbert County Commission is an equal opportunity employer.

REDLINE Your Ad! - See Page 6

Part-Time AND PRN on 1st & 2nd Shifts



Cedar View

Assisted Living

Please come by and pick up an application

2001 CR 394, Killen

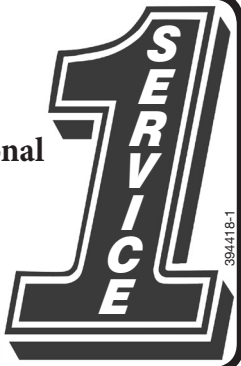
in Greenhill off Highway 43 North Phillips Subdivision - turn beside the Fuel Convenient Store

Service One Transport

Hiring Short Haul & Regional OTR CDL A Drivers

- Good Home Time
- Sign On Bonus
- New Equipment

256-314-5496



NOW HIRING

Currently Seeking: Production Supervisors

Requirements:

- Maintain safe and ergonomically proficient manufacturing environment.
- Manage the activities of the shop floor under the direction of the plant manager and follow established procedures and approved processes.
- Responsible for determining plant staffing requirements based on revised forecasts. Coordinates plant staffing changes with Human Resources Department.
- Hire, train, develop and evaluate staff. Take corrective action as necessary on a timely basis and in accordance with company policy.
- Identify, recommend and implement changes to improve productivity and reduce cost and scrap safety, housekeeping, cost reduction, and work involvement.
- Drive continuous improvement plans for the department.
- Five plus years in manufacturing supervision.
- Previous experience in a lean manufacturing environment.



Apply Online @ [Indeed.com](https://www.indeed.com)

Laborers' Local Union 366 will be conducting

Pre-Employment Eligibility Testing For Upcoming Nuclear Plant Outage Starting \$20.91 /hour



Please call for appointment
256-415-7452

305 S. Montgomery Ave., Sheffield
Office Hours: 8am-4pm Mon.- Fri.

Part-time
Production
Worker

Day and Night Shift

TimesDaily has an opening for entry level positions in our Packaging Department. Candidates must be reliable and able to work flexible work schedules. Must be able to work weekends and holidays. This is a physical, fast-paced position that involves continual lifting, standing and bending. Must be able to lift and carry up to 40 pounds. Team work. Must be 18 years of age or older.

Applications can be picked up at TimesDaily
219 W. Tennessee Street,
Florence, AL 35630
EEOC

**EXPERIENCED
PAINTERS**

Willing to pay **TOP PAY** for the right candidates. Must have transportation. Possibility for lead position. Local positions available. 256-275-6287. Shoals area.



Home Instead is hiring caregivers who WANT to WORK 40 hours per week HELPING older adults with cooking, cleaning, medication reminders, personal care, errands, and appointments. Full time 7a-3p, 3p-11p, 11p-7a shifts available. Training provided. Apply on line at www.homeinstead.com/200 click on careers or come by our office for paper application. **2703 Darby Drive Florence 35630**

Part-Time
Cleaning Technician
~EVENING HOURS~
Cleaning Courthouse to include sweeping, mopping, dusting, and restrooms. Pay \$12/Hourly

Please apply in person or online at lauderdalecountyal.gov
200 South Court St. 3rd Floor
Florence

NEED SOMEONE TO PUT UP
A Chain Link Fence. Please call
256-710-1694

**LOCAL DUMP
TRUCK DRIVER**
Class A or B CDLs
\$15.00 per hour
256-483-9656

**Circulation
District
Manager**

The Decatur Daily currently has an opening for a Circulation District Manager. The Circulation District Manager is responsible for recruiting and advising a contract newspaper carrier force for the distribution of newspapers and other related products.

This is a full-time position that offers an annual salary of \$26,000 and \$3,000+ bonus opportunity, plus full benefits including medical, dental, 401(k) and mileage reimbursement.

The ideal candidate must have

- 1+ years of prior management experience
- Be willing to work early morning hours. Beginning at 12:00a.m.
- Dependable transportation
- Valid state driver's license
- Automotive Insurance
- Be at least 18 years of age
- Ability to lift a minimum of 50 pounds
- Ability to work independently with minimum supervision
- Some basic computer experience (Microsoft office)

Please email resumes to walter.goggins@timesdaily.com.

**Part-time Non-
CDL Truck Driver**

The TimesDaily has a position available for a Part-Time Non-CDL Truck Driver. The ideal candidate must have an excellent driving record and a clean MVR (motor vehicle report) as well as proof of personal auto insurance. Candidate must pass a DOT physical, be able to lift up to 50 pounds, and be capable of driving up to 8 hours at a time. Must be able to work flexible schedules including days, nights, weekends, and holidays as needed.

Please email resumes to hollie.colella@timesdaily.com.

Applications may be picked up at 219 West Tennessee Street, Florence, AL 35630.

Office Assistant

Bohannon Services, Inc. is seeking a team player with the ability to multi-task and the desire to succeed. Individual must have above average computer skills, organizational skills, and excellent communication skills (written and oral). Collections/scheduling experience is a plus.

To apply, email your resume to employment@bohannon.com. Qualified applicants only. Pay dependent on work history and skill set.

LIGHTING TECHNICIAN

All State Signs is accepting resumes for a Lighting Technician. ***Must have a valid drivers license*** Person needs minor electrical experience to diagnose lighting issues in signs and interior lighting. There will be some on the job training. Some work will be performed from a bucket truck (not afraid of heights). Please Email: shirtsandsignsnow@gmail.com or drop resume off at 1602 State St., Florence, AL.

**Press
Operator**

TimesDaily has an immediate opening for a Press Operator.

Full-time

Candidate must be able to setup press for daily newspaper printing, monitor and inspect quality of papers, maintain registration and proper ink density, perform general maintenance and other duties as required. Must be able to lift up to 50 lbs., be forklift certifiable and have mechanical experience or training. Prior experience with newspaper press and machine maintenance is preferred or other press printing experience will be considered. Candidate must be able to work a flexible schedule including nights, days, and weekends; and work in a fast paced environment.

Mail or drop off application or resume at 219 West Tennessee Street, Florence, AL 35630, or email to Hollie.Colella@timesdaily.com.

**Lauderdale Christian
Nursing Home**

Following Positions Available

**CNA'S
FULL AND PART TIME
2-10pm and 10pm-6am Shifts**

**LPN/RN
FULL AND PART TIME
3-11pm Shift**

Excellent Benefits • Competitive Salary

Please contact Nursing Dept. to arrange a time to fill-out an application and be interviewed 256-272-6012

Or email: cshoemaker@lcnh.org
NO walk-ins at this time due to the pandemic

2019 County Road 394, Killen

Located in Greenhill off Hwy 43 N (turn by Fuel Co onto County Road 394)

E.S. ROBBINS
CORPORATION

Warehouse Stocking Clerk -

Must be certified and capable of operating standard 4000# capacity fork lifts, able to lift up to 70 lbs. routinely, capable of operating hand held scanning equipment, trained in operation of wrapping machines and banding equipment, able to pick and process certain orders from warehouse from system generated tickets.

HS diploma or equivalent, strong work ethic, able to work any shift, good communication skills, basic reading and writing are required.

Signing Bonus after 6 months.

Excellent benefits available.

Apply online at esrobbins.com/jobs, Email resume to jobopportunities@esrobbins.com

or apply in person at
2802 E Avalon Ave, Muscle Shoals

No phone call please. E.O.E.

Shoals

PEST CONTROL

Now accepting applications for a
Full-Time Service Technician

Experience a plus.

Competitive salary and benefits.
Drug test, MVR, Criminal background,
and Driver License required.

APPLY IN PERSON

between the hours of 9am - 3pm at

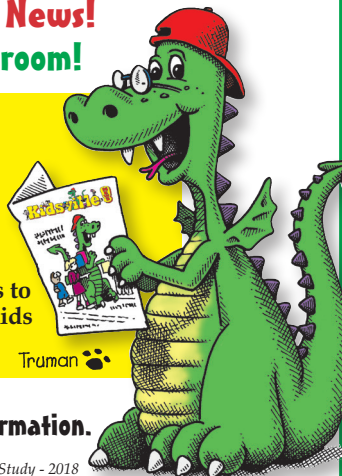
**3721 N Jackson Hwy,
Sheffield, AL 35660**

Everybody LOVES Kidsville News!

The Shoals is **THE ONLY COMMUNITY** in Alabama that is delivering **Kidsville News!** **FREE** to kids in grades **K-6** in the classroom!

The willingness of concerned local people and local volunteer writers make *Kidsville News!* possible. Boosting confidence and expanding the reading and comprehension skills of elementary-age students has helped a stellar 82.7% of Shoals high school graduates to be considered college and career ready.*

We are looking for a few new *Kidsville News!* friends to help us maintain the full distribution – So all local kids can excel in school.



Call Tom at 256-740-4701 for more information.

*Best in Alabama according to PARCA Study - 2018



NOW HIRING

Currently Seeking:
Maintenance & Machinist

Requirements:

- Intermediate troubleshooting skills using mechanical, electrical, hydraulic knowledge
- Good teamwork, interpersonal and communication skills.
- Machinist work history. (Design basic tools, jigs, fixtures, and punch dies)
- Must be highly skilled and knowledgeable about complex machinery and have ability to interpret blueprints.
- Computer skills.
- Electrical and hydraulic experience required.
- 2 years of industrial maintenance experience preferred in a manufacturing environment.
- Trade/technical school education with either electrical or mechanical focus.
- Safe working history.



Apply in person:

1769 Lawrence Street
East, Russellville, AL

or Online @ Indeed.com

Commentary

Her Path Was No Mardi Gras Party

In past years I have expressed disagreement with the notion of having a separate yearly category labeled as Black History Month based upon the following: It is an insult to American accomplishment and it insinuates an unequal categorization to other American classifications such as white European, Asian, Jewish, Hispanic, women in general, etc.

