

**List-Toppers  
at Freed**

HENDERSON, TN—Freed-Hardeman University has released the names of students who made the President's and Dean's Lists for the 2021 spring semester.

To be on the President's List a student must be full-time and have a 4.0 grade point average. Students on the Dean's List have earned a minimum 3.4 grade point average for the semester.

**President's List:**

**Clara Barrier**, of Florence  
**Madison Cagle**, of Killen  
**Clark Gandy**, of Florence  
**Mallory Hollaway**, of Muscle Shoals  
**Brooks Jackson**, of Florence  
**Noah Phillips**, of Tusculmbia,  
**Chandler Ross**, of Florence  
**Daniel Ross**, of Florence

**Dean's List:**

**Elijah Hester**, of Florence  
**Emma Heupel**, of Killen  
**Samuel Mann**, of Muscle Shoals  
**Allie Mitchell**, of Killen  
**Kyle Thrasher**, of Muscle Shoals

The mission of Freed-Hardeman University is to help students develop their God-given talents for His glory by empowering them with an education that integrates Christian faith, scholarship and service.

**2 Recipients  
to UNA**

FLORENCE – The University of North Alabama has granted a number of scholarships to students throughout the Shoals. Two recipients include:

• **Solomon David Heinkel** of Killen has been awarded a Band Performance Award by

See SHORTS... on Page 2

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June 23, 2021

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**150 Years for Her**

**A Milestone  
Year as UNA  
Celebrates  
Admission  
of Women**

FLORENCE – When she thinks back on her years as an undergraduate at the University of North Alabama, Ann Berry can pinpoint the moment that changed her life. It was during an on-campus dinner with then-UNA President Dr. Robert Guillot and U.S. Senator Howell Heflin. A phone call later and Berry, who graduated in 1978, would be on staff with Heflin for the remainder of his career.

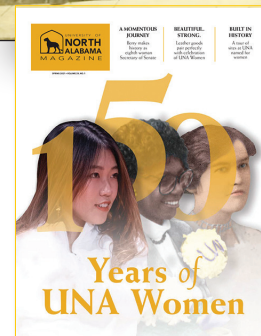
Those early years helped lead to her appointment in March as the first African-American Secretary of the Senate and only the eighth woman to serve in that role.

Berry is among the women who will be celebrated throughout the next 14 months as part

See 150 YEARS... on Page 6



Historic photograph of coed students at Florence Normal School.  
Courtesy photos



**Some Important Historic Dates  
University of North Alabama**

**1830**—LaGrange College was founded in Franklin county, Alabama

**1834**—Nicholas and Caroline Hentz opened and operated Locust Dell Academy near the current site of Willingham Hall

**1855**—The Florence Synodical Female College absorbed Locust Dell Academy

**1872**—University became the first state teachers college south of the

See HISTORIC... on Page 6

**Tourism Revenues  
Exceed Records**



**Carnegie**

FLORENCE – The Florence-Lauderdale Convention + Visitors Bureau (CVB) hosted the Guaranteed Rate Bassmaster Elite on March 18, 2021 on Pickwick Lake. nEconomic impact figures have been calculated with estimated travel-related expenditures exceeding \$1.1 million in the local economy. The Bassmaster Elite Series is the highest level of professional bass fishing tournaments. Competitors must qualify for the series through Bass Pro Shops, Bassmaster Opens, or through B.A.S.S. Nation. Anglers who are already on the Elite Series must re-qualify each year

See TOURISM... on Page 11



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## Shorts...

### Continued from Page 1 2 Recipients to UNA

UNA. Heinkel is a graduate of Shoals Christian School, where he was a member of the marching band from fifth through twelfth grade and served as First Chair in the All State Red Band. As an incoming freshman at UNA, Heinkel plans to major in Music Education with a minor in Music Performance. He is the son of **Don and Angela Heinkel**.

• **Emma C. Maness** of Muscle Shoals, has been awarded an Academic Scholarship, a Singing River Scholarship, and a Tennessee Valley Scholarship by UNA. An alumna of Muscle Shoals High School, Maness was a member of First Priority of Alabama, Photography Club, FCA, Drama Club, and Anchor Club, as well as the Talented Visual Arts Program, the Talented Theatre Program, and the National Honor Society. She is the daughter of **Brad and Crystal Maness** and is an incoming sophomore at UNA where she intends to major in Elementary Education.

Mississippi State  
**Mahalie Stults** from Iron City, TN – \$2,500 Ole Miss

**Addison Wilson** from Evans, GA – \$2,500 Auburn

The recipients were selected based on their academic achievements, demonstrated leadership and participation in school and community activities, honors, work experience, statement of goals and an outside appraisal.

Since creating its annual scholarship program, Essity has given \$826,000 to high school seniors and college students in the US and Canada.



## Upgrades for Frisbee Course

FLORENCE—The Shoals Frisbee Club recently announced that course upgrades coming to the McFarland Park course. SFC is partnering with the City of Florence to bring concrete tee pads and a practice basket to continue making this one of the best courses in Alabama!

The club needs your help in raising half of the funds through hole adoptions. Each hole sponsorship is \$400, and the donor will receive a special gold plaque on the tee sign of their hole choice. Individual sponsorships for \$100 each are also being accepted.

The sport cost is low, so keep in mind what it takes to keep our courses beautiful! Thank you in advance for the community support! Visit them on Facebook for more information, @ShoalsFrisbeeClub.

See SHORTS... on Pg 8

## Scholarships from Essity

BARTON -- Essity has awarded over \$13,000 in scholarships to nine Barton area students, as part of the company's annual scholarship program for children of employees.

Essity is a leading global hygiene and health company with local operations in Barton.

Scholarship recipients, amounts, and the attending college are as follows:

**Lauren Franks** from Muscle Shoals – \$1,000, UNA

**Russell Gist** from Muscle Shoals – \$1,000, Alabama

**Jeni Graves** from Rogersville – \$2,500, UAB

**Makayla McAfee** from Tuscumbia – \$1,000 NW-SCC

**Audrey Michael** from Killen – \$1,000 UT-Knoxville

**Angel Napalit** from Sheffield – \$1,000 NW-SCC

**Marlie Riddell** from Killen – \$1,000

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# Yard Sales

**KILLEN YARD SALE**, 317 Lingerlost Road, Sat. 7am-2pm & Sun. 7am-until? Make offer, nothing pre-priced. No clothes, two very nice clothes hangers (treadmills), Fire King Swirl Glassware, Purses, Small Kitchen Appliances, Linens, Gas Stove/Oven, Furniture, & lots of decorative items. Too much to list!



**FLORENCE: 16301 HWY 20** Sat., June 26th, 8 am, 16301 Hwy 20, Florence 35633 - Two Family Yard Sale - Antique, Vintage, MCM - glassware, barware, furniture, decor, collectibles, clothes, shoes, tools, tires, etc. Starts at 8 am - rain or shine. No pre-sales.

**FLORENCE: 211 BAINBRIDGE ROAD** (Indian Springs Subd.) Sat. 7AM 6/26, Furniture, clothes, lamps, housewares + more!

**MUSCLE SHOALS MULTI-FAMILY SALE** Fri & Sat 8am-until? 310 W Pershing Ave., Housewares, Clothing, Shoes, Boys bikes & Toys, Girls clothing.

**FLORENCE: 2287 CO RD 24** Fri. and Sat. 7AM-3PM, Multi Family! 3 House Clean Out! Lots of clothing, housewares and children's items. **MAP ID # 4851**

**LEIGHTON: 12260 CO. LINE** Road (Mt. Pleasant MB Church) Sat. 6/26 7AM-Until, HUGE Church Yard Sale and Car Wash! If rain, following Sat. Benefits to Restoration Home. Lots of furniture, household items, tools, men's white shirts, womens/children's clothes, toys + something for everyone! **MAP ID # 4838**

**MUSCLE SHOALS: 613 W Dearborn Ave** Sat. 9:00 am to 2:00 pm, June 26th Moving Sale **FURNITURE ANTIQUES TOOLS HOUSEWARES**

**FLORENCE MOVING SALE** Sat. 7am-until?, 4920 Hwy 157 (By Underwood School) 25 years of stuff, Furniture, Kitchen items, Corner TV Cabinet, Luggage, Cameras, Bedding, Thomas Kinkade Lightened Houses, Fridge & much more!

**SHEFFIELD CHARITY YARD SALE** **505 N. Columbia Ave.** Parking lot of Housing Authority **Friday, June 25th, 7am-3pm** Baby items, household, clothes, furniture, pet items, lamps, linens, tableware, games, electronics, pots, pans, dishes, shoes, jewelry, scarves, books, and much, much more! \*Proceeds go to the Sunrise Center-a homeless day center.\*

**FLORENCE ESTATE SALE** **103 Myrtle Dr., Kendale Gardens** **Fri. & Sat., 7am-2pm** Trailers, Tools, Tool Cabinets, Generators, Clothes, Home Decor, and Glassware!

**CHEROKEE: 2155 RIVERTON ROSE Trail** (2 miles off Hwy 72) **Thurs. and Fri. 8AM-4PM,** 3 Family Sale! Antiques, lamps, household/kitchen items, dishes, bedding, curtains, pictures, coolers, camping goods, medical supplies and men/women clothing.

**TUSCUMBIA: 721 N. MAIN St.** Fri. 7 a.m. to 4 p.m., Sat. 7 a.m. to 2 p.m., **Indoor Estate Sale!** Furniture, Pictures, Household Goods, Tools, Washer and Dryer, Porcelain Dolls.

**FLORENCE YARD SALE** **Thurs. - Sat. 7 am-until?, 528 Haley Ave (located in back yard)** Clothes, Furniture, Decor & more!

**KILLEN YARD SALE, 245** Briarwood Dr., (Briarwood Sub) Sat. 6 am-until? Toys, Clothes, Tools, and much more!

**KILLEN: 80 HARRINGTON DRIVE** (East Ridge Subd.) Sat. 7AM, 3 Family Sale! Furniture, household, decor, seasonal, toys, books, kitchen items, electronics. **MAP ID #4837**

**FLORENCE MULTI FAMILY YARD SALE**, 7am, 8470 Co Rd 189 (At Cooley's Corner- Look for signs) Lots of stuff for cheap! Rain or Shine!

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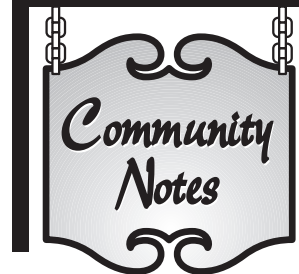
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**LifeSouth Shoals Area Blood Drives** - Donate at the Center, 307 Veterans Drive, Florence. Schedule an appointment, 256-765-7038. [www.lifesouth.org](http://www.lifesouth.org). The hours are: Monday, Wednesday, Friday 9am-5pm; Tuesday and Thursday 9am-7pm; Saturday 9am-3pm; Sunday 1-5pm.

Tuesday, June 22, 10am-4pm - Lauderdale County Courthouse, 200 S. Court St, Florence

Wednesday, June 23, 10am-3pm - Frank Dean State Farm, 2001 Florence Blvd, Florence

Wednesday, June 23, 5-8pm - First Baptist Church, 6000 Woodmont Dr. Tuscumbia

Thursday, June 24, 11am-5pm - Pathway Eye Rogersville, 16035 Hwy 72, Rogersville

Friday, June 25, 9am-4pm - Encompass Health, 2713 Avalon Ave, Muscle Shoals

Saturday, June 26, Noon-6pm - Walmart, Military St, Hamilton

Sunday, June 27, 1-7pm - Walmart, Hwy 195, Haleyville

Monday, June 28, 11am-5pm - Shoals Pharmacy, Hobson St Tuscumbia

**See NOTES... page 9**

**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](mailto:editor@courierjournal.net);
- Look for "Submit News" on our website at [www.courierjournal.net](http://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](http://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.

**Florence-Lauderdale Farmers Market Open** at 451 Fairground Road. The market will be open Saturdays during the months of May and October. Tuesday, Thursday, and Saturday during the months of June through September. Hours are 6am-1pm each day.