The separation also alleviates any urgency for society to promote/remember black contributions throughout the calendar year if there is a single appropriated month. After all, black American history IS American history. If one large book were all that could be published on American History, noted accomplishments by those in the black community have to be included for a complete record. We shouldn't forget that.

Of course the noblest of intentions can be sullied by elements of emotional, self-serving stupidity. We need look no further than last week when thousands of upset Twitter users either insinuated or outright stated that

See NO PARTY... on Page 26

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

in the *Shoals*

THIS WEEK

February 17, 2021

Happening
THIS WEEK

Florence-Lauderdale Public Library Involved in An Eventful February

FLORENCE-The Florence-Lauderdale Public Library continues its eventful February with the following events

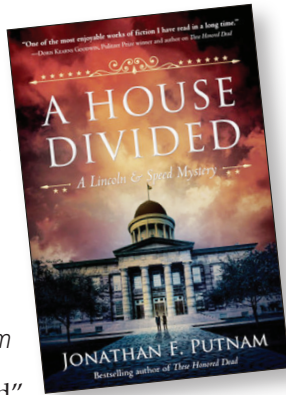
February 18 - 12 noon Live Zoom
presentation by author Jonathan Putnam



Putnam

"A House Divided" re-imagines one of the greatest unsolved murder mysteries from Abraham Lincoln's real-life trial cases. It's the latest book in the Lincoln and Speed mystery series from Lincoln scholar and author Jonathan F. Putnam.

Get the link by emailing events@flpl.org



February 19 - 3pm Live Zoom
Historian and genealogist - Thomas McKnight

McKnight will discuss how he traced his ancestors - a journey that brought him from New York to Tusculumbia.

Among McKnight's discoveries:

McKnight's great-grandmother, Sophia Napier Watkins, was the Keller household cook when Helen Keller was a child.

- Tuskegee Airman, Lt. Carroll Napier Langston, and noted author, Langston Hughes, are family members.

- McKnight has a family history connection to the Hon. James Carroll Napier, of Nashvillean African American lawyer, politician, and civil rights activist who was Registrar of the U.S. Treasury during the administration of President William Howard Taft (1911-1913).

For a Zoom link to the presentation, email archive@flpl.org



McKnight

COMMUNITY ACTION AGENCY OF NORTHWEST ALABAMA, Gerald Williams Cooperative Garden Program - Free vegetable garden supplies to help qualifying local residents wishing to grow their own gardens. Sign up before March 19 to participate in the program. Applicants must:

- Reside in Lauderdale/Colbert or Franklin Counties
- Income must not exceed monthly gross (prior to take-out, see below)

Maximum monthly gross incomes:

- Single household - \$1,595
- 2-person h/h - \$2,155
- 3-persons h/h - \$2,715

Add \$560/month for each additional person in the household. Call 256-248-1921, 1-4 pm, Monday-Friday. The Cooperative Garden program is a partnership of the Community Action Agency of Northwest Alabama, TVA, Retirees, Bicentennial Volunteers Inc. and many other

BASKETBALL

MEN

FEB. 19 & 20

at Bellarmine in Louisville, KY

WOMEN

FEB. 20 & 21

vs Bellarmine

ESPN+ in Flowers Hall

SOFTBALL

FEB. 19-21

vs Illinois State

Hilda B. Anderson Softball Complex

VOLLEYBALL

FEB. 19 & 20

vs Bellarmine in Flowers Hall

BASEBALL

FEB. 19-21 at Mercer in Macon, GA

NewsTalkSports 97.1 WBCF

Home of North Alabama Athletics

THE SHOALS WRITER'S GUILD is tentatively planning to resume meeting on February 20, pending the library's permission. Membership dues will be postponed until the Guild resumes meeting. If you have already paid your dues, and you would like a proration, please email Joy Willow at shoalswritersguild@gmail.com.

YOUR Letters

Your Courier Journal welcomes tastefully presented typed or neatly written 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 are 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.

by Mail, in person or mail slot
Editor-Courier Journal
 219 W. Tennessee St., Florence, AL 35630
 • e-mail: editor@courierjournal.net
 • FAX: 256-760-9618

How Would He Drive?

Editor:

It was a number of years ago that eight-year-old Whitney stopped me in the church hallway.

With hands on hips she said, "Preacher, you need to wear your seatbelt!"

Her mother laughed and explained they'd passed me in the city that week and observant Whitney saw I was beltless. She couldn't wait to chide me at church the next Sunday. And justifiably so since I was at fault.

I thought about Whitney when I spoke from 1 Peter—a book Southern Baptists were studying at the time. Peter wrote, "Having your conduct

None of us is guiltless, of course, but we must guard our personal example...



honorable among the Gentiles, that when they speak against you as evildoers, they may by your good works which they observe, glorify God . . ." (1 Peter 2: 12).

Christians were ridiculed and lied about in Peter's day. Nero blamed Christians for the burning of Rome, accused them of cannibalism when

they observed communion and said they were disloyal citizens since they had a higher authority than Rome. But, Peter insisted, unbelievers must not be able to ridicule us because of the wrong we do. A part of doing right is obeying the laws of the land, including traffic laws.

I took the familiar WWJD ("What would Jesus do?") bracelet in the message and changed it to HWJD, or "How would Jesus drive?"

I told our congregation that Jesus would drive safely, obey the speed limit, and be courteous to other drivers. And if we follow him, we must do the same.

I asked our members how they taught their 15 and 16-year-old

See LETTERS... on Page 24

WANTED:
FISHING BOAT MOTOR AND TRAILER, IN GOOD CONDITION OR REPAIRABLE. AND HONDA 300 4-WHEELER. 256-810-8411

SOUTHERN APPEAL LAWN MAINTENANCE SERVICES
Now Offering Tree Services!
Tree pruning, Tree removal and stump grinding. Free estimates, 256-381-2306

SEWING MACHINE REPAIR, MOST makes & models. Free estimates. Ken's Sewing Center, 256-381-0161.

HUMMINGBIRD SERVICES: Residential & Commercial Cleaning Services. Call us to arrange a FREE estimate, 586-262-9100.

CABINET AND MINOR HOME REPAIR: Replace drawer slides, doors, etc. Soffits, fascias, trim work, etc. 256-284-5889

HONDA: CIVIC EX, 2004 \$5,250. 4 door, automatic, 80K actual miles, Michelin Tires, just serviced. 256-527-2125.

HAVE YOU SEEN KIDSVILLE News! Yet? It's the Shoals' fun, family newspaper for parents, teachers and kids K-6th grade and IT'S FREE! Kidsville News! is delivered in the classrooms. Copies may also be obtained at any local library, several area merchants that cater to kids and the Courier Journal business office, 219 W. Tennessee St., Florence.

WANTED: MILITARY ITEMS, ANTIQUES, Guns, Uniforms, etc. Call 256-335-7663

HOME IMPROVEMENT AND BUILDING: siding, additions, garages, painting, decks, Free Estimates. 256-383-3218

THANK YOU for reading the Courier Journal!

CARD IT! It is easy to place your ads on our website, www.courierjournal.net. Just put it on your debit or credit card

SHEFFIELD/ OAK WOOD CEMETERY two side by side plots, \$1,600 for both, 256-353-7178

SHOWERS FOR VETERANS
You may qualify for a grant up to \$6,800 for a walk-in shower with a seat and grab bars, if you have a 50% or more service related disability. Your safety is our priority. Call Patrick for more information 256-627-8007

SPECIAL, SPECIAL, SPECIAL, GUTTER Clean Out, Seamless Gutters, Gutter Guards. Call Gutter Works at 256-394-3497.

FURNITURE FOR SALE !: Maroon swivel chair \$50, 3 drawer filing cabinet, black, with keys,\$15, 2 tone beige lift chair, \$200, 256-383-8917, Tuscumbia

ADAY'S WORK: Pressure Washing, Driveways, Sidewalks, Patio Wood Decks, Vinyl, Brick and Fencing. Free estimates. Call 256-856-6213 or 256-389-3179

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Jeff Jackson **Tommy Crowden**

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BRING YOUR INCOME TAX REFUND & Start 2021 with a 24 Month 24,000 Mile Warranty!



Larry Knight
Sales Manager

REGULAR HOURS: Mon.-Fri. 9am-5:30 pm & Sat. 9am-2pm, After Hours by Appointment.

DOWN PAYMENTS \$750-\$3,000		
<p>2012 Ford F150 Long Bed</p>  <p>\$115/week WAC</p>	<p>2010 Ford Expedition Limited</p>  <p>\$120/week WAC</p>	<p>2012 Nissan Versa S</p>  <p>\$104/week WAC</p>
<p>2008 Ford Expedition XLT</p>  <p>\$98/week WAC</p>	<p>2004 Ford F150 4x4 Ext. Cab</p>  <p>\$120/week WAC</p>	<p>2013 Dodge Dart SXT 5 speed</p>  <p>\$104/week WAC</p>
<p>2009 GMC Acadia SLT-1</p>  <p>\$104/week WAC</p>	<p>2014 Audi Q5 Premium Plus</p>  <p>\$120/week WAC</p>	<p>2010 Buick Enclave CXL</p>  <p>\$115/week WAC</p>

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From routine screenings to open heart surgery, North Alabama Medical Center delivers the most extensive range of cardiac services in the area. Our specialized facilities allow us to diagnose and treat issues like arrhythmias on site and make use of minimally-invasive surgical techniques. NAMC also offers electrophysiology services so you don't have to travel out of town for advanced care. Take it to heart, the right care is right here.

To find a provider, call **256.629.DOCS**
Learn more at **NAMCCares.com**



North Alabama

MEDICAL CENTER

Enhanced cleaning, mask requirements and social distancing to help keep you safe.

This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-236-628-1000. 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-236-629-1000 번으로 전화해 주십시오.