**Family Bible School at Hendrix Chapel Church of Christ**, located at 13007 County Road 8, Florence (1 mile west of Natchez Trace) Sunday, June 20-Wednesday, June 23, 7pm nightly. Focusing on children's Bible Study. Classes for all ages, birth to adult. Everyone is welcome.

**Bank Independent will host a Job Fair event locally** on Tuesday, June 22 from 4-7pm at the operations office located at 426 Veterans Drive in Florence. Positions start at \$14/hour and include a full suite of benefits including affordable Blue Cross/Blue Shield health insurance, both 401K and Pension retirements, and generous paid time off.

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# 150 Years...

Continued from Page 1

of the Year of the UNA Woman.

The State Normal School at Florence, now UNA, opened its doors to women in 1872 – making Alabama's oldest four-year university the first state-supported co-educational institution in the southeast. The university is proudly observing this sesquicentennial year, the Year of the UNA Woman, 150 years later with events scattered through the coming year.

"It is wonderful for UNA to celebrate 150 years of admitting women to the University," Berry said. "Our successes as women represent a powerful array of accomplishments, and we must remain committed to opening doors for others. I'm proud to be a product of one of the best universities in the state of Alabama."

The Year of the UNA Woman launched June 1 with a website – www.una.edu/unawoman. The *UNA Magazine* was produced entirely by women. It kicks off the year with articles detailing UNA's history of women on campus and with upcoming events in celebration of the Year of the UNA Woman. Further, the University brand has been updated to include Una, the beloved lioness who passed in 2020.

"This anniversary is a significant reminder of UNA's history of firsts. We opened in 1830 as Alabama's first public four-year institution on LaGrange Mountain in Colbert County and we began admitting women in 1872," said Dr. Ken Kitts, UNA President. "Both as students and among our faculty and staff, women

like Ann Berry and others continue to be vital to the ongoing success of UNA.

In preparation for the launch of the Year of the UNA Woman, a task force of more than two dozen campus and community members was convened in late 2020. In addition to planning events, the group is also coordinating a hardcover book and producing podcasts, both of which are designed to archive and commemorate this sesquicentennial anniversary.

"I am so proud of the work of the task force in guiding the Year of the UNA Woman," said Dr. Ross Alexander, Provost and Executive Vice President for Academic Affairs. "We are pleased to be able to celebrate the contributions of women to this great institution, and we invite the community to participate alongside us."

Even those who live out of town can participate by shopping in the online store. UNA collaborated with Huntsville-based Holtz Leather to provide branded items in signature purple and gold leather. UNA's Homecoming will feature all women alumnae award winners with a half-time performance by the Marching Pride of North Alabama featuring all female artists.

"This is an exciting and important anniversary for the University of North Alabama," said Dr. Jeffrey Bibbee and Michelle Eubanks, co-chairs of the Year of the UNA Woman Task Force appointed by President Kitts.

"Women have long been trailblazers at the institution, and we will celebrate their contributions throughout UNA's history in the months ahead."

# Historic Dates...

Continued from Page 1

Ohio River  
**1874**—First female instructors started teaching at Florence Normal School; 31 female students attended school

**1877**—First graduating class - 3 of the 4 graduating students were women

**1913**—O'Neal Hall, named for former Alabama governor and alumnus, opened as the first women's dormitory

**1932**—First woman editor of the *Flor-Ala*, Martha Spain Gaskins

**1939**—Willingham Hall constructed by Works Projects Administration in 1939 as a women's dormitory.

**1949**—The first "Daisy Mae" majorettes for the university's band were Edith Ann Davis, Bobbi McKee, Dorothy Ann Pitts, Kathryn Gibson Sandlin, and Cris Young

**Late 1960s**—Lady Lions' basketball program began as a part of an extramural program in the Physical Education Department (known as Florence State University at this time)

**1969**—UNA Lady Lions' volleyball program began much like the basketball program did

See DATES... on Page 7



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# Dates...

Continued from Page 6

**1974**—Mary Ella Potts becomes President pro tempore of the UNA board of Trustees, the first woman to serve in this capacity

**1975**—Basketball team entered the Association for Intercollegiate Athletics for Women (AIAW) with Susan Phillips as head coach (coached from 1975-1977)

**1976**—Lillian Goodlow became the first female athletic scholarship recipient

**1986**—UNA's first fast-pitch softball team won the GSC championship with a 16-10 season

**1993**—Kristy Holdbrooks from UNA was named an All-

American softball player

**1994**—Basketball team reaches the Final Four in NCAA II tournament

**1996**—Lady Lions' soccer team began as a club sport and moved quickly into the Gulf South Conference (GSC) in 1997

**1997**—Ronda Price from UNA became an All-American volleyball player, and she was an Academic All-American honors

**2003/2004**—Lady Lions Volleyball wins back-to-back national championships.

**2016** Softball team wins national championship.

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**ON MAY 20, 2021**, an associate from Walmart Store #2362, located at 1868 Warrensville Center Rd., South Euclid, Ohio reported that he could not locate a set of paper records associated with our vision center. We immediately conducted an extensive search for the records within the store and off-site retention locations. Unfortunately, we have not been able to locate the records. Although we cannot locate the records, our investigation has not identified any inappropriate access, or any indication of theft or other criminal activity.

Following our investigation, we determined that the affected records pertain to individuals who obtained glasses or contact lenses from the Walmart Store #2362 vision center between January 1, 2010 and December 31, 2017. The personal information that may have been contained in the records includes your name, address, phone number, information about your contact lenses or glasses such as your contact lens or glasses prescription strength, and dates associated with your contact lenses or glasses, such as your exam date. Information about your health insurance may also have been impacted, such as your subscriber ID and group number. Walmart has no indication that patient information has been misused in any way.

Walmart is continuing to review the facts and circumstances surrounding this matter and is evaluating whether additional safeguards can help prevent this type of incident from occurring in the future.

Although Walmart has no reason to believe that the patient information has been misused, or is likely to be misused, Walmart is sending individual notices to affected patients regarding the incident. If you have any questions, we encourage you to call our dedicated call center at (855) 731-2986, Monday through Friday from 8:00am to 5:30pm CT, excluding major holidays. As a reminder, please be vigilant when reviewing explanations of benefits and other information pertaining to you and always be cautious about requests to provide any personal or financial information over the phone, by text, or by email and verify the source of any such requests.

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- Post-its were invented in which state?  
 A) New York B) Alabama C) Kentucky D) Washington
- The double spade post hole digger is only powered manually. True or False
- In Post-WWII Japan the Emperor was stripped of his power by order of the U.S. True or False

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

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## PUBLIC NOTICE

### FLORENCE CITY BOARD OF EDUCATION Special Education Department

Special education records for students who graduated or should have graduated during the year of 2015 are going to be destroyed. Persons interested in receiving their records should contact the Special Education Department at 256-768-3070 before July 1, 2021.

**Please Help Us Locate Children in Florence Who Have Disabilities**

If you know of a child between the ages of birth to 21 who has a disability and lives in the Florence city limits, please contact the Florence City Board of Education at 256-768-3070 or call the State Child find phone number at 1-800-543-3098. All information will be kept strictly confidential.

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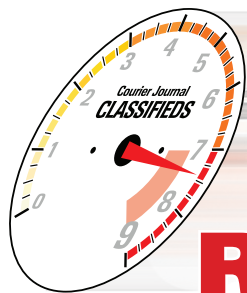
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## Shorts...

Continued from Page 2

### Now Deduct ABLE Savings

MONTGOMERY—Alabamians are now allowed to deduct contributions to an Alabama ABLE Savings Plan account up to \$5,000 per year, per taxpayer on State Income Taxes.

Governor **Kay Ivey** signed Alabama Act 2021-514 last week to establish this incentive to aid the disability community in their savings journey.

Alabama ABLE accounts help individuals with disabilities save money without jeopardizing state or federal means-tested benefits such as SSI or Medicaid. Participants may use the savings for a wide range of qualified disability expenses. While the account's growth is tax-free, qualified withdrawals are also exempt from federal and state income tax.

"We are excited about this tax deduction on contributions as we strive to make saving simple and achievable for everyone in our community," said Alabama State Treasurer, **John McMillan**. "As Americans with disabilities continue to grapple with health and financial challenges, we must expand all

opportunities for financial stability."

It is important to note that the deduction on contributions is ONLY available to those made to the Alabama ABLE Savings Plan, which is the official and only plan sponsored by the State of Alabama.

For more information about the new Alabama ABLE Savings plan or to learn more about the tax deduction, visit [www.alabamaable.gov](http://www.alabamaable.gov) or call 833-711-2253.

### 14 Efficiency Grants Given

MONTGOMERY – Gov. **Kay Ivey** recently announced a total of \$2.9 million to assist low-income, elderly and disabled residents with making their homes more energy efficient.

The governor awarded grants to 14 community action agencies under the Alabama Weatherization Assistance Program.

ADECA is administering the grants. Community Action Agency of Northwest Alabama (Colbert, Franklin and Lauderdale counties) is among the recipient agencies with \$105,450.

People seeking assistance should contact the community action agency. 256-766-4330 or 256-383-3832



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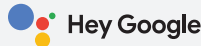
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PREM\_26920

**Notes...**

Continued from page 4

Tuesday, June 29, 7am-2pm - Fontaine Trailer, 430 Sam Letson Industrial Rd, Haleyville  
Thursday, July 1, Noon-6pm - Walmart, W. Avalon Ave, Hamilton  
Friday, July 2, 3-8pm - Texas Roadhouse, Cox Creek Pkwy, Florence  
Friday, July 2, 8am-1:30pm - Level Up Nutrition, Wilson Dam Rd, Muscle Shoals

**Gospel Meeting at Midway Church of Christ.** 6000 US Hwy 43, Florence, June 20-25. Sunday: 10:30am and 7pm; Monday-Friday: 7pm.

We will have different speakers each day and invite you to come out and be with us. All lessons will be available on Facebook.

**Welcome back to The Ritz!** Tickets for the Ritz Theatre's 2021 SummerStock production of "The Last Five Years" are on sale now. This musical marks the return of live theatre at the historic Ritz Theatre in downtown Sheffield.

Written and composed by Jason Robert Brown. It is directed by Suzanne Reese-Mills with musical direction by Drew Mills. "The Last Five Years" is a beautifully heartbreaking and uniquely told story of love and loss in a two-person play. The Ritz's production features three different casts performing over six nights: Victoria Chaves and Gary Fuqua, Nick Grigsby and Carolina Mooring, and Jalen Kirkman and Mary Morgan Scott. These casts were chosen through a competitive audition process for this year's SummerStock show. SummerStock is the Tennessee Valley Art Association's annual musical production that features young-adult performers and crew.

There will be six performances, running July 22-24 and 29-31, all at 7:30pm. Tickets are available at tennesseevalleyarts.org. Tickets are \$25 for adults and \$20 for students.

To celebrate the return to The Ritz, there will be pre-show parties for the three opening weekend shows. The price for a ticket with the pre-show party is \$40. The party will include charcuterie and a drink ticket. A cash bar will also be available.

Audience members wanting to see multiple casts can get the student rate when purchasing tickets for two or more performances. Just call 256-383-0533 to purchase a ticket bundle. ADA seating is also available by phone.

**Vacation Bible School at Mt. Bethel United Methodist Church,** located at 1743 County Road 53, Rogersville from Monday-Friday June 21- 25 from 6-8:30pm each evening. The program is entitled "Discovery on Adventure Island", and is for ages 3-12 years. Come join us and learn about the Bible and have fun and fellowship with others.

**Miracle Worker Play,** outdoor theater on the grounds of Ivy Green, Helen Keller Birthplace. June 11-July 17 (Friday & Saturday only) -Gates 7pm, Show 8pm. Reserved & general admission tickets. For more info or to reserve tickets: 256-383-4066.