396795-1

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Regular Lawn Care
 Bush Trimming
 Flower Bed Mulch & Pine Straw
 Weed Pulling & Spraying
 Full Spring Clean Up
 Small Tree Trimming
 Leaf Removal
 And Much More!

27 FOOT FLATBED GOOSENECK trailer, new radial tires, \$1,800 OBO, 256-483-7659, Florence

BOOKS OF POETRY VISIT
<https://poetrybyrenea1.godaddysites.com>

RETIRING! ELECTRICAL AND AUTOMATION controls and software for sale, Call 256-627-2120, Tusculmbia

•**METAL PEDAL CAR, \$200.** •Solid wood chest-of-drawers, \$100. 256-773-1357. Hartselle area.

I BUY JUNK AND repairable vehicles and catalytic converters. Call Michael 256-702-8400

COMPUTER REPAIR FREE ESTIMATES
 Serving the Shoals Since 2006
256-765-3760
 Stephens Computer Services, LLC
www.stephenscs.net

SEWING MACHINE REPAIR, MOST makes & models. Free estimates. Ken's Sewing Center, 256-381-0161.

WANTED DEAD OR ALIVE! Junk batteries, \$5 each. Ranger Battery Co. 426 Royal Avenue. 256-766-0473

THEIR AD IS NOT HERE! Do you like to shop at certain stores? Are they not advertising their sales in the Courier Journal? Tell them that they should be.

MORE IMPACT WITH RED LINE ads. Available only in your Courier Journal. See page 6 or go to courierjournal.net.

WE BUY JUNK and Repairable Vehicles with titles.
Call Ron 256-275-6540

12V BATTERY, 1500 PCA, like new. 1 yr old, charged, stored inside. \$290 new, \$150. OBO. Pics, dims available. 256-350-3471 Decatur.

BUYING ESTATES. PAYING CASH.
WE BUY AND SELL estates, antiques, tools, cast iron, and jewelry. Call 256-762-0966 or 256-275-0273

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 Board Certified & Fellowship Trained in Interventional Pain Medicine.
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Specializing in Advanced Management of Back, Neck and Knee Pain Not Involving Surgery or Opioid Medications

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 541 W. College St, Ste 2000 • Florence, AL 35630
alabamaspineandpain.com

AUCTION SAT., FEB. 27, 2021 at 10:00 am
 294 Old Florence Pulaski Rd., Leoma, TN 38468

OFFERING: *2016 Ford F-250 Lariat 4x4; *John Deere Gator XUV; *2006 Sundowner Stock Trailer with tack room; *10 ft. Stock Trailer; *1975 Dalton Stock Trailer, 18 ft., 2002 Silver Star 4-horse with living quarters; *Kubota M9000 Utility Trailer; *John Deere 2955 Tractor; *Bush Hog 23008-2; *John Deere 1008 Bushhog; *7 to Better Built Trailer with ramps; *16 ft. Trailer.

Tony Neill, Auctioneer TN#1101 & AL#5441, Broker 731-926-3133 cell/text 731-412-2344, tneillauction@gmail.com, 225 Dude Dr., Savannah, TN 38372, Visit: www.tonyneill.hibid.com.
Micah Gray, Aff. Auctioneer, TN#6531, 731-610-8657.
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Weekly Quiz • Topic: Phobias

1. Fear of water?
A. Aquaphobia B. Splashaphobia C. Dunkaphobia D. Hydrophobia
2. Fear of heights?
A. Claustrophobia B. Phobohobia C. Acrophobia D. Gynephobia
3. Fear of balloons
A. Pophobia B. Globophobia C. Expandophobia D. Chromophobia
4. Fear of people?
A. Anthropophobia B. Crowdophobia C. Extantophobia D. Drunkophobia
5. Hippopotomonstrosesquipedaliophobia is a fear of long words. True or False

Answers: 1. A 2. C 3. B 4. A 5. True

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Kristy Wright

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388274-1

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Savvy

SENIOR

Do I Need to Sign-Up for Medicare If I'm Still Working?

Dear Savvy Senior,
I will turn 65 in a few months and plan to keep working for several more years. I have good health insurance from my employer now. Do I have to sign up for Medicare when I reach 65?

Looking Ahead

Dear Looking,

Whether you need to enroll in Medicare at 65 if you continue to work and have health insurance through your job depends on how large your employer is. The same rules apply if your health insurance comes from your spouse's job.

But first, let's review the basics. Remember that original Medicare has two parts: Part A, which provides hospital coverage and is free for most people. And Part B, which covers doctor's bills, lab tests and outpatient care. Part B also has a monthly premium, which is \$148.50 for most beneficiaries in 2021, but is higher for individuals earning above \$88,000.

If you're already receiving Social Security, you'll automatically be enrolled in parts A and B when you turn 65, and you'll receive your Medicare card in the mail. It will include instructions to return it if you have work coverage that qualifies you for late enrollment. If you aren't yet receiving Social Security, you will have to apply, which you can do online at SSA.gov/medicare.

If you plan to continue working past the age of 65 and have health insurance from your job, your first step is to ask your benefits manager or human resources department how your employer insurance works with Medicare. In most cases, you should at least take Medicare Part A because it's free. (Note: If you're funding a health savings account you may not want to take Part A because you can't make contributions after you enroll). But to decide whether to take Part B or not will depend on the size of your employer.

Small Employer

If your current employer has fewer than 20 employees, Medicare will be your primary insurer and you should enroll in Medicare Part B during your initial enrollment period. This is a seven-month period that includes the three months before, the month of, and the three months after your 65th birthday.

If you miss the seven-month sign-up window, you'll have to wait until the next general enrollment period, which runs from Jan. 1 to March 31 with benefits beginning the following July 1. You'll also incur a 10 percent penalty for each year you wait beyond your initial enrollment period, which will be tacked on to your monthly Part B premium.

Large Employer

If your employer has 20 or more employees, your employer's group health plan will be your primary insurer as long as you remain an active employee. If this is the case, you don't need to enroll in Part B when you turn 65 if you're satisfied with the coverage you are getting through your job. But if you do decide to enroll in Medicare, it will supplement your employer insurance by paying secondary on all of your claims.

Once your employment or group health coverage ends, you will then have eight months to sign up for Part B without a penalty. This is known as the Special Enrollment Period.

Check Drug Coverage

You also need to verify your prescription drug coverage. Call your benefits manager or insurance company to find out if your employer's prescription drug coverage is considered "creditable." If it is, you don't need to enroll in a Medicare Part D prescription drug plan. If it isn't, you should purchase a plan (see Medicare.gov/plan-compare) during your initial enrollment period or you'll incur a premium penalty (1 percent of the average national premium for every month you don't have coverage) if you enroll later.

If you have more questions or need help, contact your State Health Insurance Assistance Program (see ShiptaCenter.org), which offers free Medicare counseling. Or call the Medicare Rights Center helpline at 800-333-4114.

Send your senior questions to:

Savvy Senior,
P.O. Box 5443,
Norman, OK 73070,
or visit SavvySenior.org.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



387109-1

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Previously Frozen SPARE RIBS 2 Pc./Lb. \$1⁹⁹	Oscar Mayer Fun Pak LUNCHABLES 8-10.7 Oz. 2/\$4	Swaggerty ROLL SAUSAGE Mild Or Hot 1 Lb. ... 2/\$5	Swaggerty BRATS Or ITALIAN SAUSAGE 19 Oz. ... 2/\$6
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MUSCLE SHOALS 3001 Woodward. • 7am-11pm • 256-381-7277 3413 Woodward Ave. • 7am-11pm • 256-978-6093		ELGIN CROSSROADS ELGIN Forest Plaza • 7am-11pm • 256-247-1958
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Community Action Agency of Northwest Alabama's
Gerald Williams Cooperative Garden Program

FREE vegetable garden supplies to help *qualifying local residents wishing to grow their own gardens*

Sign up Now through March 19

Participants in the program must:

- **Reside** in Lauderdale, Colbert or Franklin Counties
- Must not exceed monthly gross (prior to take-out, see below)

Maximum monthly incomes

- Single person in household – \$1,595
- Two-persons in household – \$2,155
- Three-persons in household – \$2,715

For each additional person in the household add \$560 per month



Deadline to Apply is March 19

ALL Residents
Call 256-248-1921
1-4 pm Monday-Friday

The Cooperative Garden program is a partnership of the Community Action Agency of Northwest Alabama, TVA Retirees, Bicentennial Volunteers Inc. and many others.

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I TALK A LOT ABOUT VIRUSES and ways to combat them in this column. I love figuring out how they work and how to defeat them. I'm equally fascinated with another kind of virus, The Rona, that seems to be pretty popular in these parts. As you all know, an antivirus program has been developed that will finally smash this bug as long as we are all willing to install the update. So with that said, how does this antivirus program work? I was curious so I researched lots of reliable, informative sources and came up with the following 2-part summary that even I can understand.



Jim Fisher

HUMAN ANTIVIRUS SOFTWARE

by "The Computer Skeptic"

For this discussion, a human cell has 3 basic components: the cell wall, a tiny protein factory called the ribosome, and the cytoplasm that gives a cell its shape.

A Messenger RNA (mRNA) vaccine contains 2 basic components: the mRNA itself, and the "oily soap bubble" lipid that encapsulates it. The mRNA molecule is made of 4 amino acids arranged in a specific sequence. It's useful to think of it as morse code stamped onto toilet paper. It's really fragile which is why it has to be

encapsulated in a lipid. When it falls apart, it becomes food for making more protein in your body. Scientists have known for decades that mRNA could change the world if they could only find a way to deliver it to a cell membrane, which brings us to the next character: The lipid nanoparticle.

This soap bubble lipid is made of naturally occurring molecules (salts and sugar and glycol molecules—it's this glycol that is probably behind the incredibly rare allergic reactions and also the main ingredient in some

laxatives). Turns out this lipid stuff, unlike mRNA, is REALLY hard to make. The people who found a way to encapsulate mRNA will probably receive a Nobel Prize for their work.

The last character in this story is the ribosome. Ribosomes are little factories inside every cell of your body that manufacture all the protein in your body.

HOW IT WORKS: So this innocent little mRNA message is encapsulated in a soap bubble lipid, then combined with some saltwater, and injected into your muscle. That lipid is immediately chemically attracted to the cell wall and releases the mRNA message into the cell's cytoplasm. The little strand of mRNA is chemically attracted to the ribosome. The ribosome then starts unraveling and "translates" the message, then poops out an innocent

little protein molecule. But (cue suspenseful background music) this harmless little protein has an odd shape. A scary shape. An ugly, terrifying scarecrow shape that scares the daylights out of your immune system.

Now that I've introduced the main characters, and getting to the good part of the story, I'm out of column space. Part two will tell a tale of how a harmless little scarecrow causes a body to build a vast army of paranoid scarecrow killers. Until then, be safe!

Jim Fisher owns Excel Computer Services in Florence. Reach him at www.ExcelAL.com



1909 Florence Blvd., Florence
(across from Hobby Lobby) 256-767-3337

Community Notes...

Continued from page 7

LifeSouth Blood Drives for February
The Shoals Center, 307 Veterans Drive, Florence, 888-795-2707. The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.
Wednesday, February 17, 7:30am - 4pm, Hackleburg High School, 189 Panther Road, Hackleburg
Thursday, February 18, 9am - 6pm, Helen Keller Hospital, 1300 S Montgomery Avenue, Sheffield
Friday, February 19, 7:30am - 3:30pm, Riverhill School, 2710 Darby Drive, Florence
Saturday, February 20, Noon - 5pm, Cost Cutters, 392 Cox Creek Parkway, Florence
Sunday, February 21, 1-6pm, Martin's Family Clothing, 550 Cox Creek Parkway, Florence
Monday, February 22, 1-7pm,

Walmart, 3100 Hough Road, Florence
Tuesday, February 23, Noon - 6pm, Dalton Pharmacy, 1110 E 6th Street, Muscle Shoals
Wednesday, February 24, 7:30am - 3:30pm, Lexington High School, 101 School Street, Lexington

Red Cross upcoming blood donation opportunities during February

Decatur - February 17, 10am-2pm, Jesus Christ of Latter-Day Saints-Decatur, 2006 Modaus Rd. SW
Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) to make an

appointment or for more information. All blood types are needed to ensure a reliable supply for patients. Donors who give in February will receive a \$5 Amazon.com gift card thanks to \$1 million donation from Amazon.

Nominations are open for the LONG-LEWIS LOCAL HERO OF THE MONTH AWARD.

In an effort to reward local people for Outstanding Community Service, Long-Lewis Automotive Group in cooperation with The Long-Lewis Foundation, will be awarding one person each month \$500 and a Certificate of Appreciation to recognize their efforts in serving The Shoals. Simply visit the Long Lewis of the Shoals

Facebook page and nominate someone you feel deserves this award for Outstanding Community Service. The recipient of the Award will be determined by the nominee post that gets the most Likes from the community at the end of each month. We will announce the recipient, via social media, on the 1st of the following month. The Certificate and \$500 Award will be given to the recipient at the local dealership by the 10th of each month.

The charming town of Linden, TN is pleased to announce the 13th annual Blooming Arts Festival on March 26-27. Blooming Arts Festival is Linden's annual signature event and one of the region's

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See NOTES... page 38

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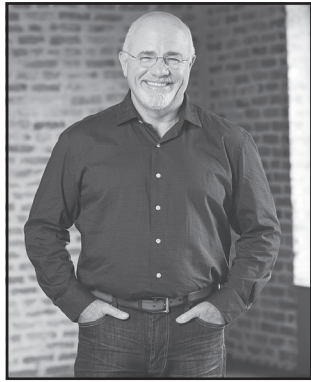
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DAVE Says

by DAVE RAMSEY



RETIREMENT FUNDING COMES BEFORE COLLEGE SAVINGS

Dear Dave,
A friend told me about your Baby Steps program. I have one question, though. I noticed that according to your plan, saving for retirement should come before saving up a college fund for your kids. Why is this?
Natalie

Dear Natalie,
In short, college funding is not a necessity. Being able to set aside money for college is a great thing to do if parents can afford that sort of thing. But you can fund your education in other ways. There are loads of scholarships out there just for getting good grades. You can also work while you're taking classes. And one of the biggest things when it comes to getting an education is choosing a school or training program you can afford. Trust me, I believe in education. But there are lots of ways to get a college degree, or other career training, without your parents having to foot the bill or taking out student loans.

Another reason I advise this approach is because everyone is going to retire someday—unless, unfortunately, they happen to die before reaching retirement age. Retiring and eating are necessities. College is a luxury. Lots

of people succeed in life without going to college, and thousands have worked their way through college. I worked 40-plus hours a week in college, and still graduated in four years. The only good way to retire is by planning for it years ahead of time, and that means saving and investing.

Sure, you should try to help your kids with their educations if you can. Even a little bit each month over the course of several years can help a lot. But some parents might not be able to put a dime toward their kids' educations after high school. That doesn't make them bad people or bad parents. And it doesn't mean their kids can't still go to college, and avoid debt doing it!

—Dave

** Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Dave Ramsey Show, heard by more than 16 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.*



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Letters...

How Would Jesus Drive?

Continued from Page 14

children to drive, and if they drove the same way. This sobering question is worthy of deep reflection, for many Christians leave holiness at home when they get into their automobiles.

Oh, my. They had the torches, tar and pitchforks out for me after the sermon! Actually, it wasn't that bad. But to alleviate the tension, I told our people the kind of car Jesus drove: a Christler. One of our worshippers spoke up and said, "But the disciples were in one Accord." Normally "amen" is the response, but this retort was a good one and we all had a good laugh.

But back to the main idea, Christianity is supposed to superintend every part of our lives. Jesus said we're to seek first the kingdom of God (Matthew 6:33), and this certainly includes the time we spend behind the wheel. None of us is guiltless, of course, but we must guard our personal example.

I blew it with young Whitney. However, 20 years later, I still think of her and don't want to disappoint others with my carelessness or rebellion. We're called to be Christians 24/7.

Michael J. Brooks
Siluria Baptist Church
Alabaster, AL

The Shadow Campaign

Editor,

Years ago I read *The Screwtape Letters* by C. S. Lewis. It was written through the filter of "evil is good" in order to convey how an experienced devil mentors an apprentice devil in fouling up good and godly lives. C.S. Lewis admitted that it was a difficult story to write because trying to see through a devil's eye and then to reason with a devil's motive was unnatural to him as a Christian.

I wonder how easy it was for the authors of a *Time Magazine* article to write *The Secret History of the Shadow Campaign That*

Saved the 2020 Election. It basically says that there was a structured plan and effort to make sure that Joe Biden won.

It claims that it was done for the good of democracy. It names names and organizations. It claims that there was a networked plan for there to be uprisings in the streets if necessary to get Biden his presidency.

The article's main truth is that the process of Biden's victory was shady by calling it a Shadow Campaign. After that, truth is mixed into the article's text only to prop up a lie. If anything, it may help to pinpoint who decided on election night that vote-counting would be stopped in the swing states.

According to my hopes and beliefs regarding the 2020 election, I am citing another article as a counterclaim to *Time's* Shadow Campaign article. It is found at RedState.com and is called *The Continuing Democrat - Media Narrative That There Is "No Evidence of Election Fraud" Is A Bald - Faced Lie*. I think this article in RedState is written by Stu Cvrk. It references other documents such as Peter Navarro's three part series on the evidence of the stolen election. These are called *Volume I: The Immaculate Deception*, *Volume II: The Art of the Steal*, and *Volume III: Yes, President Trump Won: The Case, Evidence, & Statistical Receipts*. There is also a red-lettered reference to all the lawsuits against the fraudulent activity - "an extensive list of lawsuits."

At *American Thinker*, [americanthinker.com](https://www.americanthinker.com), there are articles by a professional fraud - buster named Jay Valentine. He cites evidence regarding the stolen election. His first article pertaining to the shady business that cheated President Trump of his reelection, was [Never Bring a Republican to a Street Fight](#). By this he does not refer to Donald Trump but to Republicans such as Mitch McConnell.

Remember, Truth is Light, - ready, willing and able to charge into the shadowy darkness and illuminate lies as lies and to provide clarity of vision. Let the Light shine as Truth marches on.

Floyd Jones
Killen

See LETTERS... Page 30

Medicare Minute

"Medicare Part A Part 2"

Last week we discussed how Medicare Part A will cover you if you are admitted into the hospital. A hospital, under Medicare, can be acute care hospitals, critical care hospitals, inpatient rehabilitation facilities, long term care hospitals or mental health care.

The one aspect of Medicare Part A we get the most questions about is coverage at a skilled nursing facility (SNF). To be covered by Medicare at a SNF certain criteria has to be met. First, of course, is you must have Medicare Part A. Next your doctor has determined that you need daily skilled care given by, or under the supervision of, skilled nursing or therapy personnel. Your skilled nursing care will have to be in a SNF that is certified by Medicare.

What a lot of people don't know is that you must have a "qualifying" hospital stay to be covered at a SNF. Under Medicare a "qualifying" hospital stay is at least a 3-day inpatient stay prior to being admitted to the SNF. If you go to the ER and are held one day for observation and are admitted into the hospital for two days this does not constitute a "qualifying" hospital stay. If you are admitted on a Monday and discharged the following Wednesday this is not a "qualifying" hospital stay. In the two examples above those are 2-day inpatient stays. A good rule of thumb is you must be admitted as inpatient for at least three midnights.

You also need to know that Medicare Part A will only cover you for 100 days at a SNF and only 20 of those days are at 100%. In other words days 1-20 are covered at 100%. Days 21-100 you will pay the first \$185.50 per day and Medicare pays the rest of the cost. Starting with day 101 you will pay 100% of the bill.