**Music in the Park,** Wilson Park, Florence, every Wednesday 11:30am-12:30pm.

**Helen Keller Festival, Tuscumbia.** June 24-27 -(Thurs, Fri, Sat) Parade and music downtown on Thursday evening with local artists; concerts in Spring Park on Friday & Saturday, featuring Kerry Gilbert Band and Lindsay Ell. Info: jebner613@comast.net

**Pulled Pork Plate Fund Raiser** - 207 West 5th Street, Tuscumbia, during Keller Fest, Friday June 25 and Saturday, June 26, 11am-6pm. Plates are \$9 each. Dine-in air conditioned or carry-out. Preorder: Robert 256-577-1784 or Len 256-702-1868.

Sponsored by Washington Masonic Lodge #36. Profits go to Masonic Lodge Needy Family Fund.

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See NOTES... page 18

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**TREAD MILL, \$100.** 256-777-0180. Hartselle area.

## Tourism...

Continued from Page 1

by maintaining enough points throughout the season.

One-hundred anglers took to the water over four days with elimination beginning on Day 2 of the tournament. The top 10

anglers competed for a \$100,000 first place prize.

The Florence-Lauderdale CVB has already hosted six bass tournaments in 2021 along with the AHSAA North Regional Softball Tournament at the Florence Sportsplex. Tournaments on an annual basis produce over \$5 million in travel-related expenditures with additional media value for the Shoals area.

Rob Carnegie, President & CEO of the Florence-Lauderdale CVB, has said that the tournaments generate significant spending locally. This has led to some record breaking revenue months for the Florence-Lauderdale Convention & Visitors Bureau.

"For the first time in our organization's history, we set revenue records for the months of March and April", said Carnegie. "April revenues exceeded \$105,000. This is the first time in our 26-year-history as a bureau that we have seen six digit revenues in the month of April."

Additionally, Bassmaster set the highest traffic record in Florence on Bassmaster.com since 2018, the highest weigh in minutes streamed since 2017, and 3 million social media video views. This was 96% higher than the first two Elite tournaments in 2021. They also set an all-time record for social media engagement (including the Classics Series) of 759,000 views.



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**I WAS REMINISCING OVER A FEW OF MY VERY FIRST ARTICLES** from over FIFTEEN years ago. Where does the time go? Anyway, this is a rehash of an article I wrote way back in 2005 that is still pretty pertinent today. It also proves (as if anyone needed proof) that age does not necessarily impart wisdom. I still do stupid things every day but this still ranks among the stupidest:



**Jim Fisher**

It was early morning when I arrived at the office and clicked the icon to check my email. Among the offers for larger body parts and weight loss remedies, there was a confirmation of a \$400 PayPal payment that I supposedly

# IDIOTS

by "The Computer Skeptic"

sent to some person on eBay. Just below the very legitimate-looking confirmation was a clickable link that read "Click here to dispute this payment."

I buy and sell items on eBay so PayPal confirmations are a pretty common item in my Inbox. However, I was certain I never purchased a digital camera from eBay so I clicked on the link to report a fraudulent payment. The link took me to a website that looked exactly like PayPal where I entered my username and password and pressed the enter

key. It took me only an instant longer to realize what an idiot I was. By then it was too late.

You see, I, Jim Fisher – formerly not-so-humble geek who's been around computers since the stone ages and who should darn well know better – ignorantly gave my PayPal username and password to scam artists. I was the victim of a phishing scam.

I also owe many of you an apology. You see, I have secretly made fun of some of you who fell for this kind of scam. I used to ask myself, "In this day and

age, what kind of ignoramus could be dumb enough to fall for a blatant phishing scam?" Don't answer that, I already know. After all, I've written about this very subject in this very column at least twice. Our banks, internet service providers, and headlines in the newspaper inundate us with warnings to never give our username and password to anyone. I've personally received dozens of phishing emails from virtually every bank I do (and don't) do business with. I even get PayPal scams on a regular basis. I've never fallen for it because I KNOW better. But for some goofy reason I let my guard down with this particular email.

It was only after I typed in my username and password, and pressed "enter" that I glanced at the address bar

in FireFox and noticed the address of the website I was entering was not www.PayPal.com. I immediately pulled up a separate web page, logged into my real PayPal account and changed my password before the thieves beat me to it. My account wasn't cleaned out but I am certain it was a very close call. Had the scammer been a little faster he could have locked me out of my own account and cleaned out my entire balance of \$3.35. Whew!

*Jim Fisher owns Excel Computer Services in Florence. Reach him at [www.ExcelAL.com](http://www.ExcelAL.com)*



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## Commentary

# The Media's Take on Two Summits

The media build-up for mighty Joe's appearance at the G-7 Summit was really entertaining for those of us who are grounded in reality.

America is Back! The G-7 Summit and Joe Biden's meeting with Putin were played up as heavyweight equals in the ring. Media officials loved the idea of submissive Joe representing the United States, because it took all the pressure off of them. They could gush and not have to think in diabolical terms like they did with Trump in 2018. Then the great philosophical divide regarding the use of US tax money between Trump and other world leaders was once insultingly referred to as "the G-6 and 1."

It was all glowing positives by US media last week regarding Biden's presence and performance.

*Time Magazine's* portrayal of Biden included a further photoshopping of his wrinkles so he now looks like he's in his mid-40s. A determined Biden wearing his dynamic aviator glasses reflects a timid-looking Putin who must be in awe of the current US leader.

See G-7... 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*

June 23, 2021

# THIS WEEK

Happening  
**THIS WEEK**

## Remarkable Skills

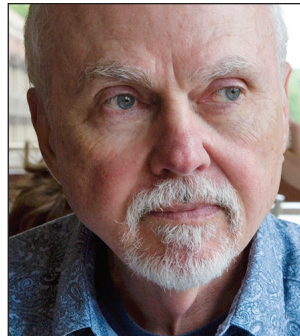
### Pandemic was a Challenge and an Opportunity

FLORENCE—Native-born Alabama artist and Shoals resident, Tim Stevenson, will be showing a selection of his watercolor paintings at the Kennedy-Douglass Center for the Arts from June 27 - August 4. Watercolors the artist completed over the pandemic year from March 15, 2020- March 15, 2021, make up the entire solo exhibit.

Stevenson will also give a gallery talk at the opening reception at 1PM ON SUNDAY, JUNE 27.

Stevenson has been painting for over 50 years. He is a studio painter who works in the tradition of the "Old Masters" (Vermeer and Rembrandt). Using the remarkable representational painting skills that he acquired in his early career as an illustrator and billboard painter, the artist is deliberate in his approach. He will spend days, weeks, and sometimes months in the execution of his paintings.

See WATERCOLOR... on Page 23



**Tim Stevenson has been painting for over 50 years and works in the tradition of the "Old Masters." His recent work is on display at the Kennedy-Douglass Center for the Arts in Florence.**

Courtesy photos

**SHOALS FRISBEE CLUB WILL HOST** a Top Disc Golf & Long Drive Contest from 6-8:30pm on Friday June 25 at the McFarland Park Driving Range. They will have 4 baskets with assigned point values, and the one who scores the most points in 1 round will win. The cost is \$5 for 5 shots with unlimited attempts, but only your best round counts! Cash payout for Pros and Prizes for Ams. This event is open to the public. See their FB page for more information at ShoalsFrisbeeClub.com.

**PULLED PORK PLATE FUND RAISER** - 207 West 5th Street, Tuscumbia, during Keller Fest, Friday June 25 and Saturday, June 26, 11am-6pm. Plates are \$9 each. Dine-in air conditioned or carry-out. Preorder: Robert 256-577-1784 or Len 256-702-1868. Sponsored by Washington Masonic Lodge #36. Profits go to Masonic Lodge Needy Family Fund.

**THE HELEN KELLER FESTIVAL CAR SHOW** takes place on Main Street in Tuscumbia June 26 from 7:30am-2pm. Registration is \$20 and starts at 8am. \$1,700 in cash drawings plus many door prizes. Trophies for Best of Show Production and Modified, Car and Truck Pre 1999 and 2000-present and Rat Rod. For more information on the Helen Keller Festival and a map check "Helen Keller Festival / North Alabama". For more information on the Show contact BillyGriffith100@gmail.com

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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

### The Support for Race Amity Day

Editor:

The Race Amity Day Coalition would like to sincerely thank the City Councils of Sheffield, Tuscumbia, Muscle Shoals,

Florence, Cherokee, Russellville, Littleville, and Leighton and the county commissions of Lauderdale County, Colbert, and Franklin counties for the proclamations and resolutions they issued in support of the centenary of Race Amity Day. This strong support shown for E Pluribus Unum, "One Out

of Many", the motto of the United States, indicates that our country is still united in support of our core values.

Jacqueline Osborne,  
Secretary Florence

### Only 5,208 Dead After Vaccination

Editor:

Bob Seaman in his June 16 letter referenced Biden's supposed death toll from COVID-19, 179,000 for Sleepy Joe.

As of June 14, 599,000

people have died in the US from COVID 19. The vaccines have been around since basically the first of the year. Between Dec. 2020 and June 2021 there have been 5,208 deaths of vaccinated people. Using your number of 179,000, that leaves 173,792 deaths from people WITHOUT the vaccine.

But remember, Trump said it was all a hoax anyway!

Larry Oneill  
Killen

See LETTERS... on Pg 30

News of the recent cyberattack on meat processing company JBS makes the need for a more diverse food supply chain even sharper.





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We offer shift differentials, medical, dental, vision, insurance benefits, HSA with company match, vacation pay and competitive wages.



INTERESTED CANDIDATES, PLEASE APPLY ONLINE AT:  
<https://florencenursing.applicantpro.com>

..... OR IN PERSON AT: .....

2107 Cloyd Boulevard • Florence, AL 35630  
 Tel: (256) 766-5771 • Fax: (256) 766-8135

EOE G/R/V/D

421080-1

## Legal Assistant Needed

Full time position assisting attorney in daily scheduling and case preparation. Must be able to do transcription and be proficient with Microsoft Word.

Please send resume to:

**Legal Assistant**  
**PO Box 9, Florence AL 35631**

419890-1

## GROW YOUR CAREER AND LOVE IT!

We want people like **YOU** who are passionate about healthcare and ready to make a difference in people's lives.

## DIETARY AIDES HOUSEKEEPING

We offer shift differentials, medical, dental, vision, insurance benefits, HSA with company match, vacation pay and competitive wages.

*Florence*

Nursing & Rehabilitation Center, LLC

INTERESTED CANDIDATES, PLEASE APPLY ONLINE AT:

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OR IN PERSON AT:

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 Tel: (256) 766-5771 • Fax: (256) 766-8135

EOE G/R/V/D

419895-1

## Full-Time Bookkeeper/ Tax Preparer

**•Bookkeeping Experience:** Data Entry, Bank Rec., Financial Statements, Payroll, Payroll Tax Reports, and Sales Tax.

**•Tax Preparation Experience:** Knowledge of all Tax Preparation (personal and business)

MUST BE SELF MOTIVATED, A TEAM PLAYER, AND BE PUNCTUAL!

Please, Serious Inquirers Only: Send resumes to [tax35630@gmail.com](mailto:tax35630@gmail.com)

## 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 [Rebecca.Braun@decaturdaily.com](mailto:Rebecca.Braun@decaturdaily.com)

## Home Instead

**SEEKING Caregivers for non-medical in-home care and housekeeping** for our elderly clients - one-on-one in their homes.

Apply at: [www.homeinstead.com/200](http://www.homeinstead.com/200) click on careers. Or, come by our office at 2703 Darby Drive, Florence 35630 for a paper application.

## More Employment on Following Page

### Part-time Shipping/Receiving Clerk

*TimesDaily* has an immediate opening for a part-time shipping and receiving clerk. Responsibilities include ensuring packages are tracked and recorded properly and loading and unloading trucks with a forklift. Will use computer, copier and phone system for transactions.