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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Commentary

No Party...

Continued from Page 14

Tampa Bay quarterback Tom Brady winning the Super Bowl during Black History Month demonstrated his racism.

Moving forward with reality, I'd like to share the first of two inspiring stories that I first read a few days ago when I investigated a colorized 1960 photo I came across.

Ruby Bridges

When the car she was riding in came around the corner and six year-old Ruby saw all the people crowded along the roadside, she innocently thought it was part of a fun Mardi Gras parade. She had no way of knowing how serious this event was.

The date was November 14, 1960, and all that happy kindergartner, Ruby Bridges, knew was that she was going to a new school and her mother told her to behave. The school was all-white William Frantz Public School in New Orleans. Ruby was to be the first black student to enter a desegregated elementary school in the South.

The Brown vs. Board



Colorized photo of 6 year-old Ruby Bridges being escorted from school by federal marshals in 1960.

Uncredited historic photos

of Education court decision had taken place over five years earlier, and Washington DC was putting pressure on Louisiana and other states that had yet to comply. In a veiled attempt to appear cooperative, city officials in New Orleans gave 150 black kindergartners an entrance exam - which none of them were going to be able to pass. To their surprise, six of those 150 children passed that test. Three girls including Ruby were selected to attend Frantz, but by the first scheduled day, the other two girls had dropped out.

So Ruby would be the only black student at the school. She rode to school that first day with her mother and four white US Marshalls sent by President Dwight D. Eisenhower, to ensure that Ruby was able to go to and from the school safely, even though the school was just a few blocks away from her home.

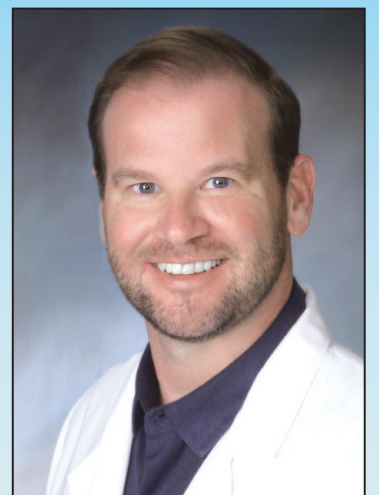
Ruby and her mother stayed in the principal's office all day that first day, as over 500 children were taken out of class by their parents. On the second day, protesting crowds

See RUBY... Page 27

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Commentary

Ruby...

Continued from Page 26

had doubled in size. "The incessant chant was again, 2-4-6-8, We don't want to integrate." That day, she went into a classroom. She was one of only two people in that classroom, the other being her teacher, Barbara Henry, a white woman originally from Boston. She was the only teacher willing to instruct Ruby that year. Ruby loved her. Both received health and death threats. Sadly, Ruby had to study on her own in that classroom for much of the

year until other students began to return to the class. However, the principal still did not allow Ruby to go to the lunchroom or out on the playground with the other children.

It was the next year before tempers settled and things took on some degree of normalcy for Ruby. Even then, most parents did not allow their children to play with her.

More than a decade after that, Ruby graduated from a desegregated high school and went on to earn a Travel & Tourism degree

from a business school in Kansas City.

She returned to the William Frantz Elementary in 1993 to register her four nieces and experienced the same kind of racism that she did over three decades earlier. So, she volunteered as a parent liaison and established a multicultural art club to help overcome racial division. She also started the Ruby Bridges Foundation in 1999 to help promote tolerance through education and she began sharing her story throughout the US.



She always impressed on her children and grandchildren to build a faith in God. To this day, she holds no anger or animosity toward those who were around her at that time. She knew they were only doing what their parents were telling them, just as she would have done at that age.

Today, Ruby understands that each of us comes into this world with a clean heart, and our surroundings influence us greatly. She also insists that any meaningful change will come through our kids. "She always falls on her faith, and she makes sure you do so as well," said Ruby's granddaughter, Annie Hall in a 2017 interview. "So it doesn't matter what you go through, it doesn't matter who hates you, who dislikes you, as long as you have that faith and that relationship with God, you're fine."

It's not surprising that Ruby's favorite focus in the 10 Commandments relative to society is to "Love Thy Neighbor."

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Guest Commentary - John Stossel

What Thomas Sowell Can Teach Us About Standing Up to the Mob

Joe Biden says he'll "advance racial equity" by making "bold investments" in "Affordable Housing," aiding "businesses owned by Black and Brown people," establishing an "Equity Commission," etc. Gosh, that'll do it.

Others demand reparations for slavery, more social programs, and

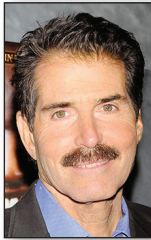
defunding the police.

Yet, economist Thomas Sowell says, "I haven't been able to find a single country in the world where policies advocated for Blacks in the United States lifted any people out of poverty."

Sowell is a black man who grew up in poverty. His father died before he was born, and his mother

died soon after.

"We were much poorer than the people in Harlem and most anywhere else today," he reflects. "But in the sense of things you need to get ahead, I was enormously more fortunate than most Black kids today."



John Stossel

That's because Thomas discovered the public library. "When you start getting in the habit of reading when you're 8 years old, it's a different ballgame."

Exploring Manhattan, he saw disparities in wealth. "Nothing in the schools or most of the books seemed to deal with that. Marx dealt with that," said Sowell. Thomas then became a Marxist.

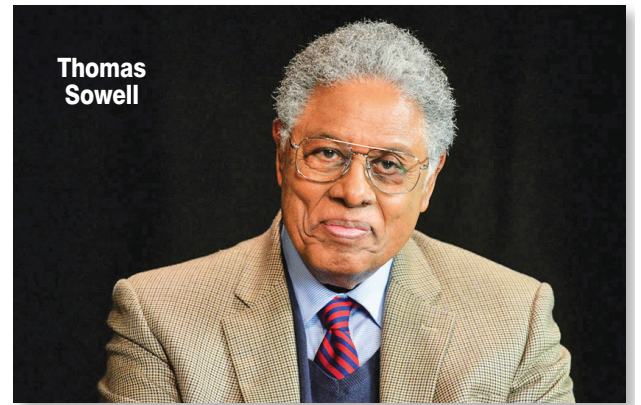
What began to change his beliefs was his first job at the U.S. Department of Labor. He was told to focus on the minimum wage.

At first, he thought the minimum wage was good: "All these people are poor, and they'll get a little higher income. That'll be helpful," he reasoned.

But then Thomas realized: "There's a downside. They may lose their jobs."

His colleagues at the Labor Department didn't want to think about that. "I came up with how we might test this. I was waiting to hear 'congratulations!' [but] I could see these people were stunned. They'd say, 'Oh, this idiot has stumbled on something that would ruin us all.'"

Once he saw how government workers often cared more about preserving their turf than



Thomas Sowell

actually solving problems, Sowell rethought his assumptions.

He turned away from Marxism and became a free market economist, writing great books like "Basic Economics," "Race and Culture," and my favorite title, "The Vision of the Anointed: Self-Congratulation as a Basis for Social Policy."

Today's self-anointed leaders talk constantly about how America's "systemic racism" holds black people back.

"Propaganda," Sowell calls it. "If you go back into the '20s, you find that married-couple families were much more prevalent among Blacks. As late as 1930, Blacks have lower unemployment rates than whites."

But if systemic racism was the cause of inequality, he says, "All these things that we complain about and attribute to the era of slavery, should've been worse in the past than in the present."

Sowell says the bigger cause of black Americans' problems today is government welfare initiated in the 1960s. The programs encouraged people to become dependent on handouts.

"You began to have the mindset that goes with the welfare state," Sowell says. "No stigma any longer attached to being on relief."

Sowell concludes that government programs that are supposed to help minorities do more harm than good. Affirmative action, for example.

In 1965 Sowell took a teaching position at Cornell. The college had lowered admission standards to diversify the student body, and most students admitted under affirmative action did not do well.

"Half of the Black students were on academic probation," he wrote. "Something like one-fourth of all the Black students going to MIT do not graduate. [There is] a pool of people whom you are artificially turning into failures by mismatching

them with the school."

Saying such things makes Sowell an outcast in academia, and now most everywhere.

Sowell writes, "If you have always believed that everyone should play by the same rules ... that would have gotten you labeled a radical 50 years ago, a liberal 25 years ago, and a racist today."

Starting this week, you can watch a new documentary on Sowell's life, "Thomas Sowell: Common Sense in a Senseless World," online at FreeToChooseNetwork.org.

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Published initially at The Daily Signal.

John Stossel is an American television personality, author, consumer journalist, and libertarian pundit, known for his career on both ABC News and Fox Business Channel. Stossel's style combines reporting and commentary



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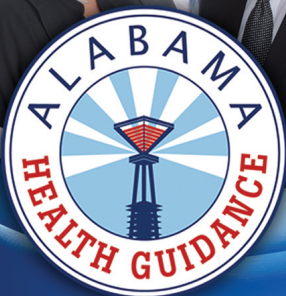
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Athletic SUPPORT

by Eli Cranor



7th grade girls basketball woes

Dear Athletic Support: My daughter isn't very athletic, but she's on the 7th grade girls' basketball team this season. Even though she doesn't get to play much, she's really having a great time. I'm a little torn. I love sports and played everything growing up. I can already tell my daughter doesn't have that much of a future in athletics. What I'm saying, it's not like she's going to earn a college scholarship. She probably won't play in high school. Maybe not even junior high. So I guess I'm just wondering how serious I should take this first basketball season. Does that make sense?
—Seriously

Dear Seriously: No, it doesn't make that much sense. The majority of kids who play sports in seventh grade won't still be playing by the time they're seniors in high school. A much smaller percentage will play in college. An even smaller fraction will earn scholarships. So should she still play? I think that's what you're asking, and the answer is — Yes!