Application can be picked up at **219 W. Tennessee Street Florence, AL 35630** Monday through Friday, 8 a.m. - 5 p.m. Completed application or resume may be submitted at the above address or emailed to [hollie.colella@timesdaily.com](mailto:hollie.colella@timesdaily.com). EOE

### Mechanic needed

Gas and diesel experience is necessary. Pay will be based on ability. A great work environment with options to advance in this industry. We are a growing business and in need of someone with a good work ethic. Hours are 7:30 to 4:30, Monday thru Friday. No on-call work or service calls off site unless desired.

**Come by in person or call for interview.**  
 C & R Diesel  
 11270 Hwy. 157 Florence, AL 35633 (Cloverdale).  
 Text or call 256-476-3781  
 Lee Cockrell

## Lauderdale Christian Nursing Home

Following Position Available

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

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](mailto: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)

417176-1

## CERTIFIED DIETARY MANAGER

Monday-Friday • 7am-3pm and On Call

Salary is Negotiable  
 BCBS Insurance • 6 Paid Holidays

### Lauderdale Christian Nursing Home

Please contact Annette to arrange a time to fill-out an application and be interviewed at 256-272-6015 Or you may email Annette at [aparker@lcnh.org](mailto:aparker@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)

419800-1

## CNC MILL OPERATOR

- Machining Steel Dies
- Vertical and Horizontal • Milling Centers
- CNC Controls, Set-Up • CNC Tooling



**Southeastern Extrusion & Tool, Inc.**  
 510 Staples Drive • Florence, AL

SEND RESUME to: [hr@set-tool.com](mailto:hr@set-tool.com)

256-766-6421 E.O.E

420741-1

## Lauderdale Christian Nursing Home

## Taking applications for CNA Class

Please apply in person at  
**Lauderdale Christian Nursing Home**  
**2019 County Road 394, Killen**

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

419892-1

## AUTO SALES

- Real Closer
- Buy Here Pay Here Finance Experience
- Customer Service

**National Advance Auto**  
 3641 Cloverdale Rd., Florence, AL

SEND RESUME to: [hr@set-tool.com](mailto:hr@set-tool.com)

256-766-6421 E.O.E

420742-1

## Full-Time & Part-Time Caregiver Positions

available on 1st and 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

417289-1

## Consolidated Tool, Inc.,

a growing die cast tooling provider located in Muscle Shoals

HAS THE FOLLOWING OPENINGS:

- CNC Mill Operators
- CNC Lathe Operators
- CNC Programmers

As a full-time employee, you will qualify for health insurance, dental, vision, and a 401k retirement plan. Consolidated Tool is an equal-opportunity employer.

Candidates must have CNC mill, lathe, or programming experience and ability to read blueprints. Die cast experience is preferred.

Please send a resume to:

**333 E. Washington Ave, Muscle Shoals, AL 35661** or email resume to [LNelson@geminigroup.net](mailto:LNelson@geminigroup.net).

Please feel free to contact us at 256-381-9420 if you have any questions.

419855-1

# EMPLOYMENT Opportunities

continued from previous page.

**The Colbert County Commission** will be accepting employment applications for a **TAG CLERK**

Starting pay is \$11.05/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 July 2, 2021.**  
 Colbert County Commission is an equal opportunity employer.

**DIETARY AIDE**  
**PART TIME, FLEX SHIFTS**  
 7am-3pm • 12:30-8:30pm • 4-8:30pm

**Lauderdale Christian Nursing Home**

Please contact Darlene to arrange a time to fill-out an application and be interviewed at 256-272-6014  
 Or you may email Darlene at [dbogus@lcnh.org](mailto:dbogus@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)

**CDL TRUCK DRIVER**  
 Weekly 2-3 Day • Overnight Dedicated Trip  
 Clean Driving Record • Available Overtime  
 Hourly Pay  
 Class A Required • DOT Compliance

Call for Appointment 256-766-6421  
 SEND RESUME to: [hr@set-tool.com](mailto:hr@set-tool.com)

**Southern Extrusion & Tool**  
 510 Staples Drive • Florence

**GROW YOUR CAREER!**

MANAGEMENT OPPORTUNITIES AVAILABLE

**RNs | LPNs  
 CNAs**

**NEW COMPETITIVE RATES!**

We offer shift differentials, medical, dental, vision, insurance benefits, HSA with company match, vacation pay and competitive wages.

**Florence**  
 Nursing & Rehabilitation Center, LLC

INTERESTED CANDIDATES, PLEASE APPLY ONLINE AT:  
<https://florence-nursing.applicantpro.com>

OR IN PERSON AT:  
 2107 Cloyd Boulevard • Florence, AL 35630  
 Tel: (256) 766-5771 • Fax: (256) 766-8135

EOE G/R/V/D

## Community Notes...

Continued from page 9

Call or text 256-366-3362 or 256-762-9747 for more info. Other pickup arrangements can be made closer to date.  
 All proceeds will go to the Alzheimer's Association.

**Ekklesia Ministries Summer Feeding Program.** kids and teens eat FREE this summer at locations listed.

**Monday-Friday for Colbert County**  
 Oakhill Apartments - 12:30-12:50pm  
 Blake Apartments - 11:40am-12pm  
 Long Low Apartments - 12-12:20pm  
 Manning Homes - 12:30-12:50pm  
 Ekklesia Church - 11am-1pm  
**Monday-Friday for Lauderdale County**  
 Florence Apartments 11:40am-12pm  
 Hermitage Knolls - 11-11:20am  
 Cypress Point - 10:30-10:50am  
 Cherryhill Homes - 12:20-12:40pm  
 Closed to the Public  
 Sheffield Junior & High Schools - TBD  
 KILBY - June 1-July 28  
 L.E. Willson - July 13-August 7  
 Colbert County (Select Serving Dates Only)

Threadgill Health Dept. - July 12-August 7, 12:30-1pm  
 Common Ground - June, TBD  
 Community Action Partnership - July, TBD

At every site the meals will be Hot Nutritious meals that are packaged to GRAB-and-GO. Lunch and Snack will be available to children to take with them.

**Art of the Dish Exhibit at Belle Mont Mansion.** 1569 Cook Lane, Tusculumbia. Thurs - Sat. June 24-26 10am - 4pm. Individuals and collectors share 200 years of antique and vintage china in tablescapes set up around the museum. A tour of the home and the exhibit is included with standard admission - \$6 adult, \$5 senior, military and college students; \$3 youths 6-18, and under 6 years free. For information call 256-381-5052, [info@bellemontmansion.org](mailto:info@bellemontmansion.org) or visit [www.bellemontmansion.org](http://www.bellemontmansion.org)

**Northwest AL Housing Services is having a Charity Yard Sale** Friday, June 25, 7am - 3pm at 505 N. Columbia Ave. in Sheffield- in the Parking Lot

Baby Items, household items, clothes, furniture, pet items, lamps, linens, tableware, games, electronics, pots, pans, dishes, shoes, jewelry, scarves, books and much more. Proceeds go to the Sunrise Center, a homeless day center.

**Luncheon and Program for "Art of the Dish"** June 25-26, (2 days only) at historic Belle Mont Mansion, 1569 Cook Lane in Tusculumbia. Reserve your seating for programs at 11am, 12pm or 1pm each day when a special presentation on 19th century dining customs will be given by collector, George Terrell. A box lunch (complimentary with your program ticket) will be provided by Alabama Bliss Catering on the courtyard of historic Belle Mont, available from 11am - 1pm. Advanced tickets are required at \$20 per person. Proceeds benefit continued preservation and operations of Belle

Mont Mansion. Sponsored by Colbert County Historical Landmarks Foundation. Tickets available at Belle Mont, Fiddledee D! Gift Shop in Tusculumbia, or through [eventbrite.com](http://eventbrite.com) (search Art of the Dish) - For more information: 256-381-5052, email [info@bellemontmansion.org](mailto:info@bellemontmansion.org), or visit [www.bellemontmansion.org](http://www.bellemontmansion.org).

### 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.coella@timesdaily.com](mailto:hollie.coella@timesdaily.com).

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

**The Helen Keller Festival Car Show** is held on Main Street in Tusculumbia June 26, 7:30am-2pm. Registration starts at 8am. Registration is \$20 with \$1,700 in cash drawings plus many door prizes. Trophies for Best of Show Production and Modified, Car and Truck Pre 1999 and 2000 to present and Rat Rod.

The Festival is a big event in North Alabama, family oriented, arts and crafts and the play "The Miracle Worker" is performed.

For more information on the Festival and a map check "Helen Keller Festival / North Alabama".

For more information on the Show contact [BillyGriffith100@gmail.com](mailto:BillyGriffith100@gmail.com)

**Summer Saturdays Art for Kids - Saturdays through July 17 (excluding July 3) 12-2pm** at the Tennessee Valley Museum of Art.

Become a TVAA member at the Family/Friend level (\$50) and get free art activities for your family all summer, free admission to the museum all year, free entry into our ArtWorks member show for all family members, and discounts on workshops. Just want to drop in for one activity? Admission is \$5 for adults, \$3 for children/students, and your family can enjoy our art exhibitions in addition to making some art of your own! 256-383-0533

**Children's author and illustrator K.A. Cummins will be among those addressing the Shoals Writers Guild** at their June 26 meeting. It takes place from 10am-12pm in the downstairs conference room at the Florence-Lauderdale Public Library, 350 N. Wood Avenue in Florence

In 2016, Ms. Cummins' first short story, *The Warehouse Tour*, received an honorable mention in the largest international short story contest, *Writers of the Future*. In 2018, *Endless Press* chose her flash fiction piece *Steampunk Circus* as the *Runner Up* in their *Realm Makers* Scholarship contest. The *Moonbeam Children's Book Awards* honored her debut novel, *Snow Globe Travelers: Samuel's Legacy*, with a silver medal in 2019. And more recently, *Rattle* featured her artwork on the cover of their *Neurodiversity Tribute* issue. <https://authorkacummins.com/>

Local musician Lillian Glanton, who was the founder of the Muscle Shoals Song Rooms, will also address the group. The Muscle Shoals Song Rooms was a writing facility and performance venue for songwriters. Ms. Glanton is also an event organizer for the Muscle Shoals Songwriters Festival coming up November 2021. <https://mssongfest.com/>

The Shoals Writers Guild's goal is to provide education, motivation and inspiration to writers in their quest to become published authors or to hone their writing skills. However, the Guild does not serve as a writing class or offer writing critique for specific projects.

If you would like to join the fellowship of writers and network with other authors, the yearly membership dues are \$25 for regular members and \$20 for veterans and students. Email us at [schoalswritersguild@gmail.com](mailto:schoalswritersguild@gmail.com).

**Helen Keller Art Show of Alabamians**, an annual traveling juried art show through July 2. The show is open to students from throughout the state that have visual or hearing impairments. The artists are of various ages attending public, private, residential, and home schools. Info: 256-383-0533 or [tennesseevalleyarts.org](http://tennesseevalleyarts.org)

**Emergence, a juried art exhibition** for emerging artists featuring 45 innovative artists from across the country is on Display at the Tennessee Valley Museum of Art in Tusculumbia through July 2

See NOTES... page 38



# Savvy SENIOR

## Coping with COVID Exacerbated Tinnitus

Dear Savvy Senior,  
 I've had mild tinnitus - ringing in my ears - for years, but when I got COVID in January it got worse. Are there any treatments you know of or can recommend that can help?  
 Almost 60

Dear Almost,

Unfortunately, new research indicates that tinnitus, a common hearing problem that affects around 50 million Americans, may be worsened by COVID-19 or possibly even triggered by it. Here's what you should know along with some tips and treatments that may help.

### What is Tinnitus?

Tinnitus (pronounced tin-NIGHT-us or TIN-a-tus) is the sensation of hearing a ringing, buzzing, roaring, hissing or whistling sound in one or both ears when no external sound is present.

The sounds, which can vary in pitch and loudness, are usually worse when background noise is low, so you may be more aware of it at night when you're trying to fall asleep in a quiet room. For most people tinnitus is merely annoying, but for many others it can be extremely disturbing.

Tinnitus itself is not a disease, but rather a symptom of some other underlying health condition. The best way to find out what's causing your tinnitus is to see an audiologist, or an otolaryngologist - a doctor who specializes in ear, nose and throat diseases (commonly called an ENT). The various things that can cause tinnitus are:

- Hearing loss, which is the most common cause.
- Middle ear obstructions usually caused by a build-up of earwax deep in the ear canal.
- The side effects of many different prescription and nonprescription medicines like aspirin, ibuprofen, certain blood pressure medicines and diuretics, some antidepressants, cancer medicines and antibiotics.
- Various medical conditions such as high blood pressure, vascular disease, diabetes, allergies, thyroid problems, ear or sinus infections, Meniere's disease, Lyme disease, fibromyalgia, otosclerosis, temporomandibular joint (TMJ) disorder, a tumor, an injury to the head or neck, traumatic brain injury, depression, stress and more.

### Treatments

While there's no cure for tinnitus there are many ways to treat it depending on the cause. For example, if your tinnitus is caused by a wax build-up in your ears or a medical condition like high blood pressure or a thyroid problem, treating the problem may reduce or eliminate the noise. Or, if you think a medication you're taking may be causing the problem, switching to a different drug, or lowering the dosage may provide some relief. Or if you have hearing loss, getting a hearing aid can help mask your tinnitus by improving your ability to hear actual sounds.

Another good treatment option for tinnitus that can help suppress or mask the sound so it's less bothersome are "sound therapies." These can be as simple as a fan or a white noise machine, listening to music or podcasts, or leaving the television on.

There are also apps created by hearing aid companies, like *ReSound Relief (ReSound.com)* or *Relax by Starkey (Starkey.com)*, which allow you to stream customize sounds directly to your hearing aids, or (if you don't use hearing aids) through Bluetooth audio devices like headphones or speakers to help you manage your symptoms.

Cognitive behavioral therapy and psychological counseling can also be helpful. Your audiologist or ENT can help you figure out the best treatment options.

There are also certain medications that may help. While currently there's no FDA approved drugs specifically designed to treat tinnitus, some anti-anxiety drugs and antidepressants have been effective in relieving symptoms.

Other things you can do to help quiet the noise is to avoid things that aggravate the problem like salt, artificial sweeteners, sugar, alcohol, tonic water, tobacco and caffeine. And protect yourself from loud noises by wearing earplugs.

For more information on tinnitus treatments, visit the American Tinnitus Association at [ATA.org](http://ATA.org).

Send your senior questions to:  
 Savvy Senior,  
 P.O. Box 5443,  
 Norman, OK 73070,  
 or visit [SavvySenior.org](http://SavvySenior.org).  
 Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



# FOODLAND Supermarkets

## FOODLAND Marketplace

### FOODLAND plus

Home-Owned, Home-Operated

**Preferred Angus Beef  
NEW YORK STRIP STEAK  
Family Pack**

**\$10<sup>99</sup>** Lb.

Butterball  
Fresh **GROUND  
TURKEY** 85% Lean  
**2/\$5** 1 Lb. Pkg.

**Hormel Natural Choice  
Assorted Sliced  
BONE-IN  
PORK CHOPS Family Pack**

**\$17<sup>99</sup>** Lb.

Center Cut Bone-In  
**PORK CHOPS  
Family Pack**  
**\$2<sup>99</sup>** Lb.

**Sanderson Farms Fresh  
CHICKEN SPLIT  
BREAST Family Pack**

**\$12<sup>99</sup>** Lb.

**California  
ICEBERG LETTUCE**  
Each

**99¢**

**Jumbo Vidalia  
ONIONS**  
Lb.

**89¢**

**SHOULDER  
STEAK**  
**\$4<sup>99</sup>** Lb.

**Preferred Angus  
Beef  
BONELESS  
SHOULDER  
ROAST**

**\$3<sup>99</sup>** Lb.

**Preferred Angus  
Beef  
TOP  
SIRLOIN  
STEAK  
Family Pack**

**\$5<sup>99</sup>** Lb.

**Yellow Or Zucchini  
SQUASH**  
Lb.

**99¢**

**Baby Cut  
CARROTS**  
1 Lb. Pkg.

**99¢**

**California White Or Red  
SEEDLESS GRAPES**  
Lb.

**\$1<sup>99</sup>**

**Athena  
CANTALOUPE**  
Each

**2/\$5**

**Large Slicing  
TOMATOES**  
Lb.

**\$1<sup>29</sup>**

**Fresh Cut  
GREEN ONIONS**  
Each

**2/\$1**

### FOOD CLUB Fire Cracker Deals

<b>HAMBURGER DILLS</b> 32 Oz.	<b>MUSTARD</b> 8 Oz.	<b>KETCHUP</b> 24 Oz.	<b>RELISH</b> 10 Oz.	<b>CHIPS</b> 8 Oz.
<b>2/\$3</b>	<b>69¢</b>	<b>99¢</b>	<b>99¢</b>	<b>2/\$4</b>
<b>SHELLS &amp; CHEESE</b> 12-14 Oz.	<b>YOGURT</b> 6 Oz.	<b>CREAM CHEESE</b> 8 Oz.	<b>WHIPPED TOPPING</b> 8 Oz.	<b>PIES</b> 24 Oz.
<b>2/\$3</b>	<b>2/\$1</b>	<b>4/\$5</b>	<b>99¢</b>	<b>\$3<sup>99</sup></b>

**Maxwell House  
COFFEE** 26-27 Oz.  
**Or K-CUPS** 12 Ct.

**\$6<sup>99</sup>**

**Sweet Baby Ray's  
BBQ SAUCE**  
18 Oz.

**2/\$3** 14 Oz.

**4/\$5**

**Sauer's  
MAYO**  
30 Oz.

**69¢** 15 Oz.

**2/\$4**

**Martha White  
FLOUR OR  
CORN MEAL**  
5 Lbs.

**2/\$4**

**Breyers  
ICE CREAM**  
48 Oz.

**2/\$6**



Quantity Rights Reserved • None Sold to Dealers • WIC & Food Stamps Accepted  
Not Responsible For Typographical or Pictorial Errors

**AD GOOD JUNE 23-29, 2021**

**Nestle Pure Life WATER**  
24 Pk. .5 Liters



**3 / \$9**

**Ken's SALAD DRESSING**  
16 Oz.

Texas Toast CROUTONS  
**4 / \$5**  
5 Oz.



**2 / \$4**

**Lay's POTATO CHIPS** 7.5 oz. Or  
**KETTLE CHIPS** 8 oz.



**2 / \$4**

**Golden Flake CHIPS**  
4.65 Oz.



**2 / \$3**

**A.1. STEAK SAUCE**  
10 Oz.



**\$3.99**

**Moore's MARINADE**  
16 Oz.



**2 / \$5**

**CHEETOS OR FRITOS**  
7-9 Oz.



**2 / \$6**

**Golden Flake CLASS VARIETY PACK**  
18 Ct.



**\$5.99**

**Hormel CHILI NO BEANS**  
15 Oz.



**\$1.99**

**Pillsbury CAKE MIX**  
15 Oz.

Yello Pillsbury FROSTING  
**2 / \$3**  
16 Oz.



**99¢**

**PEPSI**  
12 Packs Cans



**2 / \$9**

**PEPSI**  
2 Liters



**2 / \$3**

**Town House CRACKERS** 9-13 oz. Or  
**RITZ CHIPS** 7-8 Oz.



**2 / \$6**

**Ragu SPAGHETTI SAUCE** 24 Oz.

Aquafina PURIFIED WATER  
**\$4.99**  
24 Pk. .5 Liters



**3 / \$5**

**Skinner SPAGHETTI NOODLES** 12 Oz.



**5 / \$5**

**PEPSI**  
6 Packs .5 Liter Bottles



**4 / \$12**

**DAIRY & FROZEN**

**Kraft Shredded Or Chunk CHEESE**  
8 Oz. ....

**2 / \$5**

**Mayfield ICE CREAM BARS** 6 Pk.

**5 / \$10**

**Sunnyland SPREAD**  
45 Oz. ....

**\$1.89**

**Totino's PIZZA ROLLS**  
15 Ct. 7 Oz. ....

**4 / \$5**

**Dean's French Onion DIP** 24 Oz.

**2 / \$5**

**Red Baron PIZZA** 10-11 Oz.

**3 / \$9**

**Red Diamond Ready To Drink TEA** Gallon .....

**2 / \$5**

**Green Giant Frozen VEGETABLES**  
9-10 Oz. ....

**4 / \$5**

**M-E-A-T**

**Hormel Natural Choice Boneless PORK TENDERLOIN**  
1 Pk./Lb. ....

**\$3.49**

**Tyson Simply Roasted CHICKEN STRIPS**  
9 Oz. ....

**2 / \$8**

**Buffalo Style Boneless WINGS** 1.5 Lbs. ....

**\$3.99**

**Zeigler Original SMOKED SAUSAGE** 16 Oz.

**\$4.99**

**Zeigler JUMBOS OR BOLOGNA**  
16 Oz. ....

**2 / \$4**

**Jimmy Dean 5-5.35 oz. SCRAMBLES Or SAUSAGE BITES**  
3.2-3.7 Oz. ....

**2 / \$4**

**Zeigler BACON**  
12 Oz. ....

**\$4.49**

**Zeigler RED HOTS**  
24 Oz. ....

**\$5.49**

**BEER & WINE**

**Miller Lite Or Coors Light BEER** 12 Pk. Cans Or Btl.

**\$11.49**



**Coors Light BEER**  
12 Pk. 16 Oz. Cans

**\$10.99**



**Natural Or Natural Ice BEER** 30 Pk. Cans

**\$19.99**



**Yellow Tail WINE** 750 ML

**2 / \$12**



**DELI & BAKERY**

**Stratton's POTATO SALAD OR COLESLAW**  
3 Or 4 Lb. Tubs

**\$5.29**



**Snack Factory Assorted PRETZEL CRISPS**  
7-12 Oz.

**2 / \$5**



**European White Or Wheat SUB ROLLS**  
6 Pk.

**\$2.49**



**Muffin Mam STRAWBERRY CAKE**  
Each

**\$9.99**



**Not Available At All Locations!**

**AD GOOD**  
**JUNE 23-29, 2021**



**Prices Good At These Locations ONLY!**

- KILLEN** 1161 Hwy. 72 • 7am-11pm • 256-757-2002
- FLORENCE** 1708 Darby Dr. • 7am-10pm • 256-767-2227
- MUSCLE SHOALS** 3001 Woodward. • 7am-11pm • 256-381-7277  
3413 Woodward Ave. • 7am-11pm • 256-978-6093
- SHEFFIELD** Foodland Plus • 106 Towne Plaza • 7am-10pm • 256-381-6552

- TUSCUMBIA** 103 West 1st Street • 7am-11pm • 256-383-9425
- FORD CITY FOODLAND** River Road • 7am-10pm • 256-446-5842
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<b>Cornerstone and Joe Wheeler 8am-3pm</b>	<b>Cornerstone and Joe Wheeler 8am-3pm</b>	<b>Cornerstone and Joe Wheeler 8am-3pm</b>	<b>Cornerstone and Joe Wheeler 8am-3pm</b>	<b>Joe Wheeler 8am-3pm</b>	<b>Joe Wheeler 8am-3pm</b>	<b>Cornerstone 8am-3pm</b>
<b>8am-3pm</b>	<b>8am-3pm</b>	<b>8am-3pm</b>	<b>8am-3pm</b>	<b>Waterloo High School 9am-2pm</b>	<b>Central High School 9am-2pm</b>	<b>Lauderdale Co. High School 9am-2pm</b>



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**Do I have to sign up for Medicare Part B when I turn 65 if I'm still employed?** This is one of the questions we get asked the most. In most cases the answer to this is "no". When you turn 65, if you are still working and on your employer's health insurance plan you probably will not need Medicare Part B. I say probably because most employer plans do not file on Medicare if you have a claim. Because you have to pay a premium for Part B, Medicare does not require a person to sign up for Part B as long as you are on your employer's plan. Also, because the rules are different for companies with less than 20 employees, the safest thing to do is check with the benefits coordinator at your place of employment for guidance or give us a call at our office.