Sports are good for kids. They get them off the sofa and running around, not thinking about screens or social media. Sports also teach lessons that are not taught in schools.

Over the course of her 7th grade basketball season, your daughter will learn how to win — and lose — gracefully. She'll learn how to push through physical pain. How to persevere. She'll also bond with the other girls on her team in ways that are almost impossible outside of athletics. There's nothing like the camaraderie of a locker room.

Whether your daughter's a

benchwarmer or a future WNBA star, you should approach her athletic endeavors in the same way. Make sure she has fun. Make sure she learns the important life lessons. And let the rest take care of itself.

Dear Athletic Support: I got thrown out of my daughter's 7th grade basketball game the other night. The B game. We were way up on the team, literally playing the best game we've played all year, and the refs just completely quit blowing their whistles. Obvious double dribble. No call. A girl runs it in from the baseline and the refs just give her the ball back. It's getting close at the end, the other team's coming back, and I yell, "Come on, ref, blow the whistle!" I did yell it, and I don't normally yell at the refs in this setting, but come on! They called the athletic director and I was escorted out of the gym. I didn't get to see the end of the game, but I heard it ended in a tie. Because it's a B game, there's no overtime. That's it.

Game over. We played the best game of our season and had it taken from us. Was I in the wrong? I mean, it was a real game. They were actually keeping score, so I don't think it's fair for the refs to try and help the other team when they're down. Do you?
—You Blew It

Dear Blew It: It's always best to refrain from getting ejected from youth sporting events, especially 7th grade B games. That being said, refs shouldn't interfere with the outcome, either.

Eli Cranor is a former professional quarterback and coach turned award-winning author of the BOOKS MAKE BRAINZ TASTE BAD series. Send questions for "Athletic Support" to eli.cranor@gmail.com or use the contact page on elicranor.com.

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Letters...

Continued from Page 24

Hardly a Free Speech Pioneer

Editor:

The Associated Press, *USA Today* and the *Los Angeles Times* label porn king Larry Flynt a "free-speech champion." Reuters, *USNews* and Yahoo remember him as a "free-speech activist." They are wrong. Flynt, who died at 78, was no friend of free speech.

Freedom of speech, which is enshrined in the First Amendment, was never meant by the Founders to be an end in itself. It was meant to be a means to an end, the end being the good society. Without robust political speech, where different points of view could be weighed, the prospects of achieving life, liberty and the pursuit of happiness would be diminished. Flynt spent his

entire life exploiting free speech, not exercising it.

Madison, who wrote the First Amendment, would not regard Flynt as a free speech hero. He wisely observed that "liberty may be endangered by the abuses of liberty as well as the abuses of power." Flynt was a master of abusing liberty.

The prospects for the good society are not advanced when naked women are depicted upside down being shoved into a meat grinder. Flynt's pride and joy, *Hustler*, opined, "Prime. Last All Meat Issue. Grade 'A' Pink."

Hustler went beyond its porn competitors by offering the most dehumanizing photos imaginable, including botched abortions. The *New York Times* offers many examples.

Pictures of women being raped and tortured, being subjected to bestiality, nailed to a cross, bagged like a deer and bound to a luggage rack—these were all featured in *Hustler*. The editors knew what they were doing. Showing women crawling at the end of a leash sent an unmistakable message to sick men. To put on its cover a photo of a woman's head in a gift box is not a demonstration of free speech; rather, it is an

example of its perversion.

Flynt was not only the enemy of women—he was the enemy of children. Barely Legal is one of his porn sites that appeals to disturbed men. He even had a character, "Chester the Molester," who regularly appeared in *Hustler* cartoons as a pedophile.

What is striking about all the pundits celebrating the free-speech heroics of Flynt is that it is occurring at the same time that his admirers are championing the cancel culture. What they want cancelled is not child pornography: They want to censor political speech, the very heart of the

free speech provision in the First Amendment.

The *New York Times* ran a column this week by Nicholas Kristof titled, "Can We Put Fox News on Trial With Trump?" Similarly, it published a news story, "How Right-Wing Radio Stoked Anger Before the Capitol Riot." No one beats Max Boot at the *Washington Post*. His article, "Sadly, Fox News Can't Be Impeached," is a clarion call for censorship.

Here's the bottom line. According to the conventional wisdom, as outlined by today's deep

See LETTERS... Page 36

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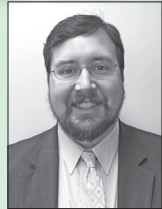
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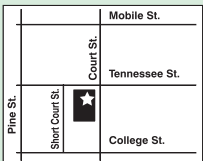
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Soap Opera Preview

THE BOLD AND THE BEAUTIFUL Zende begged Paris for a second chance after Carter issued her a warning. The Logan sisters came together as Brooke and Donna weighed in with Katie about her relationship with Dollar Bill. Hope admitted to Liam that the results of Steffy's paternity test had her questioning everything. Finn made his intentions clear to Steffy. Steffy delivered a powerful speech to Finn and Hope about her feelings for Liam. Bill and Liam leaned on one another about their relationships with Katie and Hope. Finn laid down the law to Liam with a new set of boundaries for Steffy. *Wait to See: Thomas becomes concerned for Steffy. Steffy offers an apology to those she may have hurt. Thomas decides to help Hope and Steffy in an unusual way.*

DAYS OF OUR LIVES Ciara finally got a message to believe him. Lucas and Allie had a run-in with Charlie. Nicole pressured Rafe

into allowing Ava to live with him. Chloe felt a pull toward Brady. Vivian and Kristen reunited in prison. Ben and Claire sought help from Susan once again. Orpheus manipulated Rhodes. Xander proposed to Sarah. Gabi made a pitch to Philip. Jake questioned whether Gwen was telling the truth. Abigail and Gwen got into a fight at the cemetery. Gabi informed Jake she was working on a deal with Philip. Clyde gave Ben a lead regarding Ciara. *Wait to See: Claire takes action after learning from Belle that Charlie could get away with his crimes. Abigail asks Gabi to team up with her to bring down Gwen. Ciara has a surprising reunion.*

GENERAL HOSPITAL Brando feigned ignorance. Portia accompanied Curtis on a stakeout. Britt enlisted Jason's help. Nikolas promised to keep Ava safe. Franco tried to make light of a bad situation. Jordan was grateful for her time with T.J. Cameron looked to Trina for support. Michael's date

was interrupted. Jax felt conflicted. Maxie offered Nina her support. Britt made a plea to Obrecht. Anna reached out to Peter. Maxie passionately defended Peter to Britt. Alexis tried to make amends with Olivia. Carly wondered what Nina would do next. Obrecht barely avoided a confrontation. Portia pleaded with Jordan to keep Taggart out of jail. *Wait to See: Jackie and Martin make strides in tracking down Florence. Laura gives Nikolas advice regarding his relationship with Spencer. Ava stands her ground.*

THE YOUNG AND THE RESTLESS Victoria crashed Billy and Lily's fun. Elena spent the day making amends. Sharon made a shocking discovery. Kyle was haunted by a secret. Devon's loyalty was tested. Victor plotted his next move. Sally dug into Jack's past. Summer received an eerie warning. Victor did damage control. Rey demanded the truth from Sharon. Chelsea's world was turned upside down. *Wait to See: Nick takes matters into his own hands. Amanda has a chilly meeting with Naya. Abby is faced with a tough decision about her future.*

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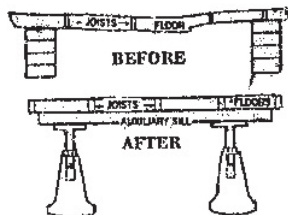
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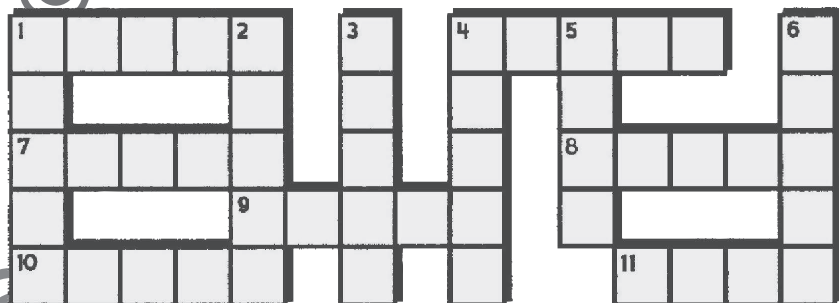


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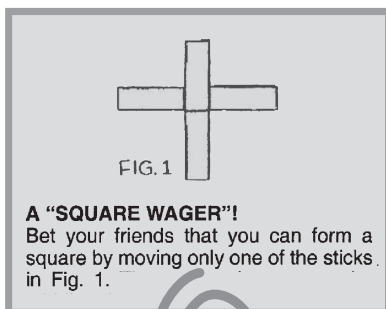
Here's
A
"Tame"
Puzzle

To the left is a crossword puzzle grid. Below are the names

of 13 tame and not-so-tame animals that you'll need to complete the puzzle grid. Use the trial-and-error method.

4-Letter Words **5-Letter Words** **5-Letter Words**

- | | | |
|------|-------|-------|
| Fawn | Bison | Lambs |
| Puma | Camel | Lions |
| | Chimp | Mamba |
| | Crabs | Mules |
| | Hippo | Seals |
| | Horse | |



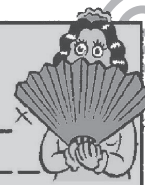
A RHYMING RIDDLE!

Four jolly men sat down to play,
And played all night till the break
of day.
They played for cash and not for fun,
With separate scores for everyone,
Yet when they came to square
accounts,
They all had made quite fair amounts.
Can you this paradox explain?
If no one lost, how could all gain?