**I am on Medicare and Social Security Disability. I'm turning 65 soon. What are my options?** Once you reach the age of 65 you have many more options than before. As you know if you go on Medicare and you are under the age of 65 your options for health plans are limited. When you turn 65 you will have another open enrollment period to sign up for any plan you wish to get. In other words, just because you are already on Medicare does not prohibit you from having all the options a person not on Medicare and turning 65 would have.

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](mailto: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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# Watercolor ...

Continued from Page 14

"In the studio the weather and the light don't change, and I can keep a regular schedule on rainy days. I have eight windows in my studio so I can balance the amount of natural light with artificial light using shades and blinds," he said.

"Watercolor is one of the oldest mediums in painting, possibly dating as far back as Paleolithic times," Stevenson added. "It was practiced notably in ancient Egypt, ancient Greece, and Rome. My first attempts began in 1978 and I quickly fell in love with the luminosity that was possible and the challenges it presented. It is worth noting there is only one painting that is devoted to referencing the pandemic and its

direct impact. In all the other paintings I was directing my energies in the direction of subjects that could potentially feed both mind and soul in a positive way. Stevenson's goal for the year was to paint every day using only subjects that were within the confines of his house and at hand. He only missed a couple of days.

"This presented a good creative challenge that I welcomed," Stevenson said.

The Kennedy-Douglass Center for the Arts is open Monday - Friday from 9am-4pm and Sundays from 1-4pm. There is no admission charge. It is located at 217 E. Tuscaloosa St. Florence. Call 256-760-6379 for more information.

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As a financial advisor, I spend my days helping my clients make smart money decisions that will set them up to achieve their goals for the future. While a lot of what I do involves sophisticated strategies designed for more established investors, I also care deeply about helping the next generation take control of their finances early in life so they, too, can live out their dreams. While investing can be an intimidating topic for those just getting started, it doesn't need to be. If you're new to investing, know that it all starts with financial literacy – understanding the basics.

Here's a primer:

**Study common investment terminology.** The stock market is rife with complex concepts, so start with frequently used terms and concepts, for example, asset allocation and ETF. To break it all down, use an online investment dictionary that provides plain-English definitions of common investment terms, or ask your financial advisor to explain them to you.

**Enroll in a class.** Take advantage of free webinars, seminars or workshops on investing fundamentals. If you prefer learning in a classroom setting, look for basic courses on investing, how the stock market works or personal finance at a local college or university.

**Follow the news.** Start following the business and financial news sections. You'll begin to understand the types of business activities that influence the marketplace—for example, oil prices or new housing starts—and gain an appreciation for what's considered newsworthy. You'll start to see the ripple effect of mergers and acquisitions, product innovations and even front-page news stories on Wall Street confidence.

**Watch investment programs.** Public radio and television stations often feature investment programs aimed at new and seasoned investors. Even your local news channels may include a market segment. Be wary of infomercials disguised as informational investment programs, though.

**Check out stock market apps.** There are hundreds of apps available today focused on helping consumers understand investing. Before downloading an app, check the reviews and opt for those that have been vetted by trusted sources.

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*Timothy Wakefield is a Financial Advisor with Independent Investments Group, a financial advisory practice of Ameriprise Financial Services, LLC. In Florence, Alabama. He specializes in fee-based financial planning and asset management strategies and has been in practice for 7 years. To contact Timothy, call 256.765.3637 or email Timothy.Wakefield@ampf.com.*



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Commentary

G-7...

Continued from Page 14

The headline reads, "Taking on Putin." Meanwhile, the *Time* cover back in 2018 had a photo of Trump morphed with Putin in a shadowy cast and the title, The Summit Crisis.

We're only kidding ourselves here.

Reality took hold when the world got a closer look at the current US President, a man eager to make conciliatory friendships who is clearly not on top of his game. It is generous to say that he was not an authoritative presence.

- There was no US media mention of Dr. Jill having to flag her husband down at an event in Cornwall like he was a lost kindergartener getting out of the water fountain line.

- British Prime Minister Boris Johnson covered for the forgetful Biden when Biden got confused about a previous introduction in a G-7 meeting.

- Biden mistakenly referred to President Putin as President Trump before



may appreciate the fact that Joe is there to reopen America's purse.

One agency had a segment entitled, "The Media & Biden, A Love Story" comparing the difference in press treatment from 2018 to 2021. This exchange on Australian TV just about says it all.

Female Commentator:

"I just think Joe Biden is a lucky person. He has got all the media on his side, or most of the media on his side, particularly CNN; completely at odds with what they did to Trump. So his popularity surely can only win from this because he is getting so much positive PR through the journalists who are massive fans of him. It's really quite appalling to watch. What happened to straight news reporting which doesn't seem to be existent there?"

Male Moderator to a second commentator;

"Nick, it's not really journalism, is it? They're stenographers in a way; they're documenting history but they're not being critical. But with Trump, ultra-critical,

catching himself during a press event at the US Russia summit.

It is easy for the US media to ignore or spin most any slip-up by Saint Joseph, but they can't alter what other news agencies pick up when he is not stateside - even though media representatives from those countries

**See SUMMIT... on Pg 27**

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Commentary

Summit...

Continued from Page 26

inflammatory in some instances."

Male commentator:

"Always, always, Trump could do no right. I mean, the reality is, you know you talk to Greg Sheridan at The Australian or anyone who knows about foreign affairs, there are considerable question marks over Biden's foreign affairs policy. It's not proven yet. Whereas it was the one area in fact in which Donald Trump did very well, pivoting on China, bringing about the Abraham accords which is a big step toward peace in the Middle East.

The worry about Biden is if he really does have control, or really the nerve or the confidence to impose American power in the way that Trump did. So, you know, I would have been much happier to see Donald Trump at the G-7 I think."

America is Back, alright... In the back pockets of the other G-6.

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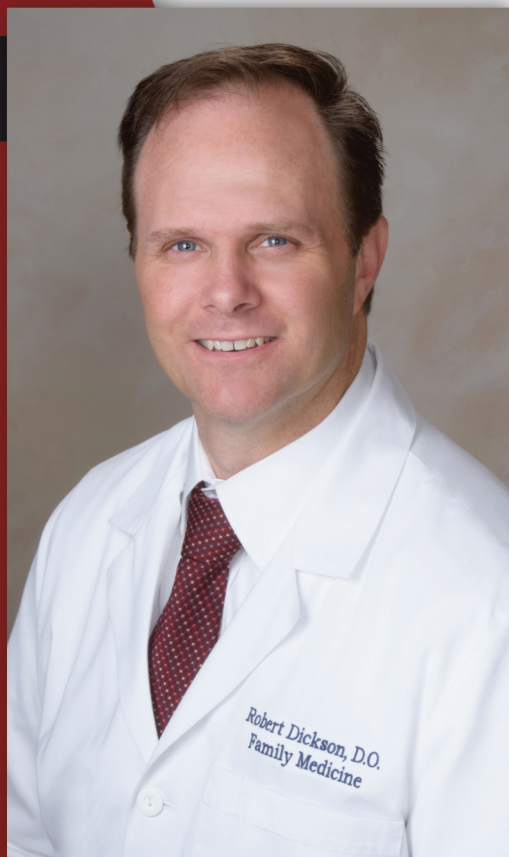
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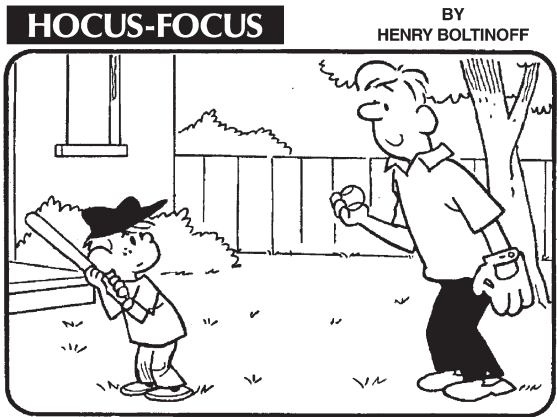
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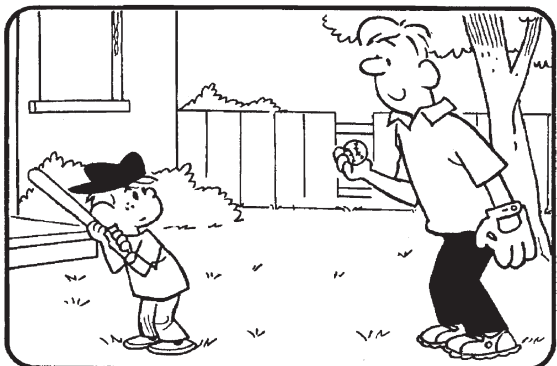
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## Letters...

Continued from Page 14

### Far-Reaching Implications

To the Editor:

The annual Southern Baptist Convention has wrapped up its convention June 16 with far-reaching implications. The voting membership elected a liberal left wing minister, Ed Litton, from Saraland, Alabama, president with 52% of the vote, rejecting a hard-driven campaign by conservative Mike Stone of Georgia, promising to maintain a decades-old conservative philosophy.

Litton was actually nominated by Fred Luther, the only black to have served as President of the SBC in the recent past. Unfortunately, these events are a clear

indication that sinister left wing forces made troubling inroads at the Convention.

As to be expected, these actions are rooted in alleged racism. While black membership of member churches accounts for less than 6% of the SBC according to Pew Research, a concerted effort continues to take place with member pastors threatening to walk out had Litton not been elected!

James W. Anderson  
 Talladega

### It is Resilient and Diverse

Editor:

Earlier this year, President Joe Biden signed an executive order calling for strengthening vulnerable agricultural supply chains and encouraging production here at home.

In the past 18 months, the effects of the COVID-19

pandemic on agricultural producers, processors, and other small businesses revealed the dangerous effects of consolidation up and down the food supply chain. Farmers, processors, and retailers faced significant losses, and customers found product shortages and high prices.

The pandemic isn't the only issue. News of the recent cyberattack on meat processing company JBS makes the need for a more diverse food supply chain even sharper.

In addressing ways to make our food supply less vulnerable, we encouraged the U.S. Department of Agriculture (USDA) to offer proposed grants to small meat processors through the Consolidated Appropriations Act and the American Rescue Plan as soon as possible. The investment can bring small plants up to federal inspection standards and increase the capacity through building expansions, equipment upgrades, and technical

training.

Additionally, the USDA can incentivize the development of alternative processing, packaging, and distribution hubs that can allow small, independent farmers to bring their products to market in a competitive way. USDA can also increase funding to several established programs aimed at promoting and developing new markets for local farmers under the Local Agriculture Market Program.

Whether the threat is a pandemic or foreign hackers, it's clear that a resilient agricultural sector is a diverse one. This is the time to support independent farmers, businesses, and local markets.

Nathan Beacom  
 Senior Policy Associate,  
 Center for Rural Affairs  
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**Junior Whirl**  
by Charles Barry Townsend

**Answers On Page 38**

**Finger-Trickin' Wits Tester**  
YES, the hand is sometimes quicker than the eye, and on occasion may be shown to outwit the brain. For instance, simply assign numbers to someone's fingers (see left), ask the person to clasp hands, and then challenge him or her to move designated fingers as you call out numbers. Vary this, if you wish, by assigning an assortment of numbers in random order. As a further test, ask your friend to cross wrists, then clasp hands, turn clasped hands inward (toward body), and upward toward the chin. Now, challenge person to move a finger either by number, or when you point to it.

**ON SAIL!** Go it, sailfish, up, up and away. What can you draw to complete this picture? To find out, add lines dot to dot.

**SIX PICK!** There are six numbers between 1 and 100 that are spelled with six letters. Four of them are ninety, eighty, thirty and twenty. Quickly, what are the other two?

**SPELL OUT!** Let's see if you can insert a three-letter word that will complete seven longer words in each of the posers presented at right. In No. 1, for instance, try AFT, and get craft, waft, but that's all. Similarly, in No. 2, try ALE. Result: Whale, pale, kale... but there the string ends. Now that you have the idea, continue to try words until you find two that comply.

Illustrated by David Coulson

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**Says**  
by DAVE RAMSEY

**SMALLEST TO LARGEST**

Dear Dave,  
I'm 19, and I'm about to finish up my first year of community college. I have enough money through scholarships and help from my family to get a bachelor's degree. After that, I plan on going to law school and cash flowing that part of my education. I've already started a Roth IRA with money I've made working, but I'm wondering if I should continue contributing to retirement when I will have to pay for law school out-of-pocket.

Jonathan

going to give you a better mathematical return on your investment at this point in your life.

You have plenty of time ahead to invest for retirement. I don't want you to put it off forever, but a debt-free education is the right investment for you right now. Just keep piling up cash, and let's pay for this law degree out of pocket. And hey, if you end up with a bunch of money left over when you've graduated and are ready to become a lawyer, that's not the worst thing in the world, is it?

Good luck, Jonathan. Keep up the hard work!

—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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# Art of the Dish at Belle Mont

TUSCUMBIA – “Art of the Dish,” the popular antique and vintage china exhibit, will return to Belle Mont Mansion Thursday through Saturday, June 24-26. Individuals from across the communities of the Shoals have been invited to display china and tableware from their private collections, some dating from the 1700s and spanning through the mid-20th Century.

There will be a seated program and box lunch catered by Alabama Bliss on Friday and Saturday, June 25 and 26, at 11 a.m., 12 p.m. and 1 p.m. Tickets

for the program and lunch are \$20.00 and should be purchased in advance to reserve preferred seating time. Guided tours of the museum and exhibit will be offered at the standard admission rates during regular business hours. All proceeds generated by “Art of the Dish” will benefit the continued preservation and operation of the historic house museum.

An array of colorful porcelain and ironstone pieces, accented with glassware in various tablescapes, will be set throughout the museum.

George Terrell will provide an informative and entertaining program, discussing dining customs during the late 1800s and early 1900s, when the Victorians utilized numerous dishes and silver, serving several courses at mealtimes. Terrell, a native of Tuscumbia, is a former history professor, now retired from Gadsden



State Community College. He is a well-known collector, speaker, and author. Examples from Terrell's personal collection of R.S. Prussia Porcelain are a special feature for this year's event.

Tickets are available at Belle Mont Mansion and at Fiddledee D! Gift Shop (111 S. Main St., Tuscumbia). Tickets may also be purchased by credit card by calling the museum at 256-381-5052 or online by visiting <https://www.eventbrite.com/e/art-of-the-dish-program-luncheon-tickets-157841465071>.

Belle Mont is located at 1569 Cook Lane, Tuscumbia. Parking for this event will be on the lawn adjoining the rear courtyard of the house, where the luncheon will be served al fresco. The program will be presented indoors. Seating is limited to accommodate social distancing, and masking is encouraged in interior spaces. For more information, call Belle Mont at 256-381-5052 or email [info@bellemontmansion.org](mailto:info@bellemontmansion.org).

Belle Mont is a historic property owned by the Alabama Historical Commission and operated locally by the Colbert County Historical

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One great reason is it gives an opportunity for the lost to get saved and it gives the saved a chance to get their act together and both get ready to meet God. The church is a good spot that both can stay out of trouble for at least a couple of hours. It's not God's fault the church and the nations are in pitiful shape. The proper teaching and preaching in the church should rebuke, improve, exhort with all longsuffering and doctrine with the end of turning us all away from sin and the lust of the flesh, the lust of the eyes and the pride of life and preparing us to give account of ourselves to God. See: 2Timothy 4:2 & 1John 2:16 & Romans 14:12. The preacher should preach sin kills, hell hot, God's righteousness (JESUS CHRIST) and how to receive Him, and judgment to come (the lake of fire) if he doesn't receive Him. John 1:11&12 & Ephesians 3:17, Acts 24:25 & Revelation 20:15. If your church and preacher won't do it then find one that does.

The lack of good, hard, sound teaching and preaching has sidetracked the parents and derailed our kids into following bad examples and the world has overcome them. Unfaithful parents have produced unfaithful children. The homes should have been built around the church instead of the world. Now we've a world full of unspiritual parents and children in whom is no faith. See Deuteronomy 32:20 & Luke 18:8. Can we salvage what's left? I don't know. It's going to take a lot of forsaking sin and following Christ. It'll be a shame to see a man and his whole family cast into the fiery lake because of a bad example. I've tried to warn people for years that the end of rebellion is certain perdition. You might say: "you're just a doom and gloom preacher. I am a realist and you should be too. Read over and over: **Hebrews 9:27** "And as it is appointed unto men once to die, but after this the judgment." Your family will be right along side of you when judged. Read Acts "17:31. There is no escaping this judgment. You need Christ and church now. Get in.

### Beacon Baptist Church

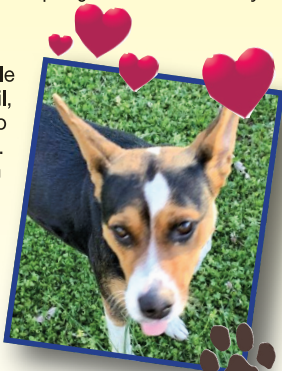
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This is **LUCKY**. She is a beagle mix. Lucky was born around April, 2019. Lucky is a sweet dog who will need a one animal household. She will need a fenced in backyard with at least a height of 6 ft. She loves to play fetch and will bring the ball back to play some more. We are working on sit and down and she is so smart she is catching on quickly. She is crate trained. Lucky weighs between 30 and 40 pounds. If you're interested in giving this lady a forever home, please email PAWS at [shoalspaws@gmail.com](mailto:shoalspaws@gmail.com) or complete an application at [www.shoalspaws.com](http://www.shoalspaws.com).



This incredibly sweet lady is **DAISY MAE!** She is 2 years old and around 50 pounds. She seems like the kind of dog that knows no stranger. This sweet girl leans in for pets like none other. She is adorable with toys, and knows "sit" and "down" for treat rewards. Her most recent family tells us she did well with the resident toddler, and loved sleeping between her human parents. Daisy Mae loves nothing more than cuddling.

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# Soap Opera Preview

**THE BOLD AND THE BEAUTIFUL** Thomas was shocked after receiving previously unseen texts from Vinny. Steffy and Hope agreed to join forces to keep Liam's spirits up while in prison. Learning the truth about Vinny's death put Thomas in a dangerous situation. Emotions ran high when Katie visited Dollar Bill in jail. Justin came into his own at Spencer while Bill and Liam were indisposed. Thomas appealed to Justin's sense of decency. *Wait to See: Reunited in prison, Bill and Liam discussed Justin's plan to set them free. Being held captive, Thomas is horrified when Justin details his plan. Afraid that Paris will spill her secret, Quinn asks Eric for a vow renewal ceremony.*

**DAYS OF OUR LIVES** Kate tortured an unwitting Jake. Philip made Chloe a surprising offer. Brady confronted Nicole about her secret. Philip tried to lure Chloe away from Brady. Things got out

of hand when Xander tried to protect Gwen. Paulina delivered some stunning news to Lani. Jack wondered why Steve and Kayla were talking about Gwen. Meanwhile, Gwen and Xander ended up in a sticky predicament. EJ, Chad, and Tony conspired to oust Jake from DiMera. Gabi and Jake tried to round up enough votes to stop his brothers' coup. Lucas and Rafe bonded over their mutual hatred of EJ. Sami panicked when she learned EJ found a way to contact Kristen. *Wait to See: Jake tries to ensure he has Kate's vote. Nicole pumps Lucas for information. Rafe has a dream about Nicole.*

**GENERAL HOSPITAL** Maxie was desperate to see her baby. Cam asked Joss if she could ever forgive him. Jordan shared Dante's discoveries with Anna. Brook Lynn was stunned to find Maxie at the Quartermaine mansion. Taggart took Portia to dinner. Ava made a life-

changing decision. Britt ran into Jason at the gym. Alexis and Shawn made a startling discovery. Carly and Liz bonded over their losses. Molly and TJ celebrated their five-month anniversary. Carly and Jason navigated the boundaries in their relationship. Nina ran into Michael at the cemetery.

Molly and TJ unknowingly ended up in the crosshairs of their parents' enemy. Brick helped Jason. *Wait to See: Lucy is caught off-guard. Gladys tries to push Sasha's buttons. Austin tries to help Anna and Valentin.*

**THE YOUNG AND THE RESTLESS** Summaries not available as we went to press.  
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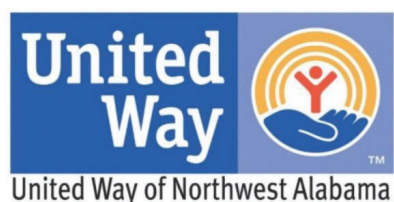
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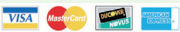
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# ASK THE ATTORNEY



**Thomas McCutcheon**

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

**Q** I live near Bailey Springs. What law covers someone discharging sewage into Shoals Creek?

Albert, Killen, AL

**A** The Clean Water Act (33 U.S.C. §1251 et seq. [CWA]) regulates discharge of pollutants into navigable waters of the United States. CWA regulates National Pollutant Discharge Elimination System [NPDES] permits and provides for citizen suits for violation of permit requirements. In Alabama, ADEM is authorized a federally approved state program in lieu of the federal program.

The Clean Air Act (42 U.S.C. §7401 et seq. [CAA]) was amended in 1990 regulates air pollution

and includes emission standards for such hazardous air pollutants as asbestos and benzene. ADEM is authorized to administer a federally approved state air quality program in lieu of the federal program in Alabama.

The Resource Conservation and Recovery Act [RCRA], 42 U.S.C. §6901 et seq. regulates the disposal, treatment, storage and transportation of hazardous waste. RCRA also contains landfill rules and covers underground storage tanks [UST]. The Alabama Department of Environmental Management [ADEM] administers a federally approved hazardous waste program and the UST program, RCRA is a cradle-to-grave statute design to work hand in hand with CERCLA.

The Comprehensive Environmental Response Compensation and Liability Act 42 U.S.C. §9601 et seq. (ERCLA), known as "Superfund", involves cleanup liability for releases of hazardous substances at "facilities". Liability is strict, retroactive joint and several. CERCLA places liability on current "owners and operators" of a facility as well as those who owned or operated the property at the time of disposal or who arranged for the disposal of hazardous substances (known as "potentially responsible parties" [PRP's]).

There are books and books of law regarding hazardous, toxic, and environmental waste. Most of the law is federal but Alabama has their own Alabama Department of Environmental Management. Based on what I read in the newspaper, they are already involved in this situation.

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



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# Community Notes...

Continued from page 18

This spring, we put out a call for submissions, seeking artists who are working in unique ways, pushing creative processes to the breaking point, and have something important to express through their work. About 75 artists from all over the United States submitted artwork, and our jurors (Stacey Holloway, Darius Hill, and Wayne Sides) chose the most innovative work from these submissions to be included in the show.

Don't miss this opportunity to get a glimpse of the future of art, through the eyes of some of the country's most talented emerging artists.

Exhibition Hours: Tuesday-Friday 9am-5pm; Saturday 10am-5pm

Admission: \$5 for Adults; \$3 for Students

Free for TVAA Members, Healthcare, Education, and First Responders, as part of our Arts for the Frontline program,

sponsored by Bank Independent and E.S. Robbins

**Odyssey of the Black Spirit** is a digital exhibition where contemporary Black artists were asked to express their response to the question, "How do you see divinity within African-American people?" Now through July 2 at Tennessee Valley Museum of Art in Tusculumbia. Info: 256-383-0533 or tennesseevalleyarts.org

**Starting Memorial Day - Labor Day inclusive, Muscle Shoals Sound Studio** will be open Monday-Saturday 10am-4pm. Tours are on the half-hour every hour

and tour price is \$15. Discounts are available for military, senior and group tours. We are pet friendly! Tickets can be purchased online or at the studio [www.musclehoalsstudio.org](http://www.musclehoalsstudio.org) 256-978-5151. Muscle Shoals Sound Studio is at 3614 N. Jackson Highway in Sheffield.