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1. FAN
2. FAN _ _
3. FAN _ _ _
4. FAN _ _ _ _
5. FAN _ _ _ _ _
6. FAN _ _ _ _ _ _

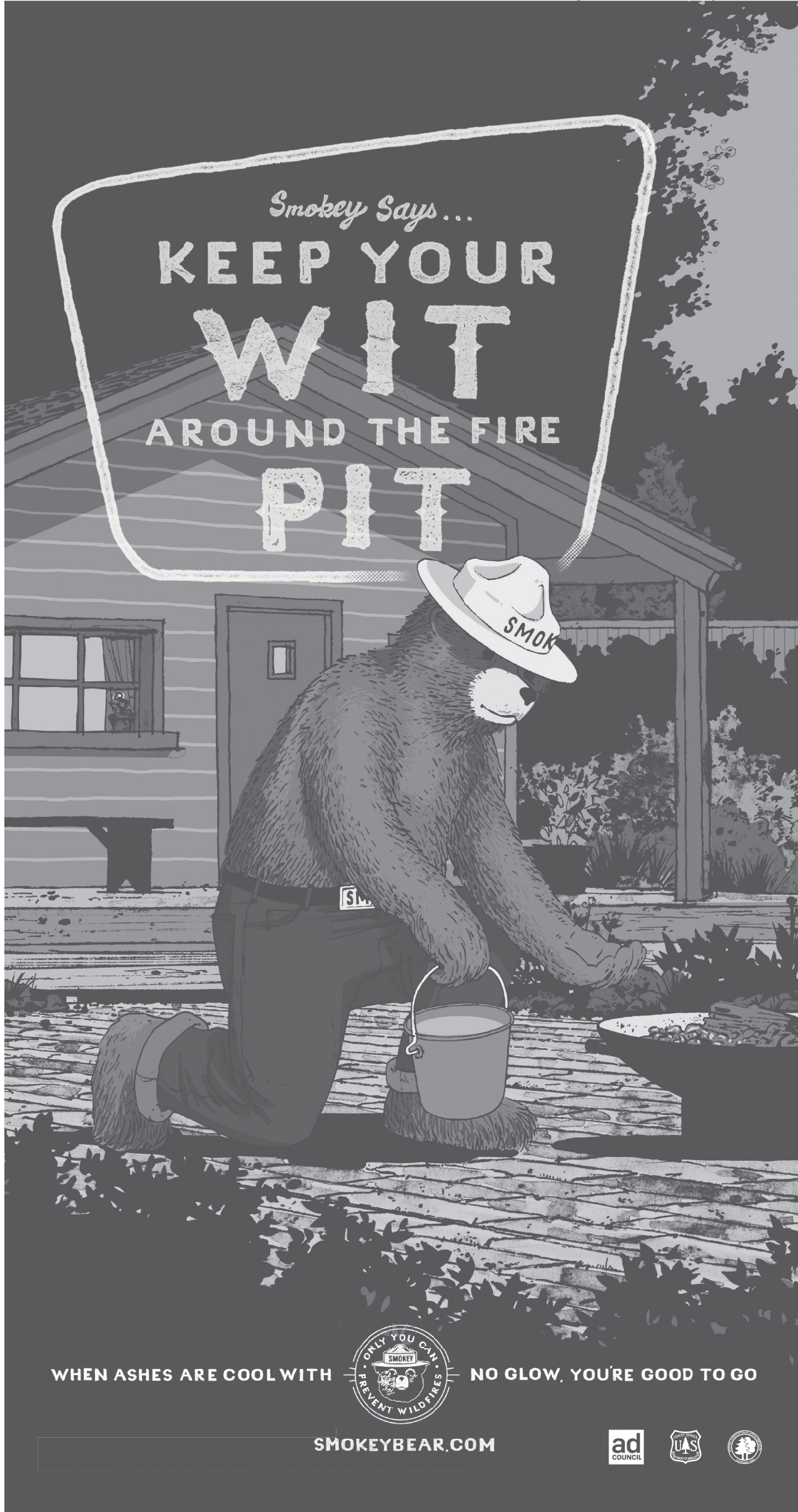


ATTENTION ALL WORD FANS! In this puzzle, all of the words get progressively longer, and they all start with FAN. Some hints:

1. Keeps you cool.	2. Type of tooth.
3. To like.	4. Type of airplane.
5. Loud trumpet flourish.	6. Animated Spanish dance.

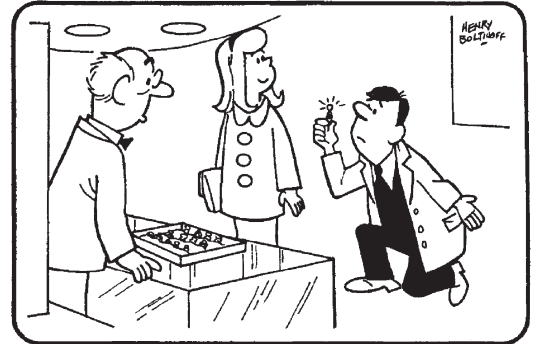
Answers
On Page
38

Illustrated by David Coulson



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

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Losing Perspective



Running scared. Trusting the wrong thing. What a price we have paid for rejecting God and His word. Fear of the wrong things. A good pastor friend of mine got info that between 1400 and 1500 pastors resigned their churches in December 2020 in America. Folks, this nation's real power came from the God-honored pulpits of this country where God's word was believed and loved, practiced and preached. Approximately ten voices in this world have decided that churches really are not essential operations, and through fear of death most have followed along like good little clones, fearing man more than God. The Bible says: **Proverbs 29:25** "The fear of man bringeth a snare; but whoso putteth his trust in the LORD shall be safe." **Proverbs 19:23** "The fear of the LORD tendeth to life; and he that hath it shall abide satisfied; he shall not be visited with evil." But here is what we have: **Romans 3:18** "There is no fear of God before their eyes." **Psalms 10:4** "The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts." People today have been bound by a spirit of fear.

One great sign you have not been saved is your fear of death. **Hebrews 2:15** "And deliver them who through fear of death were all their lifetime subject to bondage." **2 Timothy 1:7** "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." When you get saved, God seals you with a Spirit of power, love and a sound mind. Did you get that? If you are not saved, then all you have will you give for your life. See Job 2:4. Saved folk have been misled out of their perspective and why God has left them here and that is to bring lost people to Jesus Christ. The daily news is deemed much more important than God's holy word. Unbelief and rebellion have just about finished the nation off. You that claim to be saved, God is again waiting to hear your voice in prayer and in song, praising and thanking him and hearing preaching from the old Bible. Don't disappointment Him. We either trust and believe Christ or we don't.

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I'm **CASSANDRA** and I would love to meet you! I'm a pitty mix and born October, 2015. I'm a great little lady. I was dropped off at the shelter and the nice people from PAWS gave me a great foster home so I had a chance at a forever family. I'm absolutely beautiful as you can see from my photo. I'm crate trained and don't mind being in it. I'm also house trained. I don't do well with leash walking just yet. My humans are working on that with me. I'm very submissive with other dogs. I do however don't like sharing my food with them. I can be timid around my humans but am working on that. I don't jump on my humans and I understand that is a good thing. I just need a patient family to work with me on my trust issues. I would need a fenced in yard to play safely with my humans. I'm fully vetted, spayed, and micro chipped. If you're interested in being my forever family please email PAWS at shoalspaws@gmail.com



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Letters...

Flynt Not Worth Celebrating

Continued from Page 30

thinkers, a free society should not tolerate Rush Limbaugh but it should celebrate Larry Flynt.

That is about as good a measure there is to prove how morally debased we have become.

Bill Donohue, President Catholic League for Religious and Civil Rights New York, NY

Ugly, Obscure Oil Agenda

To the editor:

On his first day in office, Joe Biden with the stroke of a pen, killed 11,000 direct and 118,000 related jobs by stopping the Trans Canadian pipeline! This is a staggering blow to every American at the gas pump as we are already seeing price hikes. This is not even considering the damage to the U.S. economy and the devastation to the Northwest.

So, what is really going on here other than gutter politics? Remember the old adage, ".....follow the money"? Well, it still applies. With the cancellation of the pipeline the only mode of transportation for crude is the rail line. At present, the estimated daily production of the Bakken Oil field of North Dakota is 700,000 barrels per day! All railroads connecting

Canada and the northern U.S. border are owned exclusively by Berkshire Hathaway which is owned by super billionaire (& major Democratic contributor) Warren Buffett!

Much of the public do not realize that about \$30/barrel of crude oil cost is transportation when hauled by rail. That drops to about \$10/barrel when delivered by pipeline. Do the math. With a functioning pipeline in place, Warren Buffett is losing about \$2 Billion a year! Now, it doesn't take rocket science to see how an elected Demo is going to "take care" of his super fund raiser contributor friend! And who will pay the tab (as usual) the American people and the U.S. economy!

Buffett is no fool and didn't become one America's wealthiest men making bad decisions. At its inception, Berkshire Hathaway actually purchased 22% of the Trans Canadian pipeline for \$34 billion.

On the surface the primary opposition to the pipeline was potential damage to the environment as a result of leakage. Yet, research indicates that the risk are much greater from spillage due to derailment than a pipe puncture!

James W. Anderson Talladega

Grants for New Ag Projects

Editor:

The Value Added Producer Grant program, one of the few U.S. Department of Agriculture grant programs available

directly to farmers and ranchers, is now open. The grants help farmers and ranchers offset costs of developing or expanding their added-value products.

USDA Rural Development is accepting applications for the Value Added program which offers two types of grants through March 22.

Planning grants of up to \$75,000 help pay for feasibility studies and business plans that support future financing and business development. Working Capital grants of up to \$250,000 can cover marketing and product development costs. Projects more than \$50,000 require a previous feasibility study and business plan to document viability of the product.

Individual farm businesses, as well as groups of farmers and ranchers, may apply for funds to develop new or existing products. Applicants must own at least 50% of the agricultural commodity being addressed. Matching funds (in-kind and/or cash) of 50% of the project are required.

Registration with USDA as a business is required; this free process is not immediate, so register early.

Contact your local USDA Rural Development office for application materials and advice on a successful proposal. Wyatt Fraas at the Center for Rural Affairs also can advise you on your project ideas. Contact him at wyattf@cfra.org or 402-254-6893.

Wyatt Fraas - Farm & Community Asst Director, Center for Rural Affairs Lyons, NE



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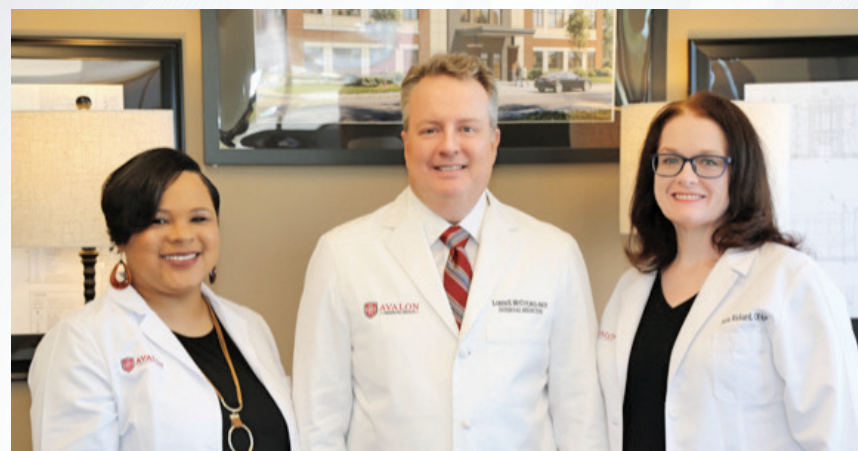
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Community Notes...

Continued from page 22

artisans bring stained glass, leatherwork, jewelry, glass, furniture, fiber, quilting and numerous other displays of creativity.

In addition to arts & crafts exhibitors, a full schedule of live music is planned for both days plus the always-popular Kids Zone, complete with rides and many fun activities. Blooming Arts Festival is free and open to the public.

For more information, including how to register for a booth, visit www.bloomingartsfestival.com

Keeping the Dream Alive - Thank you to all Keepers of the Dream. Starting from 2008 when we held our first MLK Youth Tournament to now. Even during COVID-19, God's Way Counseling Services for the Youth is Keeping the Dream Alive and we hope you are too.

Even though we are unable to physically hold and showcase our annual Dr. Martin Luther King, Jr. Basketball Tournament, we will still be accepting donations and contributions to stay engaged and

continue assisting community members most affected by this pandemic. Our hearts go out to all of the people that we've lost this year due to COVID.

Thank you all in advance for your continued tax-deductible support and gifts. Make checks payable to: God's Way Counseling Services for Youth, Inc. Send to: 1050 E. Limestone St., F15, Florence AL 35630.

Pay it Forward: Donate to Educate - Shoals Scholar Dollars is an Education Foundation raising money to pay tuition at Northwest Shoals Community College and transfer scholarships to the University of North Alabama for Lauderdale and Colbert County students who meet certain

criteria. Donate to Scholar Dollars at any participating financial institution the second Friday of each month.

REAL Rehome Educate Adopt Love offers the following pet preventive care assistance for dogs and cats in Lauderdale, Colbert and Franklin Counties:

- Flea/Tick Control
- HW Testing
- HW Preventative
- Vaccine

Submit your Pet Wellness application from our Facebook page REAL Rehome Educate Adopt Love or website www.rehomeandeducate.webs.com

The Friends Bookstore at the Florence-Lauderdale Public Library has now reopened! The bookstore was closed from mid-March-August due to the Covid-19 pandemic, but has now reopened with the new business hours of 12-4pm Monday-Friday. Don't forget your mask!

The Friends Bookstore has a large variety of books at great prices, so be sure to go shop their selection! Proceeds from the bookstore help the library provide more free books and services to the community. 350 N Wood Ave. in Florence.

The Friends Bookstore is beginning to accept donations again, starting with greeting cards, calendars, and magazines only. Please bring your donations during business hours, which currently are from noon-4pm Monday-Friday.

Did you know that there are 250 children who can't live at home in our community each month? These children can't live at home because the very people who are supposed to protect and care for them are not able to do so. These are the children in foster care. These are the children that need someone to stand up for them when it feels like no one cares. These are the children that need a CASA Volunteer.

Please consider becoming a Volunteer Advocate for local children who need a caring and committed adult to speak up for their best interest. Call the Shoals CASA office at 256-765-0041 or check out the agency's website for more information www.ShoalsCASA.org.

City of Florence - Recycling Program: Paper, cardboard, plastic bottles and jugs only (#1 & #2), aluminum cans, and steel cans are all recyclable. Residential curbside cart collection is provided within City of Florence limits. The Florence Recycle Center drop-off is available to everyone, 24 hours, 7 days a week. Cardboard Boxes

Place large, broken-down cardboard boxes 3 feet away from your recycle and garbage carts. Remove all contents from each box before recycling as Styrofoam and plastic film are NOT recyclable.

Televisions/Electronics
Old TVs are not collected with curbside trash. They can be dropped off at two locations:

--Florence Recycle Center: 1200 Terrace Street, Florence
--Florence Landfill: 29485 County Road 14, Florence

Wrapping Paper
All paper is recyclable if it will tear. We encourage you to reuse ribbons and bows, but they are not recyclable.

Alabama Extension at Alabama A&M University is offering educational webinars on Zoom for youth, adults and teachers. Online users can find a listing of Zoom sessions or other activities at: <https://www.aces.edu/events/> or www.facebook.com/pg/AlabamaExtensionAAMU/events/
Access Alabama Extension's website at www.aces.edu, sign up for our daily briefing, or visit us on social media to find practical solutions facing Alabama residents and communities.

For more information, contact Kimberly Sinclair-Holmes at ksh0035@aces.edu.

YMCA of the Shoals Affordable Before & After School Care includes over 7,000+ square feet of childcare dedicated space - homework help, team building activities, arts & crafts, and much more. Have Fun! Make Friends! Learn New Things! If you need affordable childcare, contact us today at 256-246-9622 or bcanup@ymcashaols.org.

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

ASK THE ATTORNEY



Thomas McCutcheon

Ask the Attorney is sponsored by local attorneys, McCutcheon & Hamner, P.C., as a service to the residents of NW Alabama.

Q My lawyer told me that the court had ordered us to mediation in my case. I like my lawyer, but she didn't tell me much about it. What can I do to prepare?

Nicholas, Killen, AL

A Mediation is being used by the court system with a high degree of success. Courts order mediation in all different sorts of cases, including workers compensation, accident cases, and divorce cases.

We do a lot of mediations and in fact designed our office to some degree to provide rooms for use during mediations. I really like mediation and find it to be very helpful for my clients.

Mediation requires some trust in the lawyer and the process. If you know that your lawyer knows the value of your case and the issues involved in your case, then you can be confident that your interests will be protected. The mediator does not and can not make a decision about the case. The mediator can not and will not talk to the judge about the people or whether they were reasonable or not. The mediator will merely report the case was settled or not settled.

What you can do is understand what issues are important to you. In workers compensation cases, often the employer will want to pay money to the injured employee to have no future liability for the care and treatment of their injuries. Most people want to have some assurance that their medical bills resulting from an on the job injury will be paid. There are many ways to resolve this issue. In fact different states resolve future medical issues differently by law.

Understand that if you have not mediated before, it is simply new to you. Most people never engage in the bargaining process of making a high offer, receiving a low offer and trying to find a range where neither party is completely satisfied. Most people don't like to horse trade and go back and forth with offers and counteroffers. The ability to walk away from an unsatisfactory deal is a very important tool in negotiation (if you're pretty sure you can get a better deal).

My advice to you is to go into this with an open mind. Don't get upset with low offers. Allow the process to take place and eventually the mediation will come to a conclusion, settled or not settled. Good luck.

Buckle up, drive safely, and as always, your referrals are appreciated! 256-764-0112



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\$19,988

16 Ford Expedition
#20B-130C, EL, Leather, New Tires!

\$21,888

20 Buick Encore GX
#20B-089A, 4 Door, 6 Yr./100K Limited Warranty!

\$21,888

19 Chrysler 300
#21G-092A1, 4 Door, V6, Nice Local Car, Only 9K Miles!

\$21,988

18 Nissan Maxima
#21G-035A, 4 Door, V6, Nice Local Car!

\$23,888

18 Buick Envision
#19P-4103A, Leather, Navigation, 6 Yr./100K Limited Warranty!

\$25,888

17 GMC Acadia
#20G-318B, 4 Door, All Terrain Pkg, Nice!

\$26,888

18 GMC Terrain
#18P-6146, Denali, Sunroof, Loaded!

\$28,788

17 GMC Acadia Denali
#17P-6839, 1 Owner, 6 Yr./100K Limited Warranty!

\$31,988

19 Toyota RAV4
#21G-048B, 4 Door, Leather, Limited Pkg, Nice Local Trade!

\$31,988

16 Ford F150 Supercrew
#21G-068A, Nice Local Trade, 4x4, FX4 Package!

\$38,888

17 Toyota Tundra
#20G-317A, Crew Cab, Limited, 1 Owner!

\$38,888

20 Buick Enclave Avenir
#21G-096A, 1 Owner, 6 Yr./100K Limited Warranty!

\$45,888

20 Toyota Tundra
#21G-031A, Crew Cab, 4x4, Only 10K Miles!

\$47,888

19 GMC Sierra AT4
#21G-081A, Crew Cab, 1 Owner, Leather, Loaded!

\$48,688

20 GMC Sierra
#21G-094A, Crew Cab, SLT, 4x4, X31 Pkg, Premium Plus!

\$49,688

ALL prices DO NOT INCLUDE tax, title & fees. Some photos for illustration purposes only.