**Bradshaw Class of 1971 - 50 Year Reunion**, August 27 & 28.

Friday, August 27, 4-7pm - Welcome and tour of the Memorabilia Room at Burrell Slater High School, 620 W. College St., Florence. 6-10pm - Meet and greet at The GunRunner Boutique Hotel, 310 W. Tennessee St., Florence.

Saturday, August 28, 6pm at Florence-Lauderdale Coliseum for Bunyans' BBQ, Music and Lots of Fun. Cost \$30 per person.

RSVP by July 15 Pat Joiner Barger-[pbarger126@comcast.net](mailto:pbarger126@comcast.net) or Mae Sutherland [Austin-hembama423@yahoo.com](mailto:Austin-hembama423@yahoo.com) or Jan Trousdale-[jan4olemiss@yahoo.com](mailto:jan4olemiss@yahoo.com)

**Ekklesia Summer Camp Opens June 1** • Monday-Friday • 5:30am-5:30pm • Field Trips • Music • Outdoor Activities Call 256-314-1700. For information on pricing and enrollment

Registration is taking place now for **Summer Camp June 1-August 9** at Calvary Learning Center at 601 N. Main St. in Tusculumbia. 6:30am-5:30pm Ages 4-12 years

Summer Camp is a structured program that offers campers age appropriate activities. Activities include arts and crafts, daily devotions, swimming, recreational games, sports, field trips, and much more! Breakfast, lunch, and snack will be provided for your child.

Camp opens at 6:30am and closes at 5:30pm with camp activities from 8:30am-4:30pm

Mini's Camp: - Ages 4-5 years-- For students that completed Pre-K 2020-2021 OR will be entering Pre-K the Fall of 2021

Traditional Camp: - Ages 6-12 years -- Students must have completed Kindergarten

Calvary Learning Center also provides care for newborns to children 5 years of age.

Registration forms may be picked up at Calvary Learning Center, Calvary Baptist Church office, or on our Facebook Page: Calvary Learning Centers.

Fees: Registration Fee: \$90. \$85 per child. \$80 for 4 days. \$60 for 3 days

The registration fee (which covers the cost of field trips, camp t-shirt, supplies, and snacks) and the first week's payment are due at the time of registration.

See the display ad in this week's issue for all the details. 256-383-1853 or 256-381-6650.

Summer Day Camp is sponsored by Deshler High School Fellowship of Christian Athletes

**The Tennessee Valley Art Association will hold open auditions** for the award-winning Broadway comedy, "Moon Over Buffalo" on Saturday, July 10 and Sunday, July 11 at 2pm at the Ritz Theatre on 3rd Street in Sheffield.

Michael Green is directing this farce by Ken Ludwig, author of "Lend Me a Tenor." Roles are available for 2 men and 1 woman (age 50s), 1 woman (70s), 2 men and 2 women (20s-30s). Ages are those of the characters and not necessarily those of the actors. Production dates are September 9-12, 17, and 18 at the Ritz Theatre. Rehearsals will begin July 25. For copies of audition material, a cast description or more information, email [moonoverbuffalocs@gmail.com](mailto:moonoverbuffalocs@gmail.com).

**25th Annual Saddle Up for St. Jude**, Gardiner Farm, Tusculumbia, July 15-17, (Thurs, Fri, Sat) - Hundreds of acres of trail riding, camping, live auction, vendors, concessions. Concert headliners: Shenandoah (Thurs), T. Graham Brown (Fri), Clint Black (Sat). Including Drive, April Michelle, Maddie Johnson, Showdown, Josh Brannon Band, and KGB. \$50 3-day passes available (June 21): [saddleup4kids.org](http://saddleup4kids.org) or single tickets at the gate. Info: 256-383-0783

**The Florence Camerata Concert** will be at 7pm Tuesday, July 20 at the First Presbyterian Church in Florence.

Conductor is Rebecca Rockhill. Collaborative Pianist is Karen Cantrell

Tickets will not be sold, but donations will be accepted.

**Family Fun Fest! Fun with Bubbles, Games, Popsicles, and More!** on Thursday, July 22 from 6-7:30pm at the Girl Scout Office, 4050 Helton Dr. in Florence. Parking in front and back. Fun for the whole family!

**Hot BBQ, Cool Blues**—Roundhouse, Tusculumbia, July 22, 6-8 pm. Live music by Max Russell & L.O. Bishop BBQ dinner, sponsored by Tusculumbia Retail Development. Tickets: 256-383-9797

**The Last 5 Years** (TVAA's annual SummerStock musical at the Ritz Theatre, Sheffield) July 22-31 is a beautifully heartbreaking and uniquely told story of love and loss. This intimate musical invites audiences to take a tour through a five-year relationship, take stock of what matters most, and perhaps take a side. Info/tickets: [tennesseevalleyarts.org](http://tennesseevalleyarts.org) Mark Your Calendars

**40th Annual W. C. Handy Music Festival**, July 23-August 1. Various locations across the Shoals area. Events/music across all genres. For more info: [wchandyfestival.com](http://wchandyfestival.com)

**Vacation Bible School at First Free Will Baptist Church** July 26-30, 6:30-8:30pm. Ages 4 - Completed 5th Grade. Registration Event at the church on June 26, 10am-2pm or register online at <https://www.fwbfflorence.org>. First Free Will is located at 2701 Florence Blvd. Florence.

**W.C. Handy Top Artist Showcase & Celebrity Concert**, July 31, a full day of concerts, shopping with vendors, kid's activities, car, jeep, and motorcycle contests, and more held at the Alabama Music Hall of Fame. A Portion of the proceeds from this event will support community outreaches sponsored by Distinguished Productions.

**The Friends Bookstore, located in the Florence-Lauderdale Public Library, is now accepting donations of books and recent magazines.** Bring your donations by the back entrance of the library on Tuesdays or Thursdays from 10am-2pm, and you will find a volunteer or library staff member to assist you. The Friends ask that you limit your donation to 20 items during this time and that donated items be in good condition. Items that the bookstore cannot accept include: encyclopedias, condensed books, cassette tapes, LP records, catalogues, and magazines over than 2 years old. The Friends Bookstore appreciates the community's patience while it had to suspend accepting donations during the Covid period. Donations are vital to the library and the bookstore, as the profit from the sales made in the Friends Bookstore provide the community with free services, materials, and programs. For ore information, call (256)-764-6564 ext. 126, or visit [www.flpl.org](http://www.flpl.org)

**Want to list your event in Community Notes? Email your information to [editor@CourierJournal.net](mailto:editor@CourierJournal.net).**

**Florence Drive Thru Neighborhood Food Pantry** at North Wood Methodist Church during COVID crisis, requirements: photo ID. Call 256-764-2111 for appointment.

**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](mailto:bcanup@ymcashaols.org).

**5th Annual Florence Open at Blackberry Trail** - Registration begins June 1. \$150 per entrant. Golf Championship for the Charles Parish Medalist Trophy begins August 6-8 at the Blackberry Trail Golf Course, Florence. Lunch will be provided all three days.

Groups:  
Eddie Frost Group up to 49  
Chris Burns Group 50-64  
Alex Sloan Group 65 and over  
For more information or to register, call 256-740-8825.

**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.

**The NACOLG SENIORx Medication Assistance Program** supplies free and low cost medications for anyone in Alabama with a disability or a chronic illness regardless of age that requires daily medication. Medicare recipients may also be eligible.

For more information, contact NACOLG SENIORx today. There is no charge for this service.

1-800-AGELINE (1-800-243-5463)

Paula Pardue 256-389-0529  
This program is in partnership with the State of Alabama and Alabama Department of Senior Services

**The American Red Cross has kicked off its Annual Fund Drive**, looking for 1,000 supporters to boost the 2021 Annual Fund and provide urgently needed aid to families facing their hardest moments throughout the year.

Your generous support helps AMC to respond immediately whenever and wherever they're needed, in local communities and nationwide. And monthly support powers the American Red Cross mission, year-round.

When you make a monthly gift to provide steadfast support for families, they'll also send you a special

Red Cross mini first aid kit in a vintage-inspired tin. For more information or to donate, call 1-800-435-7669 or visit [www.redcross.org/donate/annual-fund/html/](http://www.redcross.org/donate/annual-fund/html/)

**Utility Assistance is Available** for those in need who qualify. No Appointment Needed. Just submit the proper paperwork as directed. The State of Alabama now mandates the use of a Declaration of Household Income form. This form is to be completed by the person applying for assistance. It will include income information on each household member 18 and older. You

See NOTES... page 39

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## Answers

by Charles Barry Townsend

Illustrated by David Coulson

SIX PICK! There are six numbers between 1 and 100 that are spelled with six letters. Four of them are ninety, eighty, thirty and twenty. Quickly, what are the other two?

Numbers eleven and twelve.

CR	WH
W	P
G	K
SM	CR
S	F
S	R
C	S
T	T

①                      ②

ASH and EEL, respectively, will do it.

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# Notes...

Continued from page 38

may visit one of our offices to request a form or visit [www.caanw.org](http://www.caanw.org) for an application. Call 256-766-4330 for more information.

**Let's Travel Again!!!** The Club / Florence Senior Center "Diamonds in the Rough", traveling friends, want to invite you to join them. Trips are open to the public! Proof of Vaccination will be required with final payment. Deposit due now. \$75. Checks made payable to Diamond Tours.

Mackinac Island, October 3-9, 2021, \$719, deposit now, final payment June 7, 6 nights 5 days, 10 meals, 6 breakfast 4 dinners, Guided tour of Mackinaw City, visit Mackinac Island, Carriage tour, Boat ride through Soo Locks, Sight-seeing Sault Sainte Marie, Mackinaw Crossings, Colonial Michillmackinac, Gaming excitement at Kewadin Sault Casino

Pigeon Forge & Smokey Mountains Show Trip, November 15-19, 2021, \$599, \$75 deposit due now, final payment September 8.

4 nights lodging, 4 breakfast, 4 dinners, Visit Titanic Museum, 2 morning shows: Smith Morning Variety Show and "Tis the Season", 4 evening shows: Patty Waszak, Soul of Motown, America's Hit Parade, Country Tonight, Free time in historic downtown Gatlinburg

2022 Trips. More to be arranged. Niagara Falls, May 1-7, 2022, \$659, Passport Required, \$75 deposit now final payment February, 22, 2022

7 days 6 nights

For more pictures, video and information visit: [www.GroupTrips.com/](http://www.GroupTrips.com/) TheClub or call Fran @The Club

256.760.6642, [fdavis@florenceal.org](mailto:fdavis@florenceal.org)  
Register Now with only \$75 deposit for motor coach trips.

2022 Cruise: PML Travel

The Club presents 9 day 8 night vacation, Royal Caribbean's "Ovation of the Seas"-ALASKA!! June 2-June 10, 2022-Passport Required. Proof of Vaccination.

\$2799 per person/inside cabin  
\$2999 per person/outside cabin  
\$3499 per person/balcony cabin  
Roundtrip Airfare, 1 night hotel, guided tour of Seattle, Washington, bus transportation from Airport, Cruise, Cabin, Shipboard meals, Port charges, Taxes and Transfers in Seattle.

Travel protection insurance \$318-\$380, \$250 deposit now/Final payment February 2, 2022

Sitka, Skagway, Endicott Arm & Dawes Glacier, Juneau, AK and Victoria, BC  
For more information The Club/Fran 256-760-6642 or [fdavis@florenceal.org](mailto:fdavis@florenceal.org)

**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.

Want to see your Event here? Email your information to [Editor@CourierJournal.net](mailto:Editor@CourierJournal.net).

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

**WE BUY 4 WHEELERS, 3 wheelers, go carts and dirt bikes.** Any condition, all brands. 256-275-2276.

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